

# *You Can Do It! LLC*

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## Classes, Classes, Classes!

I currently teach many classes in the Ashland area. This newsletter will give you information about the classes I teach, along with detailed information about the benefits of the exercises in these classes. Many of these benefits can be achieved on your own if you're not an exercise class type of person. For more information on one-on-one fitness, give me a call at 541-482-1887.

### Nordic Walking Classes

The next Nordic Walking classes will be Mondays, May 8 to June 5 –OR- Tuesdays, May 9 to June 6, from 5 – 6 PM. The first class will meet at the Lower Duck Pond in Lithia Park. All participants must pre-register. The fee is \$49 for the full series.

*“Nordic walking is an outdoor adventure activity as well as a personal fitness tool. It has the advantage of providing a total body workout, because the upper body is used in tandem with the lower extremity.”*

Some basic fitness facts about using Nordic walking poles are:

1. **Posture and back health:** Happens with use at any intensity. Key postural muscles are activated by the “grip to tip biofeedback.”
2. **Heart health:** Heart pulse is 5 – 18 beats faster (approx 135 to 148 beats/minute) compared to normal walking (approx 130 beats/minute), representing an increase of up to 11%. This provides a better cardio workout, even through the perceived exertion is less while Nordic walking.
3. **Weight loss:** Happens over time if the person Nordic walks at an easy to moderate intensity. (Weight loss does not happen if workouts are too strenuous.)
4. **Moving meditation:** Nordic walking is a highly effective meditation tool that draws your attention inward to feel the whole body activity and the breath.
5. **Walker's high:** Many avid Nordic walkers claim to feel an intense endorphin boost similar to the “runners' high.”

### Mountain Meadows “Bone Boost” Classes

Approximately 40 fitness classes are offered to Mountain Meadows members. I explain three of the classes below and provide detailed information about the importance of the exercises offered in these classes. Each of class is held in the Club House in the Rogue Room. Times and days are listed below in the explanations of each class.

## **Chair Based Osteo (osteoporosis and osteoarthritis) Class: Monday - Friday at 10 AM**

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This class aims to strengthen bones and loosen tight joints. Weights are available, ranging from 1lb to 5lb, and each pound in between. Carol Lee Rogers focuses primarily on bone strengthening. The American College of Sports Medicine (ACSM) states, "Scientific research has shown that exercise can improve bone health by increasing bone mass or by slowing or preventing age-related bone loss."

## **Standing Strengthening Class: Tuesday and Thursday at 10:30 AM**

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The focus of this class is to strengthen legs as well as upper body to improve bone health. This slows down or prevents bone loss.

In the April 2007 Nutrition Action Health Letter, Dutta, Chief of Clinical Gerontology Branch at the National Institute on Aging (NIA) in Bethesda, Maryland, makes the following statement, "Both men and women begin to lose significant muscle mass in their 40s and 50s ... Part of that is due to aging and part of it is due to a sedentary lifestyle." The article goes on to state, "an estimated 45 percent of U.S. adults 65 and older suffer from age-related muscle wasting. And it's not just a matter of losing the strength they had in their 20s."

ACSM states in its book, *Action Plan for Osteoporosis*, "By strengthening muscles that are important for preventing falls, resistance training also strengthens the muscles that are important for good physical function in performing tasks that require some strength (e.g., lifting groceries or grandchildren, rising from a chair, climbing stairs). Strong leg muscles can also contribute to better balance and locomotion that reduce the risk of falls. When someone starts to fall, having strong muscles makes it more likely they can stop their fall by quickly putting out a leg to counteract the downward movement."

ACSM also states "Although leisurely levels of physical activity are good starting points for beginning an exercise program, more moderate to vigorous levels of activity are necessary to challenge the bones to become healthier."

In *Strong Women, Strong Bones*, Miriam E. Nelson, Ph.D., states, "Walking is a wonderful exercise – for the heart. But no study has ever shown that a middle-aged, or older woman can increase her bone density by taking up walking. The light impact of walking provides only mild stimulation to bone. If you've been walking for *decades*, that can add up. Women with a lifelong habit of regular walking have higher bone density – and a 30 percent lower fracture rate – than their sedentary age-mates. However, the short-term effects of walking on bone are minor. Even a yearlong walking program has very little effect." I believe is the same for men also.

## **Floor-based Stretching Class: Monday, Wednesday, Friday at 10:30 AM**

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This class provides standing, seated and lying on the floor stretches and core strengthening exercises. In *Stretching*, Bob Anderson, the author, states that stretching relaxes the mind and tunes up the body. According to this book, it is best to stretch every day because regular stretching will:

- Reduce muscle tension and make the body feel more relaxed
- Help coordination by allowing for freer and easier movement

- Increase range of motion
- Prevent injuries such as muscle strains
- Promote circulation
- Feel good

If you're not exercising or stretching regularly, consider adding exercise classes to your regular weekly schedule. Along with these three classes, there are many others to choose from at Mountain Meadows. Check out different classes to find those that are best for you and make the classes a regular part of your week. This is a time of life to enjoy ... a time to be independent. To stay this way, continue to strengthen and stretch your body. Also remember that Mountain Meadows has a fitness center with excellent equipment that can be as beneficial as a class. Take advantage of these classes and equipment to keep you strong and independent.

Carol Lee Rogers