

THE MAVERICK MESSENGER

OCTOBER 2013



Joanie's Corner

You are more than just a number. Besides using your weight or clothes size, age shouldn't impose limits on your fitness. It is easy to get caught up in a flurry of data keeping up with calorie counts, fat grams on food labels and even the pounds on the bathroom scale. Every sweat session shows up on your watch, heart rate monitor or smart phone but they shouldn't become a measure of your self-worth. Eat right and move more so you can tally your successes in miles walked, calories burned and time spent. This is validation that your good behavior is paying off. Cut yourself some slack and you will be able to get closer to your body goals. It's never too late to challenge your body and to strive for your fittest self. Find a routine to include more play than work (trail, park and lake) and that is your fitness playground! Your consistent physical pursuits are training for a lifetime of activity and agility. An equation that ultimately adds up to more fun. Take a deep breath of the autumn breeze in the air and enjoy life.

Joanie

GO OUT AND PLAY

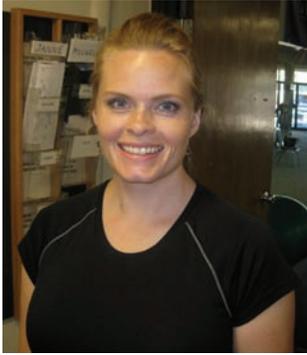
It's been said that working out with friends does more than burn serious calories. Group workouts will make you happier because it boosts endorphins even more than going about it alone. Walk the track with a partner! Team exercise will feel easier because each person's pain threshold would go up. Join our fun classes in the aerobic room. Even outdoor exercise will "chill" you out! It's been claimed that you are more likely to experience improved sleep and reduce anxiety. However, water aerobics is over for the year but there's always a walk in the park, hike along the trails, playing golf, fishing at the lake or strolling the outdoor mall window watching (no shopping or stopping!!).



BREATHE EASIER

This month, it is all about breathing, de-stressing and having fun. Don't forget the Mav also offers yoga for those who want to pump up the fitness to the body and bliss to the mind. You won't get winded doing this but the heart rate will do a little more pulsating just holding the stretches. Join Chris on Monday mornings at 9:00 a.m. for an hour of phenomenal movements and quiet solitude at the end of class. For all age groups, young and not so young!

BOOST YOUR BLISS



Meet our newest instructor, **Michelle Dawson**, who teaches Pilates every Wednesday morning at 9:00. Michelle puts you through a round of slow stretching warm ups and cool downs but watch out for the in-betweens! A terrific core tightening workout, you will hear constant reminders to take deep breaths through the nose and exhale through the mouth. Also, to pull the shoulders down and away from the ears. No wonder Michelle has excellent posture!! This regular practice of deep controlled breathing causes our stress-hormone levels to decline and our metabolic rate to slow. The result: a temporary sense of calm and well-being. The guided movements require more concentration and make you focus on the moment. Meditative exercises are mentally engaging and help you develop awareness and keep distracting thoughts away. This class is for all age levels and modifications are given for those who need more challenges.

A DOSE OF HAPPINESS

Being happy or laughing every day is the most important outcome of healthy habits. Even more so than having a fit body and being physically attractive. Healthy habits are part of everyday life but, admit it, you can always do more. Relax and unwind is simple to do. Drinking water is an absolute must. It's fun to be able to spend time with family and friends. The hard part is getting started to exercise at the gym or home, getting enough sleep and doing outdoor activities. The only thing stopping you is lack of motivation and finding time to work out due to other demands. Ignite your energy and make your get-up-and-go skyrocket. Stress less and act more.

ANOTHER YEAR OLDER

Evelyn Finch has been a long time Silver Sneakers member here at the Maverick. She just recently turned 90 years old and her five sons came in from all over the country to celebrate this wondrous moment with family and friends! Evelyn has been teaching line dancing at the Senior Rec Center for years. No wonder she's in great shape....and not only for her age but overall! Congrats, Evelyn, and more years to come.



OCTOBER-FEST



Once again, we just have to have our beer, German food and great company to celebrate the beginning of fall. It's a good excuse anyway!! Please join us on **Wednesday, October 16 at 11:45 a.m.** upstairs in the lounge area. Bring your best German food dish or anything that will go with the goodies. Beer will sell for \$1. If you have a tuba or accordion, you may entertain the crowd but be aware, earplugs might be worn!

**PLEASE DON'T FORGET THAT OCTOBER IS ALSO BREAST
CANCER AWARENESS MONTH. SUPPORT BREAST CANCER AND
WEAR YOUR PINK ALL MONTH LONG.**

