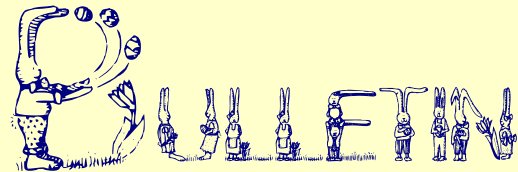
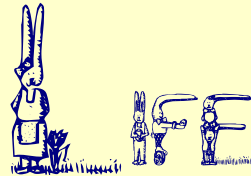




BALANCED



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A Publication brought to you by Seabury's Fitness & Wellness Center



DOUG ADAMS

DOUG MOVED TO SEABURY IN SEPTEMBER 2008, AND WAS already involved with the FWC. He had his first assessment in July and immediately began taking the Mat Pilates class.

But don't let that fool you! Doug freely admits to being a couch potato before coming to Seabury. That's right, Doug did not participate in any exercise

at all "pre-Seabury". Now all that has changed. Not only does Doug attend Mat Pilates, he also participates in Mat Flexibility, one of the more difficult classes in the FWC program. Many of the moves in this class are drawn from Yoga, and challenge strength, balance, and flexibility.

DOUG'S PHYSICAL IMPROVEMENTS

- ENDURANCE 62%**
- LOWER BODY FLEXIBILITY 32%**
- UPPER BODY FLEXIBILITY 148%**
- LOWER BODY STRENGTH 16%**
- UPPER BODY STRENGTH 32%**

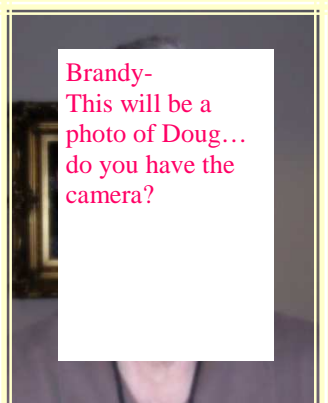
Thanks to everyone who has gone green so far!
To those of you who haven't, won't you join them?



To receive this publication via e-mail (instead of a paper copy) send your e-mail address to:
courtenayknox@seaburyretirement.com

"THE FWC STAFF REALLY KEEP ME ON THE RUN. I FEEL I HAVE PROGRESSED FROM A SEMI-COUCH POTATO TO A HEALTHIER, HAPPIER PERSON. THANKS! KEEP THE EXERCISES COMING!"

So the moral to the story is this: Even if you have declared yourself a "non-exerciser" or a "couch potato", there is still hope... follow Doug's example and you might find yourself doing Yoga one of these days!
Thanks for your story, Doug, and keep up the good work.



Doug demonstrates the "Camel" pose

Brandy- This will be a photo of Doug... do you have the camera?

MARK YOUR CALENDAR



◆ April 5th-9th GRAND RE-OPENING WEEK!

Celebrate the newly renovated Fitness & Wellness Center. We will be giving tours, offering instruction on some of our new equipment, and holding various workshops throughout the week. Come join us for some coffee or a fruit smoothie.

- ◆ **Thursday, April 8th** *meet the Maestro!* Join us for wine and cheese as we welcome David Dworkin. 5:00pm at TOS.
- ◆ **Friday, April 9th** continue the celebration of the newly renovated fitness center with Maestro David Dworkin as he leads the invigorating and entertaining exercise program **"Conductorcise"** in HH at 10:00am.
- ◆ **Monday, April 12th** spring class session begins.
- ◆ **Friday, April 23rd** Dr. Coll's lecture on **"Transitions of Care"** in HH at 11:00am
- ◆ **Seabury Weight Winners** meet on the first and third Mondays of the month in the Hearthside Parlor from 2:00-3:00pm. Visitors are welcome. If you should decide to join the group, membership fee is \$25, with a \$15 renewal fee.



*Maestro David Dworkin,
accomplished musician
and conductor*

Nutrition

Researchers Study Effect of Cinnamon Compounds on Brain Cells



Cell-culture studies looking into how compounds in cinnamon extract affect brain cells are being conducted by [Agricultural Research Service](#) (ARS) scientists. The researchers have reported findings that the compounds studied prevented isolated brain cells from swelling, one of the many abnormal conditions resulting from traumatic brain injury and stroke due to impaired blood flow to the brain. The scientists used isolated glial cells—cells that support essential elements of neural tissue found in the brain and spinal cord—and put them in a culture solution. When the cell cultures were deprived of oxygen and glucose for five hours, the researchers measured the function of the mitochondrial inner membrane in the glial cells. They found a nearly 40 percent decline in the mitochondrial membrane potential due to the lack of oxygen and glucose.

The researchers then exposed some of the cells to a cinnamon extract, while other cells served as "nonexposed" controls. The reduction in the membrane potential was alleviated in the presence of the cinnamon extract.

Ninety minutes later, the researchers measured volume of the glial cells. They found that cell volume among the oxygen- and glucose-deprived cells had increased by more than 34 percent. But this increased swelling was absent in the presence of cinnamon polyphenol extract at the highest level tested.

Because neuroglial cell swelling can contribute to further neuronal injury, the study indicates that further animal-model research is warranted, according to the authors. The researchers caution that table cinnamon compounds may accumulate in the body and should not be ingested consistently as more than a spice over long periods of time. The study was published this year in *Experimental Neurology*. ARS is the principal intramural scientific research agency of the U.S. Department of Agriculture (USDA). This research supports the USDA priority of improving nutrition and health.

NEWS YOU CAN USE



Trails expert Courtenay Knox leads the way

Spring has sprung! The time has come to take full advantage of Seabury's trails system. Stop pounding the pavement and get back to nature... make an appointment for a professionally guided "tour of the trails" today.

Call 860-243-6007 for availability

Do you love birds? Join some of Seabury's own expert birders as they take you on a leisurely early morning stroll. Along the way they will point out different species of birds and their characteristics. Interested? Meet at the Hilltop Pavilion at 8:00am on 5/8, 5/15, or 5/22. The walk will last about an hour. **Bring your binoculars!**



MONTHLY ARTICLE

January 26, 2010 *The New York Times*

Exercise: In Women, Training for a Sharper Mind

By RONI CARYN RABIN



Older women who did an hour or two of strength training exercises each week had improved cognitive function a year later, scoring higher on tests of the brain processes responsible for planning and executing tasks, a new study has found.

Researchers in British Columbia randomly assigned 155 women ages 65 to 75 either to strength training with dumbbells and weight machines once or twice a week, or to a comparison group doing balance and toning exercises. A year later, the women who did strength training had improved their performance on tests of so-called executive function by 10.9 percent to 12.6 percent, while those assigned to balance and toning exercises experienced a slight deterioration — 0.5 percent. The improvements in the strength training group included an enhanced ability to make decisions, resolve conflicts and focus on subjects without being distracted by competing stimuli.

Older women are generally less likely than others to do strength training, even though it can promote bone health and counteract muscle loss, said Teresa Liu-Ambrose, a researcher at the Center for Hip Health and Mobility at Vancouver General Hospital and the lead author of the paper, which appears in the Jan. 25 issue of [Archives of Internal Medicine](#).

A study commissioned by **Mind**, a leading British mental health charity, suggests **hiking contributes to improved mental and emotional health.**

Focusing on people affected by depression, researchers from the University of Essex compared the benefits of hiking a trail through the woods to walking in an indoor shopping center. **The researchers found that the hikers realized far greater benefits than the mall walkers.**

*www.globalpress
institute.org*



Brandy Page
Director of Fitness & Wellness Development
 860-243-6078
brandypage@seaburyretirement.com

Courtenay Knox
Fitness & Wellness Coordinator
 860-243-6007
courtenayknox@seaburyretirement.com

Arkadiusz Kosiorek
Fitness & Wellness Specialist
 860-243-6054
arkadiuszkosiorek@seaburyretirement.com

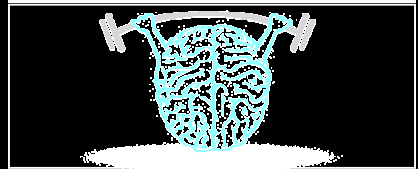
Chlake Raineau
Certified Personal Trainer
 860-377-6326
chlakeraineau@seaburyretirement.com

Tracey Luciani
Registered Dietician
 860-243-6047
traceyluciani@seaburyretirement.com

Seabury's Fitness & Wellness Center uses an integrative, whole-person wellness model approach called the "Circle of Wellness" to ensure successful aging. This model includes six dimensions of wellness: Physical, Spiritual, Social, Intellectual, Vocational, and Emotional.

MONTHLY EXERCISE FOR BRAIN AND BODY

THE BRAIN...



Water in the Cup

Science brain teasers require understanding of the physical or biological world and the laws that govern it.

A man in a restaurant asked a waiter for a juice glass, a dinner plate, water, a match, and a lemon wedge. The man poured enough water onto the plate to cover it. "If you can get the water on the plate into this glass without touching or moving this plate, I will give you \$100," the man said. "You can use the match and lemon to do this." A few minutes later, the waiter walked away with \$100 in his pocket. How did the waiter get the water into the glass?

Hint~

The glass will be upside-down when the water is in it.



THE BODY...



GETTING UP FROM A FALL

After you fall, panic is often your first reaction. However, how you react after a fall can cause more injuries than the fall itself. If you try to get up too quickly or in the wrong position, you may make an injury worse.

Remember to take several deep breaths, assess the situation and determine if you are hurt. If you believe you are injured, do not attempt to get up. Instead, call 911 or get help from a family member. But if you feel strong enough to get up, follow these steps provided by the American Academy of Orthopedic Surgeons.



Try to fall on your side or buttocks. Roll over naturally, turning your head in the direction of the roll.



If you can, crawl to strong, stable furniture like a chair, and pull yourself up. Approach the chair from the front and put both hands on the seat.



Slowly, begin to rise. Bend whichever knee is stronger; keep your other knee on the floor.



Slowly twist around and sit in the chair.

www.aaos.org

Save a tree! To receive this publication electronically (instead of a paper copy), email courtenayknox@seaburyretirement.com

April 2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|--|--|---|
| <p>*Requires appointment-please call 860.243.6054 for availability</p> <p>Class Descriptions are on reverse</p>  | | | | 1 | 2 | 3 |
| | | | | <p><i>Fitness Assessments and Lifestyle Reviews</i></p> | <p><i>Fitness Assessments and Lifestyle Reviews</i></p> | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  <p>FWC GRAND RE-OPENING CELEBRATION</p> <p>Join us for coffee and smoothies and learn all about our new features and equipment!</p> | | | | | | |
|  <p><i>Happy Easter!</i></p> | | <p>8:00-11:00 Tours 9:00-Keiser Orientation 10:00-Pool Safety 1:30 Functionally Fit B/D 2:00 Weight Winners HP</p> | <p>8:00-11:00 Tours 9:00-Keiser Orientation 10:00-Pool Safety 11:00-Smith Machine 1:30 Powerful Aging DS 2:00 Flexibility Training* FC 3:00 Strength Training* FC</p> | <p>8:00-11:00 Tours 9:00-Keiser Orientation 10:00-Pool Safety 11:00-Smith Machine 2:00 Cardio Training* FC 3:00 Walk the Trails* FC</p> | <p>9:00 Pilates Reformer 10:00 Gait Training 1:30 Powerful Aging DS 2:00 Flexibility Training* FC 3:00 Strength Training* FC 5:00 Meet the Maestro TOS</p>  | <p>10:00 Conductorcise HH 1:30 Functionally Fit B/D 2:00 Cardio Training* FC 3:00 Walk the Trails* FC</p> |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | <p style="text-align: center;">Spring Class Session Begins</p> <p>8:00 Core Essentials DS 8:30 Power Pilates PS 9:00 Power Pilates DS 10:00 Beautiful Bones PS 10:00 Yoqua NAT 11:00 Yogalates PS 1:30 Functionally Fit B/D 2:00 Cardio Training* FC</p> | <p>9:00 Dancercise DS 9:00 Aqualibrium NAT 10:00 Seated Balance PS 11:00 Equilibrium DS 1:30 Powerful Aging DS 2:00 Flexibility Training* FC 3:00 Strength Training* FC</p> | <p>8:00 Mat Flexibility DS 9:00 Standing Flexibility PS 10-11 Supervised Swim NAT 10:00 Chair Flexibility PS 2:00 Cardio Training* FC 3:00 Walk the Trails* FC</p> | <p>9:00 Dancercise DS 9:00 Aqualibrium NAT 10:00 Seated Balance PS 11:00 Equilibrium DS 1:30 Powerful Aging DS 2:00 Flexibility Training* FC 3:00 Strength Training* FC</p> | <p>8:00 Core Essentials DS 8:30 Power Pilates PS 9:00 Power Pilates DS 10:00 Beautiful Bones PS 10:00 Yoqua NAT 11:00 Yogalates PS 1:30 Functionally Fit B/D 2:00 Cardio Training* FC 3:00 Walk the Trails* FC</p> | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | <p>8:00 Core Essentials DS 8:30 Power Pilates PS 9:00 Power Pilates DS 10:00 Beautiful Bones PS 10:00 Yoqua NAT 11:00 Yogalates PS 1:30 Functionally Fit B/D 2:00 Cardio Training* FC 2:00 Weight Winners HP</p> | <p style="text-align: center;">NO DANCERCISE TODAY!</p> <p>9:00 Aqualibrium NAT 10:00 Seated Balance PS 11:00 Equilibrium DS 1:30 Powerful Aging DS 2:00 Flexibility Training* FC 3:00 Strength Training* FC</p> | <p>8:00 Mat Flexibility DS 9:00 Standing Flexibility PS 10-11 Supervised Swim NAT 10:00 Chair Flexibility PS 2:00 Cardio Training* FC 3:00 Walk the Trails* FC</p> | <p style="text-align: center;">NO DANCERCISE TODAY!</p> <p>9:00 Aqualibrium NAT 10:00 Seated Balance PS 11:00 Equilibrium DS 1:30 Powerful Aging DS 2:00 Flexibility Training* FC 3:00 Strength Training* FC</p> | <p>8:00 Core Essentials DS 8:30 Power Pilates PS 9:00 Power Pilates DS 10:00 Beautiful Bones PS 10:00 Yoqua NAT 11:00 Yogalates PS 1:30 Functionally Fit B/D 2:00 Cardio Training* FC 3:00 Walk the Trails* FC</p> | |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| | <p>8:00 Core Essentials DS 8:30 Power Pilates PS 9:00 Power Pilates DS 10:00 Beautiful Bones PS 10:00 Yoqua NAT 11:00 Yogalates PS 1:30 Functionally Fit B/D 2:00 Cardio Training* FC</p> | <p>9:00 Dancercise DS 9:00 Aqualibrium NAT 10:00 Seated Balance PS 11:00 Equilibrium DS 1:30 Powerful Aging DS 2:00 Flexibility Training* FC 3:00 Strength Training* FC</p> | <p>8:00 Mat Flexibility DS 9:00 Standing Flexibility PS 10-11 Supervised Swim NAT 10:00 Chair Flexibility PS 2:00 Cardio Training* FC 3:00 Walk the Trails* FC</p> | <p>9:00 Dancercise DS 9:00 Aqualibrium NAT 10:00 Seated Balance PS 11:00 Equilibrium DS 1:30 Powerful Aging DS 2:00 Flexibility Training* FC 3:00 Strength Training* FC</p> | <p>8:00 Core Essentials DS 8:30 Power Pilates PS 9:00 Power Pilates DS 10:00 Beautiful Bones PS 10:00 Yoqua NAT 11:00 Yogalates PS 1:30 Functionally Fit B/D 2:00 Cardio Training* FC 3:00 Walk the Trails* FC</p> |  |

CLASS DESCRIPTIONS

Core Essentials: This advanced class focuses on strengthening your core, increasing flexibility, and challenging every major muscle group. The final half the class is done on the floor (mats provided).

Power Pilates: Using hand, ankle weights and body resistance, you will work each major muscle group. The focus is on maintaining strength and flexibility to ensure the participant continues carrying out activities of daily living with ease. The class also includes training on safely getting up from and down to the floor.

Beautiful Bones: This seated class is specifically designed for participants to improve their strength and range of motion. The exercises are selected with osteoporosis in mind and target muscles in the hip, spine and lower body.

Yogalates: Yoga and Pilates fundamentals are employed to help with pain management, increase range of motion and prevent muscle atrophy. Most of the class is done from the chair.

Dancercise: Foxtrot, cha-cha and rumba your way to fitness in this class. Train strength, balance, stability and agility as you move with the rhythm of some of your favorite songs.

Equilibrium: This class will focus on five critical areas of balance: postural strategies, gait enhancement, multisensory control, center of gravity control and basic fitness. Practical applications will provide participants with skills needed to prevent a fall, as well as skills needed in the event of a fall.

Seated Balance: Improve posture, increase body awareness, and learn to better control your center of gravity. These tactics can be helpful in fall prevention.

Flexibility Classes focus specifically on gently increasing range of motion. No weights are used.

Functionally Fit: This program is designed to help the Brewer and Davis residents maintain their range of motion to help with activities of daily living.

Yoqua: Enjoy the flowing movements of yoga, all with the gentle support of the water. Train strength and range of motion.

Aqualibrium: This class will focus on five critical areas of balance: postural strategies, gait enhancement, multisensory control, center of gravity control and basic fitness, all in the forgiving medium of the water.

Powerful Aging: (additional fee): Instructors from UCONN lead members of the outside community in a strength class.