

# AUGUST Healthful Hints

## When is the Right Time to Exercise?

Researchers are quick to note that working out at around the same time (regardless of time of day) was the most important variable determining how much you exercise. Whether you work out at 5 a.m., 5 p.m or any other time of day, pick the time that works for *you* and exercise at that time – every time. Your body will thank you for it.

## All Sitting is Not Created Equal

Researchers suggest non-work sitting time, rather than at-work sitting time, may be a better determinant of health than sitting time in general.

Why? According to a study of nearly 4,000 U.S. adults, those who sit the most after hours of watching TV, game playing, reading, etc., are also more likely to be inactive, overweight, smoke, drink heavily, eat poorly and suffer from high blood pressure. That's why the study, published in the *Journal of the American Heart Association*, revealed that television viewing increased heart disease and mortality risk, while occupational sitting did not. Of course, that doesn't mean you can sit at a desk all day without moving. It does mean you should [find ways](#) to sit less and move more before and after work, while watching TV (walk during all commercials)

## Walking

Walking is one of the most accessible, easy-on-the-joints fitness activities you can do every day," and it's effective: A recent British study found people who regularly walked for fitness weighed less than those devoted to other types of physical activity, including running, swimming, and cycling.

Just starting out? Begin by walking five to 10 minutes, three times per day, recommends Lisa Niren, C.P.T., a fitness expert in New York City. Once you've got the hang of that, increase your exercise duration until you're walking for 30 minutes at a time, Niren says. Keep your pace comfortably challenging. Whether you are just beginning or are a seasoned walker, if you can carry on a lengthy conversation without effort, it's time to speed up. *Need inspiration? Find free walking programs on the SilverSneakers GO app ([iOS](#) and [Android](#)).*

## Some easy good for you snack ideas - More satisfying, filling, energizing than a bag of chips -

- Fresh fruit – comes in its own wrapper!
- slice it up and get ready to dip, apples, bannanas, pears, peaches, the list goes on – dip into almond butter, peanut butter, yogurt, cottage cheese, fat free cool whip
- yogurt parfait – layer berries, nuts, yogurt - yum!
- Fresh veggies abound – sliced, cubed, julienned, roasted, steamed
- carrots, zucchini, cukes, peppers, celery, OMG, the list is long enjoy, or grab the hummus and dip
- or wrap veggies in a slice of cheese and or lunch meat, – yum!

The bounty of fresh veggies and fruit won't be around for much longer, take advantage!  
Take your cute self outside and enjoy the beauty of mother nature. Visit one of the many outdoor free concerts.  
Take a deep breath of fresh air – ahhhhh!

# AOA MONTHLY NEWSLETTER



## French Creek Family YMCA

2010 Recreation Lane, Avon, OH 44123  
Facility Hours:  
Monday – Friday: 5am to 10pm  
Saturday: 7am to 6pm  
Sunday: 10am – 5pm  
Kathy McKean, AOA Coordinator  
(440) 934-9622 x2375

## Active Older Adult Newsletter

**AUGUST 2019**

## HUDSON RIVER VALLEY & NEW YORK

**November 4—10, 2019**

WHY NOT MAKE THIS AMAZING BUS TRIP

A CHRISTMAS  GIFT TO YOURSELF

and how about asking your family to give you the gift of travel and adventure this Christmas. Ask them to make your Christmas present this year a gift of money towards this beautiful, unforgettable, seven day bus trip or a bucket list trip!



## Following Highlights Included

Tour of West Point, admissions to Vanderbilt Mansion, to Roosevelt National Historic Site, Henry A Wallace Visitor Center, tour of the Franklin Roosevelt Home/Library, tour and dinner at the Culinary Institute of America, tour of Kykuit the Rockefeller Estate, tour and lunch at Tara-A Country Inn

Tickets, admissions for Ferry to Ellis Island/Statue of Liberty, 9/11 Memorial and Museum, One World Observatory, timed tickets to The Vessel, , tour of New York City, tickets to The Rockettes Christmas Spectacular.

One night of lodging at Woodlands Resort, 2 nights at Holiday Inn Express (Poughkeepsie, NY) 2 night at Hampton Inn (Ridgefield Park, NJ) 1 night at Fairfield Inn (Wilkes-Barre, PA) 6 breakfasts, 1 lunch, 6 dinners. Roundtrip escorted motorcoach transportation and luggage handling.

**\$1688 per person/double occupancy**

Single +385 non member +\$100

To Register - Call French Creek YMCA **440-934-9622**

## UPCOMING EVENTS

**Monday, August 5th**  
Cleveland Historic & Ethnic Bus Trip All Day  
**Wednesday, August 21<sup>st</sup>**  
9:30-11:30am Hearwright Screenings Free-No Registration, First come first serve  
**Sunday, August 25<sup>th</sup>** Bus Trip-The Lion King Playhouse Square

**ONGOING EVENTS:**  
**Tuesdays & Thursdays at Noon - Orientations Continue**  
Please Register  
**Thursdays, Caps-n-Laps Knit & Crochet 12-3pm lobby**



"The World is a book & those who do not travel read only one page"

*St. Augustine*

# AOA SUGGESTED Classes

GROUP EXERCISE STUDIO (LAND)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:15am <b>Cycle 101</b> w/Shelly	10:00-10:45am <b>Barre</b> w/Jackie	9:30-10:15am <b>Gentle Cycle for Families age 8+</b> 9:55-10:25am <b>Boom</b> w/Jessica	10:30-11:20 <b>Zumba Gold</b> w/Angie	
10:30-11:20am <b>SilverSneakers®</b> Classic Michelle 10:30-11:20am <b>Gentle Yoga</b> w/Wendy(SMB)	11:00-11:50am <b>Fitness After 50</b> w/Amanda	10:30-11:20am <b>SilverSneakers®</b> Classic W/Jessica	11:30-12:20pm <b>FitnessAfter 50</b> w/Marsha	10:30-11:20am <b>Nia®</b> w/Kathy/Amanda
11:30-12:20pm <b>SilverSneakers®</b> Classic Michelle	11:30-12:20pm <b>TaiChi-Light</b> W/Phyllis	11:30-12:20pm <b>SilverSneakers Yoga®</b> W/Kathy		11:30-12:20pm <b>SilverSneakers Yoga®</b> W/Rob
12:30-1:20pm <b>Chair Yoga</b> W/Wendy	1:00-1:55pm <b>Arthritis Foundation</b> w/Stella	12:30-1:20pm <b>SilverSneakers®</b> Classic w/Kathy 6:30-7:20pm (SMB) <b>Gentle/Yin Yoga</b>	1:00-1:50pm <b>Arthritis Foundation</b> w/Stella	12:30-1:20pm <b>SilverSneakers®</b> Classic W/Kathy
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-7:45am-RP <b>Senior Volleyball</b>	7:00-7:45am-RP <b>Senior Volleyball</b>	7:00-7:45am-RP <b>Senior Volleyball</b> 7:45-8:30am <b>Aquacise</b>	7:00-7:45am-RP <b>Senior Volleyball</b>	7:00-7:45am-RP <b>Senior Volleyball</b>
8:00-8:45am <b>Aquacise RP</b>	8:00-8:45am <b>Arthritis -RP</b>	8:00-8:45am <b>Aqua Aerobics-RP</b> 9:00-9:45am <b>SilverSneakers® Splash RP</b>	8:00-8:45am <b>Arthritis -RP</b> 9:00-9:45am <b>Aqua Barre RP</b>	8:00-8:45am <b>Aquacise RP</b> 9:00-9:45am <b>Aqua Aerobics-RP</b>
9:00-9:45am <b>Aqua Aerobics-RP</b>	9:00-9:45am <b>Aqua Barre RP</b>			
11:00-11:45am <b>Aqua Jog - CP</b>		11:00-11:45am <b>Aqua Jog - CP</b>		11:00-11:45am <b>Aqua Jog - CP</b>
12:00-12:45pm <b>Arthritis - RP</b>		12:00-12:45pm <b>Arthritis - RP</b>		12:05-12:50pm <b>Arthritis - RP</b>

AQUATIC CLASSES (WATER)

RP: Recreation Pool, CP: Competition Pool CR: Community Room GES: Group Ex Studio  
SMBS: Spirit Mind Body Studio



"and the day came  
when the risk to remain in a tight bud  
was more painful  
than the risk it took to blossom" *Anais Nin*

## Anyway By Mother Teresa

*People are often unreasonable, illogical and self-centered;  
forgive them anyway.  
If you are kind,  
people may accuse you of selfish, ulterior motives; be kind anyway.  
If you are successful,  
you will win some false friends and some true enemies;  
Succeed anyway.  
If you are honest and frank,  
people may cheat you;  
be honest and frank anyway.  
What you spend years building,  
someone could destroy overnight;  
build anyway.  
If you find serenity and happiness,  
they may be jealous;  
be happy anyway.  
The good that you do today,  
people will forget tomorrow;  
do good anyway.  
Give the world the best you have,  
and it may never be enough;  
give the world the best you've got anyway.*

*You see, in the final analysis, it is between you and God; it never was between you and them, anyway.*

## Nighttime Routines for Total Relaxation

Would you like to elevate your health, productivity, and mood? It is not as difficult as you might think. In fact, this task could be as simple as incorporating a few specific habits into your nighttime routine. The way in which you spend your evening hours can significantly influence the quality—and quantity—of your night's sleep, which in turn has the potential to affect nearly every area of your life.

**Stop Eating 2-3 Hours Before Bed**—Eating a large meal within two to three hours of bedtime can keep the body engaged in its "daytime" work of breaking down, assimilating, and disseminating nutrients. When the digestive process is still active, the production of sleep-inducing hormones (such as melatonin and somatotropin) may be delayed or diminished. By completing your evening meal two to three hours prior to bedtime, the body has time to shift from alert mode to rest mode, thus maximizing the repair-and-rejuvenation window. If the urge to snack strikes between dinner and bedtime, opt for a cup of herbal tea. **Prepare for the Next Day**—A peaceful morning begins the night before. Before turning in for the night, spend a few minutes in preparation for tomorrow. You may be surprised at how much better you rest by simply shifting a few morning tasks to the night before. **Shut Down Electronics and Turn Down the Lights an Hour Before Bed** Use this pre-bedtime hour to read, reflect, meditate, and spend time with loved ones. Taking the time to incorporate relaxing activities before bedtime will help you to de-compress before you fall asleep. **Enjoy a Bath or a Food Soak** - take a warm bath and let it wash away any stress from the day. If there isn't time in your evening routine for a bath, simply soak your feet in warm water for five to ten minutes. **Review Your Day** - Take time to inventory your day, pausing to relive your positive moments. Give thanks for the good, letting your heart be filled with gratitude. On the flip side, acknowledge challenges or conflicts, asking yourself what can be learned from them. **Repeat a Positive Affirmation** - What you think about before you fall asleep influences your subconscious mind. Use an affirmation or a word, repeating it gently over and over. Allow the gentle repetition to continue as you drift off to sleep. Below are a few affirmations to get you started:

I am at peace  
I am full of love, kindness and forgiveness  
I am enough  
I am ..... Sleep well, sweet dreams ☺ zzzzzzzz  
*Author Eris Easterly*

*Forget the mistake.  
Remember the lesson.*  
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