



Balanced Life Bulletin

Inside this issue:

Mark Your Calendar	2
Nutrition	2
News You Can Use	3
Monthly Article	3
Monthly Exercises	4

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



HELEN ROSS

HELEN BEGAN USING THE FWC ALMOST IMMEDIATELY AFTER MOVING TO SEABURY. SHE HAD HER FIRST ASSESSMENT ON SEPTEMBER 15, 2005, AND JUST COMPLETED HER FIFTH FULL ASSESSMENT SINCE REGISTERING FOR THE FWC. HELEN HAS KNOWN THE IMPORTANCE OF EXERCISE FOR MANY

HELEN'S PHYSICAL IMPROVEMENTS:
ENDURANCE: 107%
LOWER BODY STRENGTH: 45%
UPPER BODY STRENGTH: 122%
LOWER BODY FLEXIBILITY: 53%

YEARS. SHE HAS ALWAYS EXERCISED, AND PREVIOUSLY PARTICIPATED IN AN EXERCISE CLASS AT THE WETHERSFIELD COMMUNITY CENTER TWICE A WEEK BEFORE MOVING TO SEABURY.

IN ADDITION TO THAT SHE ALSO WALKED DAILY.

HELEN CONTINUES TO WALK AS MUCH AS

SHE CAN. YOU WILL OFTEN SEE HER WALKING BACK AND FORTH FROM HER COTTAGE TO THE MAIN BUILDING RATHER THAN USING A CAR.

ALL THIS DEDICATION HAS PAID OFF. AS YOU CAN SEE FROM THE STATISTICS WE HAVE COLLECTED OVER THE YEARS, HELEN HAS IMPROVED WITH AGE! SHE'S IN BETTER SHAPE NOW THAN FIVE YEARS AGO... MORE PROOF THAT WE CAN IMPROVE THE QUALITY OF OUR LIVES BY THE PERSONAL CHOICES WE MAKE. GOOD GOING HELEN!

"I AM A BIG FAN OF THE FWC. THE CLASSES ARE SO GREAT BECAUSE NO TWO ARE ALIKE, WHICH PREVENTS ME FROM GETTING INTO A RUT. AND THE STRETCHING EXERCISES I HAVE FOUND TO BE PARTICULARLY HELPFUL OVER THE YEARS."

MARK YOUR CALENDAR



- ◆ **Friday August 6th** Dr. Coll will speak on "*Pharmaceuticals*". at 11:00am in HH.



- ◆ **Seabury Weight Winners** will *not meet in* August. Their next meeting will be **September 20th** at 1:00pm in the Atrium.
- ◆ During the September one-on-ones you may receive a **complimentary Biodex Balance Assessment**. Afterwards, it will be included in your annual assessment/lifestyle review.

Nutrition

Whole Diet May Ward Off Depression and Anxiety

Jan 15, 2010 — A traditional or whole diet characterized by vegetables, fruit, whole grains, and high-quality meat and fish may help prevent mental illness — specifically, depression and anxiety. Conversely, a Western diet high in refined or processed foods and saturated fats may increase the risk of depression, new research suggests.

A large, cross-sectional study conducted by investigators at the University of Melbourne in Australia shows that women who regularly consume a so-called traditional diet were more than 30% less likely to have major depression, dysthymia, and anxiety disorders compared with their counterparts who consume a Western diet. In addition, the Western diet was associated with a 50% increased likelihood of depression.

"Simply put, if you habitually eat a healthy diet that includes fruit, vegetables, whole grains, and high-quality lean meat, then you may cut your risk of depression and anxiety," principal investigator Felice Jacka, PhD, told *Medscape Psychiatry*.

But one caveat here, said Dr. Jacka, is high-quality meat, which is difficult to come by in the United States. This is because most of the cattle in North America are raised — from birth to death — in feed lots, where they are fed a corn-based diet.

This method of raising cattle may have a "profound impact" on the quality of the meat, said Dr. Jacka. "It increases saturated fat and decreases very important good fatty acids. Whereas in Australia, red meat, such as beef and lamb, comes from pasture-raised animals, so it has a much healthier fatty acid profile," she said.

One of the findings that was not published in the article is that people who consumed more beef or lamb within Australia's recommended dietary guidelines (not more than 4 times per week) were less likely to have depression and anxiety.

According to Dr. Jacka, recent Australian studies show that a good proportion of individuals' dietary intake of omega-3 fatty acids actually comes from red meat.

"We've traditionally thought of omega-3s as only coming from fatty fish, but actually good-quality red meat, that is, naturally raised, has very good levels of omega-3 fatty acids, whereas red meat that comes from feedlots tends to be higher in omega-6 fatty acids — a fatty acid profile that is far less healthy and may in fact be associated with more mental health problems," she said.



High-quality, grass fed beef is higher in the beneficial Omega-3 fats than grain fed beef.

The study was published online January 4, 2010 in the American Journal of Psychiatry.

NEWS YOU CAN USE

We are very excited to bring another exercise machine to our newly renovated center! With the addition of the *Precor Stair-Climber* there is an even greater variety of ways for you to enjoy your cardiovascular workouts. If you would like one of our fitness specialists to show you how to use this new machine, call 860-243-6054 to schedule an appointment.



Fitness & Wellness Specialist Mary uses the Stair-Climber



New FWC Hours! We are now “always open”. With the exception of the Natatorium, which will remain open from 6am-8pm, approved residents and staff will be able to exercise at any time of day.

If you are interested in using the FWC during these extended hours, please call 860-243-6054.

MONTHLY ARTICLE

Seabury's Fitness & Wellness Center and Rehabilitation Department have recently acquired the latest technology in fall prevention:

The
BIODEX Balance System
Machine

Thanks to the generosity of the Seabury Auxiliary and the Charitable Foundation, Seabury remains on the cutting edge of balance assessment technology and programming.

The Biodex Balance machine can assess and treat balance problems. Through a series of tests, this technology helps the fitness specialist/therapist determine which of the three body systems responsible for balance control is contributing to the patient's balance issues. The three body systems are: vestibular, visual and somatosensory. Once the specialist can objectively determine what the contributing factors are to the impaired balance, they can use the Biodex Balance machine to translate this into treatment. Using this equipment, treatment is done in a manner that is very engaging and fun, but is extremely effective. Progress reports of each treatment can be printed out so that the patient and family can track and compare specific progress from each treatment session.

FWC Staff have already begun using this machine for annual assessments and lifestyle reviews, and have found it to be very effective in diagnosing/treating balance problems.

To learn more about the Biodex, visit www.biodex.com/balance



A client uses the Biodex Balance Machine

Seabury's
**FITNESS
 &
 WELLNESS**
 Center

Hours:

GYM: 7 days a week, 24 hours a day

NATATORIUM:
 Daily from 6am-8pm

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THE BRAIN...



WORD BOX

Word Boxes are like miniature crossword puzzles, except that each word is filled in across and down the grid. That is, the answer to 1 across is the same word as the answer to 1 down; 2 across is the same as 2 down; etc. How quickly can you solve the puzzle?*

	1	2	3	4	5
1					
2					
3					
4					
5					

1. complete environment
2. not this one
3. poetic device
4. assumption
5. foreboding

*Look for the solution in next month's newsletter.

Source: www.rinkworks.com/brainfood

THE BODY...



Yoga pose: The Bird-Dog



Seabury resident Shirley Dudley demonstrates the "Bird-Dog"

Starting Position: Begin in an all-fours position with the abdominal muscles engaged to stabilize the spine and pelvis, and keep the neck in alignment with the spine.

Action: Lift the left arm and the right leg simultaneously. Pause, and then slowly return to the starting position. Repeat on the opposite side.

Be sure to keep the spine in "neutral" position. This means you should concentrate on keeping your core muscles engaged and your back straight.

Source: www.acefitness.org

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



Summer 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15-8:00 Core Essentials DS	9:00-9:45 Dancercise DS	7:15-8:00 Core Essentials DS	9:00-9:45 Dancercise DS	7:15-8:00 Core Essentials DS
8:15-9:00 Power Yoga DS	9:00-9:45 Aqualibrium NAT	8:15-9:00 Power Yoga DS	9:00-9:45 Aqualibrium NAT	8:15-9:00 Power Yoga DS
9:15-10:00 Power Pilates PS	10:00-10:30 Seated Balance CAS	9:15-10:00 Power Pilates PS	10:00-10:30 Seated Balance CAS	9:15-10:00 Power Pilates PS
10:00-10:45 Yoqua NAT	Functionally Fit Brewer/Davis		Functionally Fit Brewer/Davis	10:00-10:45 Yoqua NAT
10:00-10:30 Beautiful Bones PS	11:00-11:30 Equilibrium PS		11:00-11:30 Equilibrium PS	10:00-10:30 Beautiful Bones PS
11:00-11:30 Yogalates CAS	1:30-2:30 Powerful Aging DS	2:00-3:00 Flexibility Training* FWC	1:30-2:30 Powerful Aging DS	11:00-11:30 Yogalates CAS
3:00-4:00 Keiser Training* FWC	3:00-4:00 Strength Training* FWC	3:00-4:00 Walk the Trails* FWC (weather permitting)	3:00-4:00 Strength Training* FWC	3:00-4:00 Cardio Training FWC
3:00-4:00 Walk the Trails* (weather Permitting)	<p><i>Summer session runs from Tuesday, July 6 until Friday, September 17</i></p>			3:00-4:00 Walk the Trails* (weather Permitting)

*By appointment only—please call Arkadiusz, Fitness Coordinator, at 860-243-6054

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.

Step: Step up, on, over and around a four inch platform. Burn calories, and challenge balanced and coordination as you move to 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.