



Inside this issue:

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

BALANCED LIFE BULLETIN

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



Virginia Baldwin

Virginia freely admits she was never really excited about exercise. Then, several years ago, her husband

became inspired by the "Air Force Exercise Plan" and

Virginia's Improvements-

- Endurance 25%
- Lower Body Flexibility 1720%
- Upper Body Flexibility 8%
- Lower Body Strength 10%
- Upper Body Strength 171%
- Agility 40%

began working out in earnest. As Virginia puts it "He shamed me into at least walking 30-60 minutes every day". She soon got to where she actually enjoyed the walks (especially when accompanied by one of her canine companions).

"Besides getting you up in the morning, the fitness classes are fun to attend, and you can't help but be impressed with the new studios and workout room (and the TVs!)"

Virginia continues to enjoy daily walks on Seabury's trails system with her dog, "Cookie", and in addition attends several of the FWC's fitness classes. She feels the classes have helped a great deal with flexibility and upper body strength. As you can see from the numbers above, she has indeed improved in those areas—and everything else as well!

MARK YOUR CALENDAR



- ◆ **Friday June 4th** Dr. Coll will speak on *Preventing Illness* in Heritage Hall at 11:00am.



- ◆ **Saturday June 5th** celebrate the seventh dimension of wellness—the *environment*—by joining the trails committee for National Trails Day. The day begins at 9:30 at the Hilltop Pavilion. There will be short walks, long walks, and free rides on the “Love Bug” for those who have difficulty walking. We’ll have refreshments and a “make your own trail mix” station, and lots of games! This event is for residents, staff, family and friends. Free maps and souvenirs for all. See you on the 5th!

- ◆ **Wednesday June 16th** Seabury will host its annual Fitness & Wellness Expo throughout the campus from 8:00-5:00pm. **No resident classes will be held on this day.**

- ◆ **Thursday June 17th** join Ken Brock at the Hilltop Pavilion for a Bocce demonstration at 5:00pm.

- ◆ **Friday June 18th** spring class session ends.

- ◆ **June 21st-July 2nd** Assessments and Lifestyle Reviews will be held. Please sign up in the FWC. This appointment will also be when you will register for the upcoming summer exercise session.

- ◆ **Wednesday June 23rd** the FWC presents *Rehab to Wellness*. Meet the physical therapists from the Rehab team and enjoy some light refreshment in Heritage Hall from 1:30-2:30pm.



Ken Brock and David Eusden enjoying a game of Bocce.

- ◆ **Wednesday June 30th** the Rehab team will meet and greet Views residents in the North Lounge from 1:30-2:00pm. Light refreshments will be served.

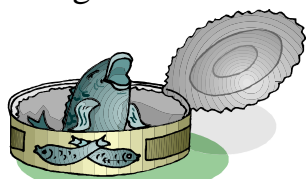
- ◆ **Seabury Weight Winners** meet on the first and third Mondays of the month in the Atrium from 2:00-3:00pm. Visitors are welcome. If you should decide to join the group, membership fee is \$25, with a \$15 renewal fee.

Nutrition

GIVE ME A “D”!

Without sufficient vitamin D, bones can become thin, brittle, or misshapen. Vitamin D sufficiency prevents osteomalacia in adults. As you can see from the table, **more vitamin D is needed after age 71.** Together with calcium, vitamin D also helps protect older adults from osteoporosis.

The best natural source of vitamin D can be found in salmon, tuna, or mackerel. Otherwise, fortified milk, juice, and cereals are good choices.



Age	Men	Women
14-18 years	5 mcg (200 IU)	5 mcg (200 IU)
19-50 years	5 mcg (200 IU)	5 mcg (200 IU)
51-70 years	10 mcg (400 IU)	10 mcg (400 IU)
71+ years	15 mcg (600 IU)	15 mcg (600 IU)

Source: www.nih.gov/factsheets/vitamind.asp



ASSESSMENT vs. LIFESTYLE REVIEW



Whenever anyone joins the FWC, we perform a full physical assessment to establish a baseline fitness level upon which we can measure the progress (or decline) of a resident's abilities. Thereafter we perform the full assessment once a year to ensure we are meeting the fitness and wellness needs of each and every resident.

Coming up at the end of June some of you will be having your full annual assessment with your Lifestyle Review, while others will just be completing your Lifestyle Review. The Lifestyle Review encompasses a personalized one on one time with a fitness and wellness specialist to go over the seven dimensions of wellness within your lifestyle, develop goals you would like to pursue for the upcoming session, to bring up any fitness or wellness concerns you may have, and to register for classes.

MONTHLY ARTICLE

Osteoporosis and Martial Arts Fall-Training*

Might learning martial arts fall-arrest strategies be safe and useful for patients with osteoporosis? Could such training be helpful in preventing hip fractures in those with the disease? That's what researchers wanted to learn from a feasibility study, using only young adult subjects, that was recently conducted in the Netherlands and published in BMC Research Notes, the journal of BioMed Central (3:111).



The young adult participants were taught how to turn falls into safer rolling movements by using martial arts (MA) techniques that the researchers believe can also be taught to elders. Hip impact forces were measured as they performed MA falls from different positions (kneeling or standing), in different directions (forward or sideways) and under different conditions (onto a martial arts mat or onto a thick mattress).

The authors concluded: "Based on the data of young adults and safety criteria, the MA fall-training was expected to be safe for persons with osteoporosis if appropriate safety measures are taken: during the training persons with osteoporosis should wear hip protectors that could attenuate the maximum hip impact force by at least 65 percent, perform the fall exercises on a thick mattress, and avoid forward fall exercises from a standing position. Hence, a modified MA fall-training might be useful to reduce hip fracture risk in persons with osteoporosis."

To read the abstract of this study, click on <http://www.biomedcentral.com/1756-0500/3/111/abstract>.

*The FWC Staff has an integrated approach that incorporates Tai Chi and other disciplines in their fall prevention programs. They will continue to research these findings so that they may apply them in all classes.

Assessment

[uh-ses-muh nt]

~noun

The act of assessing; appraisal; evaluation

Review

[ri-vyoo]

~noun

a viewing of the past; contemplation or consideration of past events, circumstances, or facts



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

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

Courtenay Knox
*Fitness & Wellness Specialist
 Social Media Coordinator*
 860-243-6007
 courtenayknox@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



SAME EITHER WAY

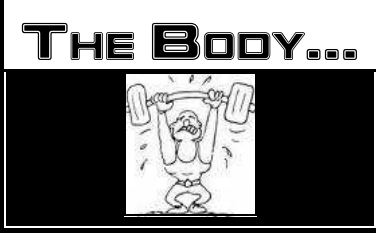
Pronounced as one letter,
 And written with three,
 Two letters there are,
 And two only in me.
 I'm double, I'm single,
 I'm black, blue, and grey,
 I'm read from both ends,
 And the same either way.

What am I?*

**Find the answer here next month!*

Last month's answer: A sundial and an hourglass

www.riddles.com



IMPROVING GRIP STRENGTH



If you have arthritis, you may have trouble picking up things with your hands or keeping a grip on them. This exercise can help strengthen your hand muscles thereby improving your grip strength. The exercise is simple; it can be done easily while reading or watching TV.

Equipment: Racquetball, tennis ball, or "stress" ball.

Time: Less than 5 minutes.

Exercise: Grasp a ball in one hand. Slowly squeeze it as hard as you can and hold the squeeze for three to five seconds. Slowly release the squeeze. Take a short rest, then repeat the exercise 10 times. Switch hands, and do two sets of 10 squeezes with the other hand.

Frequency: You may do this exercise every day or every other day, depending on how your hands feel. If they feel stiff or painful, you may want to skip a day.

Source: www.cdc.org

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

JUNE 2010

Class descriptions on reverse

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:-8:30 Core Essentials <i>DS</i>	9:00-9:30 Dancercise <i>DS</i>	8:00-8:30 Mat Flexibility <i>DS</i>	9:00-9:30 Dancercise <i>DS</i>	8:00-8:30 Core Essentials <i>DS</i>
8:30-9:00 Power Pilates <i>DS</i>	9:00-9:30 Aqualibrium <i>NAT</i>	9:00-9:30 Standing Flexibility <i>DS</i>	9:00-9:30 Aqualibrium <i>NAT</i>	8:30-9:00 Power Pilates <i>DS</i>
9:00-9:30 Power Pilates <i>PS</i>	10:00-10:30 Seated Balance <i>CAS</i>	10:00-10:30 Chair Flexibility <i>DS</i>	10:00-10:30 Seated Balance <i>CAS</i>	9:00-9:30 Power Pilates <i>PS</i>
10:00-10:30 Yoqua <i>NAT</i>	11:00-11:30 Equilibrium <i>PS</i>	 National Trails Day Saturday, June 5th Hilltop Pavilion 9:30am	11:00-11:30 Equilibrium <i>PS</i>	10:00-10:30 Yoqua <i>NAT</i>
10:00-10:30 Beautiful Bones <i>PS</i>	1:30-2:30 Powerful Aging <i>DS</i>		1:30-2:30 Powerful Aging <i>DS</i>	10:00-10:30 Beautiful Bones <i>PS</i>
11:00-11:30 Yogalates <i>CAS</i>	3:00-4:00 Strength Training* <i>FWC</i>	3:00-4:00 Walk the Trails* <i>(weather Permitting)</i>	3:00-4:00 Strength Training* <i>FWC</i>	11:00-11:30 Yogalates <i>CAS</i>
2:00-3:00 Weight Winners <i>(1st & 3rd Wed.)</i> <i>ATR</i>	*These sessions require an appointment. Call 860-243-6007 for availability. LEGEND Fitness & Wellness Center: <i>FWC</i> Pilates Studio: <i>PS</i> Dance Studio: <i>DS</i> Natatorium <i>NAT</i> Creative Arts Studio: <i>CAS</i>			3:00-4:00 Walk the Trails* <i>(weather Permitting)</i>

Please note there will be NO CLASSES on Wednesday, June 16th due to Seabury's Fitness & Wellness Expo

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: Similar to Dancercise, but with the added challenge of a 4-6 inch platform. You will dance up, on, over and around the platform to really get your heart pumping!

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.