

You Can Do It! LLC

Welcome to Fall!

It's that time of year again. School's starting, the days are shorter, and the leaves are turning color. It's a time of change and renewal.

This newsletter has the fall class schedule to help renew your commitment to fitness, plus a brief message from Jeannine Stein for the American Senior Fitness Association on staying healthy with age. We all want to feel good and stay active as long as we can, so take time to read Jeannine's take on things.

Get in Shape with Fall Fitness Classes

Students are back in school challenging their minds. How about challenging your body this fall? I've got plenty of classes to keep you fit. Whether you want stronger bones or muscles, greater flexibility, improved balance, or greater cardio-vascular health, You Can Do It! can help you.

This autumn, educate your body and increase your confidence through a wide variety of fitness classes. Review the classes below or check the schedule on the website:

- Go to www.youcandoitnow.net
- Click Schedule.

Building Bones fall classes through Ashland Parks and Recreation)

Exercises that build strength, balance, confidence, and increased bone density

Dates: **Session 1:** Sept. 28 – Nov. 6 (6 weeks), **Session 2:** Nov. 11 – Dec. 23 (6 weeks)

Days: Monday, Wed, and Friday (no classes over Thanksgiving holidays)

Time: 8:00 - 8:55am

Costs: \$36 1 class per week (6 total)
\$60 2 classes per week (12 total)
\$65 3 classes per week (18 total)

Location: The Grove in Ashland

Beginning Nordic Walking fall classes through the Ashland Parks and Recreation

Burn more calories while walking, reduce stress to the knees and lower back, strengthen the upper body, and reduce heel strike.

Dates: **Session 1:** Sept. 30 – Oct. 21 (4 weeks), **Session 2:** Oct. 28 – Nov. 18 (4 weeks)

Days: Wednesday

Time: 4:30 – 5:30

Cost: \$52 (4 hours total)

Location: Check with Ashland Parks office (First class meets at the entrance to Lithia Park)

Chair Osteo Strength

Chair-based strengthening class to build strength, mobility and confidence.

Dates: Ongoing

Days: Monday, Tuesday, Thursday and Friday

Time: 10 – 10:30 am

Cost: \$5 per class for non-members. Free for members.

Location: Mountain Meadows Independent Retirement Living in Ashland

Floor Stretching

Gentle stretching to reduce stiffness and increase flexibility.

Dates: Ongoing
Days: Tuesday, Thursday and Friday
Time: 10:30 – 11 am
Cost: \$5 per class for non-members. Free for members.
Location: Mountain Meadows Independent Retirement Living in Ashland

Senior Yoga

Increase flexibility, balance, and strength ... and do some relaxing and unwinding.

Dates: Ongoing
Days: Thursday
Time: 11:30 – 12:30 am
Cost: \$10 per class (this needs payment and sign up prior to class)
Location: Baxter Fitness Solutions in Ashland

One-on-one Training

*Personalized coaching for better health and a better body—call for appointment
(541-482-1887)*

Dates: Ongoing
Location: Baxter Fitness Solutions, Mountain Meadows, YMCA, or your home.
All by appointment
Time: Throughout the day
Cost: Prices vary by location. Call for more information.

A Primer on Staying Healthy with Age

We all want to look and feel better longer—and exercise can do that for us. Recently, Jeannine Stein of the Los Angeles Times compiled a list of ways that exercise contributes to healthy aging. Here's her list, published by the American Senior Fitness Association.

- **Strength training** helps offset age-related muscle loss. The American Geriatrics Society notes that maintaining stronger muscles (leg muscles, in particular) and better balance could result in fewer falls, a leading cause of death in elderly populations.
- **Regular aerobic exercise** helps slow or even reverse the stiffening of arteries with age. Over time, a shift in the chemical composition of arterial walls increases their rigidity. Aerobic exercise fights this tendency and the resulting rise in blood pressure, which would otherwise place extra stress on the heart.
- **Physical activity**, especially aerobic exercise, combats diabetes in more than one way. It leads muscles to use glucose from the blood for fuel, thereby keeping blood sugar levels in check. It depresses the production of insulin by the pancreas. And, it causes the liver to turn lactic acid, amino acids, and fats into glucose, which further powers the muscles and helps regulate blood sugar levels.
- **Exercise** appears to decrease levels of C-reactive protein, is a marker for inflammation. Inflammation, which often worsens with age, is undesirable because it increases the risk for heart disease and interferes with the work of the immune system.
- **Exercise** promotes brain health. A study published in the American Journal of Neuroradiology in August 2009 found that older adults who performed at least 180 minutes of aerobic activity every week for 10 consecutive years enjoyed brain health benefits. Compared to a group of subjects who performed less than 90 minutes of exercise per week, the more active seniors had more small-diameter blood vessels with less twisting in their brains. Their vessel patterns were similar to those of younger adults.