



Newsletter

HAPPY VALENTINE

February 2014



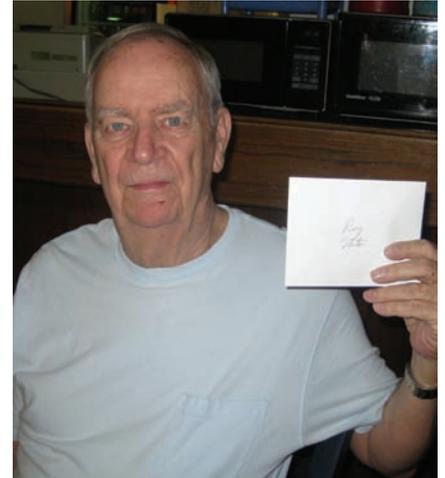
Joanie's Corner

So, how's your New Year's Resolution working out for you so far? Does it already feel like sweet memories? We look for instant gratifications and when it doesn't come fast enough, we ditch our diets and exercise intentions. One of our biggest obstacle is life is busy. Friends, family, work, fun, etc, and there's just no time left. We all know the reasons to work out. It's just that there are a million other things most of us would rather do than come to the gym. Let's re-vamp those resolutions and make this the year to break out of the mold! Discover a workout that works for you. Break the monotony of your usual routine by attending a new class or starting a new strength training program. Get out of the rut and change it up. If your goal is to lose weight, embrace healthy eating into your lifestyle. Get your brain to the gym to sharpen your mind. You may not be more intelligent, but you will feel a heck of a lot smarter and feel better about yourself. If that's not genius, I don't know what is! Have a healthy heart and Happy Valentine's Day.

Joanie

COUNTDOWN TO THE SUPER BOWL

We all already know the results of the Super Bowl game but the fun part was not knowing the score while betting one dollar each on a square picked out randomly. Earning \$25 a quarter, our first winner was Wanda White and Roy Staton won the second quarter.



Third quarter went to Bill and Jane Semler and the last quarter was won by John Skidmore. We all enjoyed eating pizza during the luncheon along with the wonderful salads and desserts brought by the members. What better way to spend a cold blustery day inside!



OH, SO YOUNG!

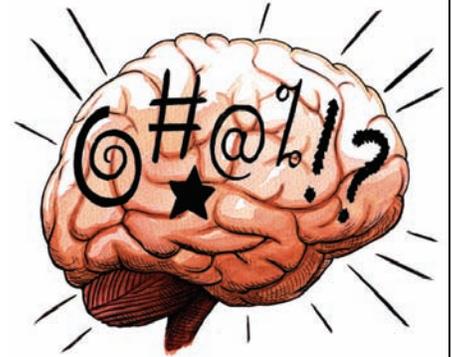
Sarah Mitchell and Marian Hendrickson, both SilverSneakers®, have been regular senior attendees for several years. They have reached the ripe age of 93 years old and still plugging along. Marian just returned from several months of therapy and her therapist had told her the workouts she had been doing have helped her recover quickly. Sarah comes in with her step-mom Wanda White (SilverSneakers®). Marian is brought in by her daughter MaryAnn Curtis (SilverSneakers®). What an inspiration to see these ladies always smiling while exercising.



WANT TO KNOW A SECRET?

Try these tips to tone your mental muscle.

1. Stay hydrated! The brain is 80% water. If you don't drink enough throughout the day, its volume can shrink slightly which will make it harder for you to concentrate.
2. Calm down! Whenever you start to feel frazzled, breathe deeply for a few minutes. Stress hormones can affect memory, attention and decision making.
3. Eat healthy! Fill your diet with fresh healthy foods like blueberries, salmon, walnuts and flaxseeds.
4. Lace up your sneakers! Your brain health can be improved by doing thirty minutes of exercise three times a week.
5. Get a good night's sleep! Snoozing less than 6 hours can impair reasoning and vocabulary.
6. Hang out with friends! No problem!! We have lots of those right here in the gym. Those who are the most social suffer less cognitive decline than the least social. Let's keep the parties going monthly!



SPREAD THE LOVE

Let's all designate the entire week of **February 10 – 14** as get-your-heart-



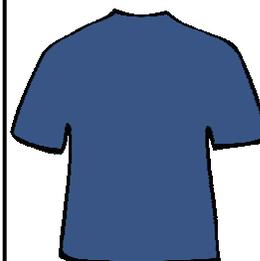
pumping! Make this your week of working out every day. Wear red, pink, lavender or anything that has to do with Valentine. There seems to be lots of

hugs passed around here so there's no shortage of our strong friendships among the crowd. Let's keep the love flowing!!!

LOST AND FOUND

Every winter the bin gets full with scarves, jackets, sweaters, hats, gloves and even eye glasses.

Please check the front desk for your lost items.



Even jewelry has been lost! Items left in locker rooms like shorts, shoes, shirts, and socks are piling up fast. Always take a good look around before leaving.