

Focus on Fitness

A Publication of the Medford Leas Fitness and Aquatics Department

Location Location Location

The new Exercise Studio is next door to the Fitness Center and will serve many new and beneficial purposes. The Fitness staff visualizes a flow of traffic from the studio classes to the Fitness Center. It will provide more diversity and easier utilization of exercise equipment. The proximity of the studio will save staff and volunteer time by having equipment on hand in the studio for classes. The studio can also be used as a transitional and training room for introducing individuals to a workout in a less distracting environment.

Class Goals and Levels

The information that follows includes: the class description, the class level, and the goals of each class.

ABSOLUTELY ALL ABS: an Advanced Level Class. Exercises are performed on the floor; you must be able to lie on your back and stomach, and get down on the floor and up again independently. **Goals:** to strengthen abdominal, back, and hip muscles; increase muscle endurance; improve posture and learn correct form; enabling you to perform exercises independently.

STRETCH CLASS: an Advanced Level Class. Exercises are performed on the floor; you must be able to lie on your back and stomach, and get down on the floor and up again independently. **Goals:** to become skilled at various movements that will stretch specific muscle groups, learn range of motion exercises, improve posture,

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Many people with heart disease and/or diabetes also have high triglyceride levels.

Lp(a) cholesterol is a genetic variation of LDL (bad) cholesterol. A high level of Lp(a) is a significant risk factor for the premature development of fatty deposits in arteries.

Take Action to Get Healthy

As part of a complete prevention and treatment program for managing your cholesterol and lowering your risk of heart disease and stroke, your health care provider may suggest that you make some lifestyle changes. You can do a number of things every day that can positively impact your cholesterol — and your overall health.

- ~Eat a diet rich in vegetables, fruits, whole grains, high-fiber foods, lean meats and poultry, fish at least twice a week, and fat-free or 1 percent dairy products, low in saturated trans fats and cholesterol.
- ~If you smoke, your cholesterol level is one more good reason to quit. If you don't smoke, avoid exposure to secondhand smoke.
- ~Take an active part in addressing any concerns about cholesterol. Follow your health care provider's advice carefully, and if you don't understand something, ask.
- ~Enjoy at least 30 minutes of physical activity more days than not. Walk, bike, swim, jog, dance — whatever you love to do, do something. You don't need to get your minutes all at once. It's fine to break up your activity into 10- or 15-minute sessions.

Physical Activity Tips for Older Adults

- ~If you have a family history of heart disease, check with your health care provider first. It's a good idea to have a physical examination and take a graded exercise test before you start a physical activity program.
- ~Pick rhythmic, repetitive activities that challenge the circulatory system, and exercise at intensity appropriate for you.
- ~Select activities that are fun and suit your needs that you can do year-round.
- ~Wear comfortable clothing and footwear appropriate for the temperature, humidity, and activity.
- ~If you decide that walking is a great activity for you, choose a place that has a smooth, soft surface, does not intersect with traffic, and is well lighted and safe. Many people walk at area shopping malls. Consider the courts, sidewalks or trails at Medford Leas and the Lumberton Campuses.
- ~Find a companion to exercise with you, if it will help you stay on a regular schedule and add to your enjoyment.



Make A Splash While You Work Out

For many individuals water exercise is preferred over land classes because cardiovascular improvement can be achieved without putting stress on the back and knees, which is commonly found when working on hard surfaces. When the body is submerged, buoyancy allows a terrific workout without putting pressure on the body. Aquatic workouts are especially beneficial and recommended for individuals with orthopedic (joint) limitations or lower back problems. Water provides a three-dimensional resistance; increasing your speed in the water increases the resistance as well. Adding equipment, such as aqua gloves, kickboards, and hand paddles also adds a significant amount of resistance, providing alternative movements that allow for increased muscle strengthening. You can also add resistance with a cupped hand or a flexed or pointed foot. This is significant for someone who does not tolerate traditional exercise because of physical limitations. Water walking and/or water exercise can burn up 200 to 500 calories in one hour, depending upon how vigorously the exercises or walking are performed.

Here is a list of some of the other benefits of exercising in the water:

1. Improves posture, balance, and flexibility.
2. Tones muscles and increases strength.
3. Lowers the risk of the body overheating during exercise — great during hot weather.
4. Minimizes pain and increases range of motion.
5. Improves mood as a result of exercise.
6. The buoyancy in water allows for more fluid movement.
7. Water takes greater energy output for less perceived exertion.
8. Provides the buoyant conditions that allow for optimal therapy to soft tissue and joints.
9. Core strength is emphasized, since the lower body receives greater resistance than upper body.
10. Warm water exercise improves circulation by loosening and relaxing muscles for greater range of motion.

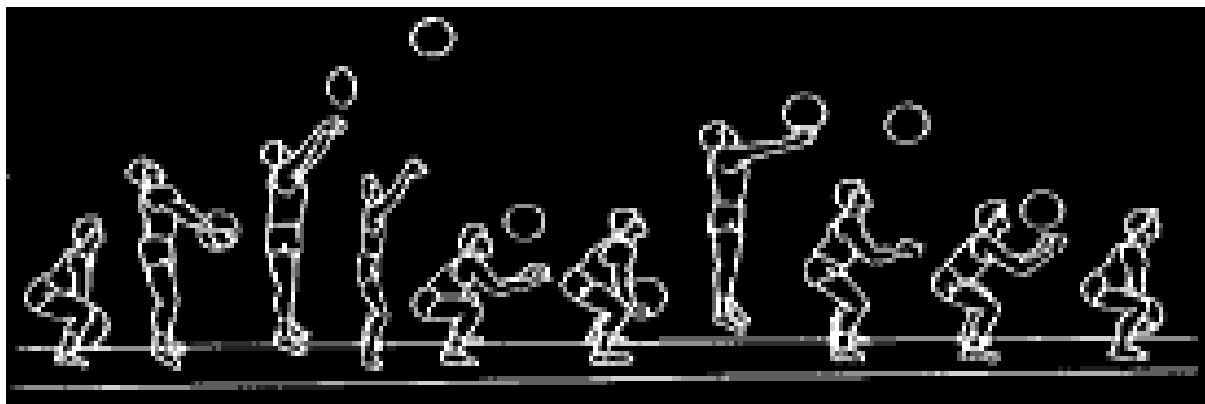
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How to keep aquatic workouts safe:

1. Always warm up and cool down before and after workouts.
2. Use good judgment and exercise at your own pace.
3. Practice proper posture during exercise.
4. Drink plenty of fluids to stay hydrated throughout workouts.
5. Wearing water shoes will prevent falls and protect tender feet from injuries.

If you are interested in taking a class or doing water walking with the Fitness and Aquatics Department, Medford Leas professional staff will direct you to the appropriate program. Medford Leas keeps a well-maintained facility, and the pool temperature is comfortable all year round. So come by and *make a splash with us* in the freshly renovated indoor pool area.

Ed Ellis



Weighted Balls

The Fitness Center staff is always looking to improve its offerings to the residents of Medford Leas. Besides all the other wonderful renovations that are coming along or recently finished, the Fitness Center has a new collection of weighted balls, ranging from 2 pounds to 12 pounds.

Weighted balls are a great way to build arm strength and endurance. Tossing, catching, lifting, and pressing exercises are all part of a fun yet functional way to tone the upper body.

There are many ways to incorporate them into strength and endurance training. Find the weighted balls on a storage rack in the Fitness Center. Ask one of the Fitness staff members to show you how you can use them in your program right now!

Marge Miller

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become knowledgeable about the value of stretching, and learn correct form and techniques enabling you to perform exercises independently.

SMART START: a High Level Class. This class utilizes resistance bands for upper and lower body strengthening, exercises are performed both seated and standing. **Goals:** to increase muscle strength, improve cardiovascular endurance, improve balance and posture, increase overall flexibility, lengthen muscles, and increase or maintain body awareness. (Formerly called "Fitness Class".)

MUSCLE MOLDING: a Moderate to Advanced Level Class. Exercises are performed both seated and standing, using arm and ankle weights. **Goals:** to learn how to lift weights properly, maintain muscle strength, maintain muscle endurance, improve balance, and increase body awareness through movement. (Formerly called "Strength Training Class".)

LIGHT 'N LIVELY: a Low to Moderate Level Class. This class is 75% seated and uses Therabands for strengthening exercises. **Goals:** to increase muscle strength, improve posture, and maintain or increase range of motion. (Formerly called "Morning Stretch Class".)

STRENGTH TRAINING CLASS: a Low to Moderate Level Class. Exercises are performed seated using hand and leg weights. There is minimal stretching, twisting, or bending. **Goals:** to maintain highest functional level, maintain or increase upper and lower body strength, increase range of motion, and increase self-esteem.

BALANCE TRAINING: an Advanced Level Class. Exercises are performed seated, Stand-

ing and moving, using various balance training equipment. **Goals:** to teach various exercises that challenge static and dynamic balance, and improve postural awareness and lower body strength, thereby improving posture.

AQUA MOTION: a High Level Class. Individuals must feel comfortable enough in the water to participate in the class without individual assistance. **Goals:** to increase endurance through 45 to 60 minutes of continuous exercise, improve aerobic conditioning, increase strength, improve range of motion and flexibility, improve posture and balance, and increase body awareness by using various patterns of exercises. (Formerly called "Water Exercise Class".)

WATER VOLLEYBALL: a High Level Activity. **Goals:** to develop strength, improve aerobic conditioning, improve reflexes and hand-eye coordination, improve lateral and forward body movement, develop cooperation and team spirit, and enhance community relationships between campuses.

WATER WALKING: Various Levels. Programs include range of motion, strength, balance, flexibility, and walking movements and patterns. You do **not** have to be able to swim to participate, and the level varies according to your ability. **Goals:** to devise a water exercise/water walking program tailored to your individual needs and ability, and addressing your specific goals and functional level.

The Medford Leas Fitness and Aquatics staff hopes this information enables you to select a Fitness Class that challenges your physical abilities, and motivates you to **continue** your Fitness program!

Beverly Kannengieszer

Drink to Good Health

How surprised would you be to hear that “sufficient fluid” consumption has been associated with fewer falls, less constipation and laxative use, improved rehabilitation in orthopedic patients, and a lower incidence of bladder cancer (among men)? Some of those facts are unexpected. In fact, “drinking five or more 8-ounce glasses of water a day is also related to lower rates of fatal coronary artery disease in middle-aged and older adults,” according to the *American Journal of Nursing*. The body loses a lot of the thirst response as individuals age. As a result, older people can become dehydrated and this leads to many identified consequences that can be avoided.

Water is essential to survival, because the body is comprised of about 70% water. Without water we can survive only a week, but without food, a month. Many of our favorite drinks can quickly cause us to take in too many carbohydrates, those simple sugars that raise levels of blood sugar quickly (and add up to lots of calories). Coffee and tea tend to be peoples favorites but they further dehydrate since caffeine is a diuretic.

What do we really know about what can happen if we maintain dehydration too long, or frequently allow ourselves to become dehydrated? Fatigue is often a result of our need for more fluids. Headaches are often a result of hunger or thirst. The need to drink is often mistaken for hunger. We will eat instead of “tanking up” with much-needed fluids. This often accounts for the urge to eat salty foods, which will stimulate thirst.

Hydrating properly keeps your blood at the proper viscosity, so nutrients and other substances can flow smoothly to their destinations. Sluggish blood can keep drawing on other sources in the body and slow down functions, such as digestion and general circulation. Hydration is also vital to joints, since they are lubricated with synovial fluid, a water-based liquid providing smooth movement of joints. Thus, dehydration contributes to arthritis and back pain.

You lose moisture through urination, breathing, and perspiration (which occurs even when you aren’t feeling “sweaty”). This is an ongoing cycle, requiring a person to drink those eight 8oz. glasses of water or decaffeinated beverages throughout the day. You rarely can accomplish this without some conscious effort.

WATER, the most readily available form of health enhancer, is free, so “Drink to Good Health!”

Marge Miller



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Medford Leas Fitness and Aquatics Mission Statement

To provide high quality fitness and aquatics programming that assists residents to achieve and/or maintain their highest functional level and promote physical and emotional well-being.

Did You Know...

....the total number of visits to the Medford Leas Fitness Center in 2006? **14,985**

....the total number of visits to the Lumberton Fitness Center in 2006? **5,211**

....the total number of participants in **all** Fitness and Aquatic Programming in 2006? **42,472**

....the percentage of Assisted Living residents presently participating in Strength Training Classes? **46%**

....the number of residents presently utilizing the Medford Leas Fitness Center? **207 Active Charts**

....the number of residents presently utilizing the Lumberton Fitness Center? **75 Active Charts**

....the number of Volunteer Hours for the Fitness and Aquatics Department in 2006? **2,854 hours**