

Happy New Year!

I wish you the best for 2011. May you be: safe and protected, peaceful and happy, and healthy and strong!

This newsletter arrives with an update on work I am doing, an exploration of our health for the next several years, and a schedule of classes I continue to teach. Thank you for taking such good care of yourself.

Update

For those who do not know, in July 2010, I was hired by Mountain Meadows Retirement Center to take charge of their Fitness Center. This has been a great addition to my career and life, and as a result, I am no longer at the YMCA. There are still spots of time when I see private clients at Baxter Fitness Solutions on Oak Street. When it comes to classes, I have stopped teaching yoga and instead, started teaching water aerobics at Mountain Meadows. The highlights of my day continue to be the Building Bones Step by Step through the Ashland Parks Department and Chair Osteo at Mountain Meadows. Details on these are found later in my newsletter.

Our Health

Toward the end of 2010, it dawned on me that I may have 50 more years of life in me. How about you? Do you also have another 10, 20, or 30 years of life? Being a Fitness Trainer, I do a lot for my health, but I began to wonder if there was anything more I might do.

In December I went in to see my doctor and noticed a flyer on the front counter that stated:

Five Steps on How to Prevent Hypertension

1. Control weight.
2. Adapt and stick to an exercise program.
3. Limit salt intake.
4. Quit smoking once and for all.
5. Drink in moderation.

As I looked at that flyer, I was so deeply grateful for the work I have done over the past 50 years to keep myself in good health. How are you doing when it comes to preventing hypertension?

As a Fitness Trainer, my job is to educate and motivate people, and let them know the benefits of staying healthy. Since we are all aging, let's look at the benefits of exercise on the aging process and functional capacity. Regular exercise has a lot of **physical benefits**:

1. Increase muscular strength and endurance.
2. Increase stamina and ability to do continuous work.
3. Increase or maintain bone mineral density.
4. Help maintain resting metabolic rate to prevent weight gain.
5. Provide protection against injury.
6. Maintain or improve joint integrity.
7. Help maintain an independent lifestyle.
8. Improve balance and coordination.
9. Reduce risks of developing cancers.

Pretty impressive! If I have another 40 to 50 years left, I sure want all nine of the previously mentioned physical benefits, as well as mental alertness. How about you?

I decided to do a little research on the benefits of regular exercise for **mental health and well-being**, and came across the following on www.discoverfitness.com:

1. Reduce anxiety levels.
2. Help manage stress more effectively.
3. Improve positive self-esteem and confidence.
4. Help alleviate depression.
5. Improve appearance.
6. Help relaxation.
7. Combat the likelihood of degenerative problems.
8. Improve overall quality of life.
9. Help with goal-setting.
10. Can assist in efforts to stop smoking.
11. Help to relieve and prevent migraine headache attacks.
12. Can help make sleep more restful.
13. Help improve the immune system.

Wow... I guess if I have a long life ahead of me and keep exercising regularly; the aging process might be OK.

Of course, there is the chance of something else happening within the body. Regular exercise helps reduce chances for internal illnesses, but doesn't prevent everything. In Pema Chodron's book, *The Places That Scare You*, there is a chapter on strength. Pema wrote about strong *determination and commitment* to respect whatever life brings. This is something I continue to work on, along with the exercises I do. How about you? Can you accept whatever life brings you? I suppose that what I have just said may be easier said than done. If something does happen, I hope we all can accept it and not let it overwhelm us.

And then there's **nutrition**, another component of the health puzzle. To control weight, it's a good idea to eat:

- A variety of veggies and fruits
- Bone-building foods (calcium rich foods)
- Proteins from nuts, legumes and meats
- Whole grains
- Dairy foods

How about you? How is your diet going? Has the holiday season come and gone with no weight gains? Unless, of course, you wanted to gain weight?

I guess, when you think about it, it's all about **balancing life**. This means having enough, but not too much:

- Work
- Exercise
- Down time/quiet time
- Food

What can you do for yourself to help balance your life?

I wish you the best of luck in achieving your goal. I know you can do it! Stay with it.

Class Schedule

This winter and spring, 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**.

Class	Dates/Times	Location	Price
Building Bones Step by Step <i>Exercises that build strength, balance, confidence, and increased bone density</i>	Mon, Wed, Fri ▪ Jan. 3 – Feb. 11 8:30 – 9:25 am ▪ Feb. 21 – April 1 8:00 – 8:55 am ▪ April 11 – May 20 8:00 – 8:55 am	The Grove in Ashland	6 classes: \$42 12 classes: \$69 18 classes: \$75
Chair Osteo <i>Chair-based strengthening class to build strength, mobility and confidence.</i>	Mon, Tues, Wed, Thurs, Fri ▪ Ongoing: 10:00 - 10:30 am	Mountain Meadows Rogue Room	\$5 for non-residents
Floor Stretch <i>Gentle stretching to reduce stiffness and increase flexibility.</i>	Mon, Tues, Thurs, Fri ▪ Ongoing: 10:30 – 11:00 am	Mountain Meadows Rogue Room	\$5 for non-residents
Water Aerobics <i>Use the buoyancy of water to help you tone muscles, build endurance, lose body fat, develop core strength, and improve flexibility.</i>	Mon, Wed, Fri ▪ Ongoing: 3:00 – 3:30 pm	Mountain Meadows Salt water pool in Fitness Center	\$5 for non-residents
Nordic Walking <i>Burn more calories while walking, reduce stress to the knees and lower back, strengthen the upper body, and reduce heel strike.</i>	Upon demand. Call Carol Lee if interested: 541-482-1887	To be determined.	To be determined.