



February 2019
Volume 1 Issue 2

Calendar

- ◆ **February 18 closed**
- ◆ **SWSM 9-10am**
Monday/Thursday
- ◆ **Better Living**
10:30-11:30am
Monday/Thursday
- ◆ **SWSM 5:30-6:30pm**
Monday/Thursday
- ◆ **Eheart Club Meet**
— February 5 & 12
7:00—8:30pm
- ◆ **Dining with Diabetes**
—February 19 & 26
5:30-7:30pm
- ◆ **Call office to sign-up**



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Get Fit News

A newsletter for anyone interested in health.

A Message From Holly

Take a few minutes this month to do something good for your heart. Walk with a friend or family member, visit someone you have not seen for a while, laugh with a neighbor or enjoy the beauty of the season. Take a moment for yourself and your heart.

Heart Healthy Exercises

Better cardiovascular health may substantially lower your risk of peripheral artery disease (PAD), according to a study in the November 2018 issue of the American Journal of Preventive Medicine. PAD occurs when the arteries that supply blood to the legs become narrowed or blocked with fatty deposits.

About 8.5 million Americans suffer from the condition, which typically causes cramping pain in the legs when walking.

For the study, researchers evaluated adherence to the American Heart Association's "Life's Simple 7" guidelines.

Life's Simple 7 guidelines emphasize:

- * managing blood pressure
- * controlling cholesterol
- * reducing blood sugar
- * getting sufficient physical activity
- * eating better
- * maintaining a healthy weight
- * quitting smoking

Make some positive changes to your lifestyle today and become a healthier happier person.

Source: Harvard Health Letter Volume 44, number 3 January 2019.

Strong Words to Live By

"The best and most beautiful things in the world can not be seen or even touched. They must be felt with the heart."

Helen Keller

Tips to Fitness

Tai chi, the winner at warding off falls

A study published online Sept 10, 2018 by JAMA Internal Medicine found that Tai Chi is a great choice for lowering the risk of falls. Researchers studied a group of adults average age of 78 and divided them into three groups; one doing Tai Chi, one stretching only and one aerobic, strength training, balance and flexibility group. After six months of activity twice a week the people in the tai chi group had experienced 58% fewer falls compared with the stretching group and 31% fewer falls compared to the strength training group. The research was targeted towards older adults at risk for falling. Evidence does show that Tai Chi in general is effective for improving balance. The slow, flowing motions and deep breathing and gradual shifting of weight boosts your strength, flexibility, range of motion, and reflexes.

Source: Harvard Health Newsletter, volume 44 number 2 December 2018

Nutrition Notes

100 Calorie Snack Choices

If you would like a quick and easy nutritional snack try these options at just 100 calories:

- ◆ 14 almonds
- ◆ 1/2 kind bar
- ◆ 5 triscuit crackers
- ◆ 2 tablespoons trail mix
- ◆ 1 1/2 squares dark chocolate
- ◆ 3 cracker size cuts of cheddar cheese

Or try a fresh fruit or vegetable choice:

- ◆ 6 cups cucumber
- ◆ 4 cups grape tomatoes
- ◆ 15 large strawberries
- ◆ 1 medium apple
- ◆ 1 1/4 cup blueberries
- ◆ 2 cups carrots

Source: Nutrition Action Health Letter, November 2018, 100 Calories How snacks stack up by Jennifer Urban.

Move of the Month

Shoulder and Chest Stretch

Breathing is one of the most important parts of practicing tai chi. A basic breathing exercise can serve as an introduction to the discipline. Maintain deep, repetitive breathing in calming in and of itself, even if not combined with tai chi movements.

Think of your breath as a circle—in through your nose and out through your mouth without holding your breath or stopping. Do not pause between inhale and exhale—a continuous circle.

Expand your chest and belly as you breathe in, making room for as much air as possible. Squeeze your belly or abdomen when you exhale, pressing the air out.

As you breathe focus on relaxing your body and releasing the tension in your body. Relax completely.

Source: <https://www.wikihow.fitness/Do-Tai-Chi-for-Seniors>



Source: <https://www.bing.com/images/search?view=detailV2&ccid=gw00D3oj&id=1084FFA13582EE2F4C259A5A9588DEDE3ADDD81A&thid=OIP.gw00D3>

Fitness Facts

Waking Up on the wrong side of the bed could have an affect on your memory.

Starting your morning with a smile may help your memory all day long.

Source: Mind, Mood & Memory Volume 14, number 9, September 2018