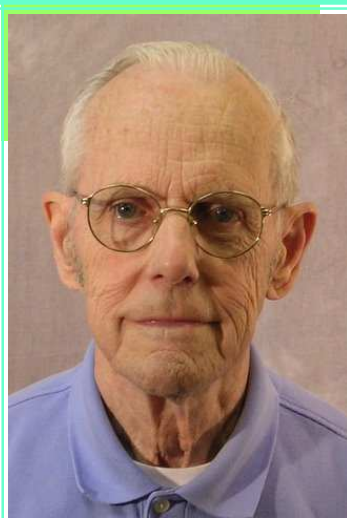


Inside this issue:

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



STUART BABCOCK

STUART MOVED TO SEABURY IN 2004 AND STARTED EXERCISING RIGHT AWAY. HE HAD BEEN EXERCISING AT A FITNESS CENTER BUT SOON ADOPTED A REGULAR ROUTINE HERE.

HE FOUND THE SEABURY EQUIPMENT MUCH MORE SATISFYING AND EASIER TO USE. WHEN THE NEW FWC

Stu's IMPROVEMENTS-

- ENDURANCE 188%**
- LOWER BODY FLEXIBILITY 25%**
- UPPER BODY FLEXIBILITY 25%**
- LOWER BODY STRENGTH 10%**
- UPPER BODY STRENGTH 171%**
- AGILITY 40%**

OPENED HE WENT THROUGH THE ENROLLMENT PROCESS AND HAD HIS FIRST ASSESSMENT IN SEPTEMBER OF 2005.

HE HAS BEEN CONSISTENT EVER SINCE, AND, AS YOU CAN SEE FROM THE NUMBERS, HE HAS SHOWN SIGNIFICANT IMPROVEMENTS OVER THE YEARS.

STUART'S COMMITMENT TO HIS EXERCISE

"THE FITNESS CLASSES WITH THEIR TALENTED AND AMIABLE STAFF ARE GREAT, AND IT FEELS SO GOOD TO ENJOY IMPROVEMENT."

PROGRAM HAS REMAINED STRONG, DESPITE HIS BEING DISPLACED FOR NEARLY EIGHT MONTHS AFTER THE FIRE IN THE EAST WING! EVEN THOUGH HE WAS LIVING OFF CAMPUS, HE CONTINUED DRIVING IN EVERY DAY TO ATTEND HIS EXERCISE CLASSES. THANK YOU, STUART, FOR YOUR COMMITMENT TO LIVING A HEALTHY LIFESTYLE. SEE YOU IN CLASS!



Stuart enjoys walking on the trails

MARK YOUR CALENDAR

- ◆ **Friday May 7th** *Holistic and Integrated Medicine* presented by Dr. Jane Walker and Dr. Kathleen Mueller in Heritage Hall at 11:00am.



- ◆ **Saturday May 8th & 22nd** let Seabury's own birders point out the many varieties of feathered friends we have living on our property. Learn something new while getting fresh air, sunshine and a little exercise to boot! Meet at the Hilltop Pavilion at 8:00am. *Bring your binoculars!*

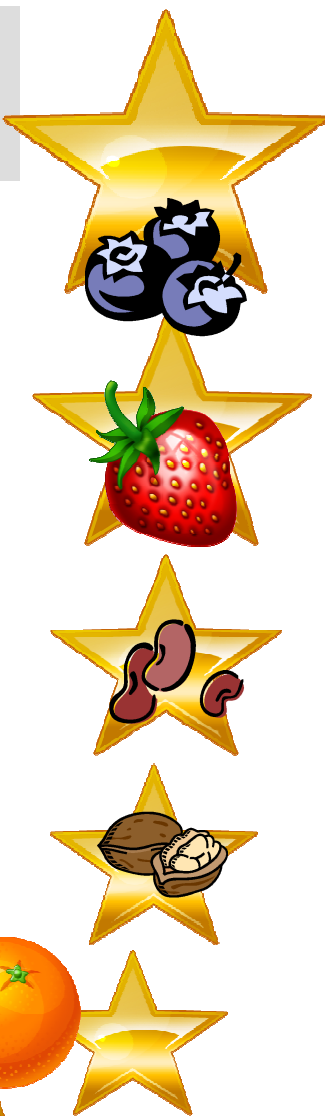


- ◆ **Saturday May 15th** join "Team Seabury" for a 3 mile walk to support the *Bishop's Fund for Children*. The event will take place at Webster Hill Elementary School in West Hartford. This is a friendly event enjoyed by runners and walkers of all ages. Registration fee is \$20.00. To register call Arkadiusz at 860-243-6054.
- ◆ **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

Beyond tea: Antioxidant stars

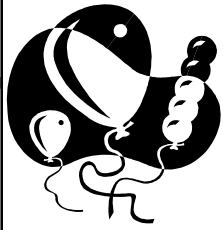
A recent American Institute of Cancer Research survey found that 1 in 6 Americans faithfully downs a daily cup (or more) of green tea, which is jam-packed with antioxidants and phytonutrients that help ward off cancer, heart disease, and Alzheimer's. Just don't forget other disease fighting powerhouses. One cup of green tea a day can never replace the variety of protective nutrients provided by fruits and vegetables.



Antioxidant scorecard

FOOD	SCORE
Blueberries 1 cup	9,019
Cranberries 1 cup	8,983
Blackberries 1 cup	7,701
Raspberries 1 cup	6,058
Strawberries 1 cup	5,938
Red Delicious Apple	5,900
Red kidney beans, cooked 1/2 cup	5,569
Pecans 1 oz.	5,095
Pinto beans, cooked 1/2 cup	4,983
Sweet cherries 1 cup	4,873
Black plum	4,844
Walnuts 1 oz.	3,846
Green pear	3,172
Hazelnuts 1 oz.	2,739
Navel orange	2,540
Red cabbage, cooked 1/2 cup	2,359
Russet potato, cooked 6 oz.	2,325
Pistachios 1 oz.	2,267
Green tea 1 cup	2,231

Source: Ronald L. Prior, PhD, Agricultural Research Service, USDA



HOORAY!

We're not just "back to normal"... we're "back to **FABULOUS!**" The FWC staff want to thank you for your patience during the restoration process, and hope that you enjoy the new and improved center. If you have any questions about the new (or old) equipment, you may call us at 860-243-6054 and schedule an appointment, and one of our staff will give you an orientation.

MONTHLY ARTICLE



*Margie
Sullivan*



*Brandy
Page*



*Arkadiusz
Kosiorek*



*Courtenay
Knox*



*Sylvia
DiBiasi*

Enhancing Seabury's Circle of Wellness

The re-opening of the FWC brings some positive changes to the structure of the department. Director of Fitness & Wellness Development Brandy Page is now working with Senior Vice President of Health Services Margie Sullivan in the Clinic. This move will help provide more seamless transitions through the levels of care. Brandy will be overlooking our in-house rehabilitation program and will be working closely with Sylvia DiBiasi, Manager of the Rehabilitation Department. Arkadiusz Kosiorek has stepped up as the new FWC Coordinator. Courtenay Knox will continue as part of the Fitness & Wellness team, but will also be branching into Marketing as Social Media Coordinator.

It has always been Seabury's goal to provide a continuum of care for our residents, and with the collaboration of the Clinic, Rehabilitation, and Fitness Departments, this goal will be met more efficiently and effectively. As a result, we will be even better able to maintain and improve the quality of life for all residents.



"A
Successful
Team Beats
with One
Heart"

Seabury's
FITNESS
 &
WELLNESS
 Center

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

THE BRAIN...



THINK!

Two very popular and common objects have the same function, but one has thousands of moving parts, while the other has absolutely no moving parts.

*What are they?**

**Find the answers here next month!*

www.riddles.com

THE BODY...



BREATHE!

Your instructor continually reminds you to breathe during your exercise class...with good reason. It turns out that as we get older, our respiratory muscles can atrophy—just like any muscle that doesn't get used as much as it should. Al Lee, co-author of *Perfect Breathing* (Sterling Publishing, 2009), notes that "For most adults, their breathing has slowly moved higher and higher into their chests over the years, so they're taking little sips of air into the tops of their lungs and are barely using the diaphragm." He suggests the following exercise to practice good breathing habits:

First, practice taking deep breaths:

- Begin by clearing both nostrils completely—blow your nose if necessary.
- Choose a quiet, comfortable environment.
- Breathe through your nose smoothly in and out. Try to keep the rhythm of your breathing regular and natural.

Next, practice counting your breaths:

- Inhale 2 counts
- Hold the breath 2 counts
- Exhale 4 counts

Finally, apply this to an activity, such as walking:

- Inhale 2 steps
- Hold for 2 steps
- Exhale for 4 steps

www.acefitness.org

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

MAY 2010

Class descriptions on reverse

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:-8:30 Core Essentials DS	9:00-9:30 Dancercise DS	8:00-8:30 Mat Flexibility DS	9:00-9:30 Dancercise DS	8:00-8:30 Core Essentials DS
8:30-9:00 Power Pilates DS	9:00-9:30 Aqualibrium NAT	9:00-9:30 Standing Flexibility DS	9:00-9:30 Aqualibrium NAT	8:30-9:00 Power Pilates DS
9:00-9:30 Power Pilates PS	10:00-10:30 Seated Balance CAS	10:00-10:30 Chair Flexibility DS	10:00-10:30 Seated Balance CAS	9:00-9:30 Power Pilates PS
10:00-10:30 Yoqua NAT	11:00-11:30 Equilibrium PS	<p>The Bishop's 5k for Kids is Saturday May 15 Bus leaves Seabury at 8:15am</p> 	11:00-11:30 Equilibrium PS	10:00-10:30 Yoqua NAT
10:00-10:30 Beautiful Bones PS	1:30-2:30 Powerful Aging DS		1:30-2:30 Powerful Aging DS	10:00-10:30 Beautiful Bones PS
11:00-11:30 Yogalates CAS	3:00-4:00 Strength Training* FWC	3:00-4:00 Walk the Trails* (weather Permitting)	3:00-4:00 Strength Training* FWC	11:00-11:30 Yogalates CAS
2:00-3:00 Weight Winners (1st & 3rd Wed.) ATR	<p>*These sessions require an appointment. Call 860-243-6007 for availability.</p> <p>LEGEND Fitness & Wellness Center: FWC Pilates Studio: PS Dance Studio: DS Natatorium NAT Creative Arts Studio: CAS</p>			3:00-4:00 Walk the Trails* (weather Permitting)



Please note there will be NO CLASSES on May 31st, Memorial Day

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.