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BALANCED LIFE BULLETIN

A PUBLICATION BROUGHT TO YOU BY SEABURY'S FITNESS & WELLNESS CENTER



Bill Davis

Bill AND HIS WIFE LENORE JOINED THE SEABURY FAMILY IN JUNE OF 2009 WHEN THEY BECAME "At Home" MEMBERS. Bill WAS RECOVERING FROM AN UGLY BATTLE With the life-threatening "MRSA", A STREP INFECTION HIGHLY RESISTANT to most ANTIBIOTICS, WHICH ATTACKS ALL ORGANS OF THE BODY.

Bill's IMPROVEMENTS:

- ENDURANCE: 42%
- LOWER BODY STRENGTH: 100%
- UPPER BODY STRENGTH: 70%
- LOWER BODY FLEXIBILITY: 42%
- UPPER BODY FLEXIBILITY: 30%
- AGILITY: 52%

DURING HIS ILLNESS, Bill lost 25 POUNDS AND MUCH OF HIS STRENGTH AND ENDURANCE. JUST HOW WEAK Bill HAD BECOME REALLY HIT HOME ONE AFTERNOON WHEN HE DECIDED TO WALK out to his MAILBOX, A STROLL OF ABOUT 200 YARDS... HE BARELY MADE it!

"MANY THANKS TO THE FITNESS & WELLNESS STAFF FOR THEIR FINE WORK IN HELPING ME TO GET MY STRENGTH BACK, WHICH HAS IMPROVED MY QUALITY OF LIFE."

SOON AFTER, WITH THE STEADFAST HELP AND ENCOURAGEMENT FROM LENORE, Bill WAS ABLE TO START PARTICIPATING IN FWC PROGRAMMING. HE AND LENORE JOINED THE BEAUTIFUL BONES CLASS. Bill BEGAN TO GET STRONGER, AND FOR THE NEXT SESSION HE AND LENORE "GRADUATED" TO THE "POWER PILATES" CLASS. NOW, THEY INCLUDE SWIMMING AND KEISER STRENGTH TRAINING IN THEIR MORNING EXERCISE, AND Bill FEELS MUCH STRONGER. THAT WALK TO THE MAILBOX IS NO LONGER A PROBLEM! CONGRATULATIONS Bill, WE ARE SO HAPPY THAT YOU HAVE RETURNED TO YOUR SELF PROCLAIMED "REASONABLY" ACTIVE LIFE!

MARK YOUR CALENDAR



- ◆ **Friday September 3rd** Dr. Coll will speak on "Healthy Bones" at 11:00am in HH.
- ◆ **Wednesday September 8th** join arborist Ed Richardson for a "tree identification" stroll. Meet at 2:00pm outside the Clinic entrance.
- ◆ **Friday September 17th** summer class session ends. Fall session begins Monday October 4th.
- ◆ **Monday September 20th-Friday October 1st** one-on-one consultations will be held. Sign up at the FWC reception desk for your lifestyle appointment. *Biodex Balance assessments are being offered this quarter only!*
- ◆ **Seabury Weight Winners** meet the first and third Mondays of every month at 1:00pm in the Atrium. Visitors are welcome. If you should decide to join the group, there is a \$25 registration fee, and a renewal fee of \$15.



Nutrition

A Diet Rich In Fatty Fish Is Beneficial In Reducing Progress Of Eye Disease

A study published ahead of print in the *British Journal of Ophthalmology* suggests that in order to diminish the development of the age related eye disease called macular degeneration, a weekly consumption of two to three portions of fatty fish could be beneficial.



The researchers support their conclusions based on an eight year study of 3,000 patients. They were all taking part in a supplements trial called the **Age Related Eye Disease Trial**, on which they were all monitored for the possible development of macular degeneration.

The trial results suggested that taking antioxidants plus minerals limited the development of late stage AMD, but not on the early stages of the disease.

On occasions, participants received a general physical and eye examination, and with the help of a validated food frequency questionnaire, they were also quizzed about their diets. As well, thorough photographs of the macula were taken at the start of the study, two years later, and then again every year.

The results concluded that evolution to both dry and wet forms of advanced disease was 25 percent less likely among those participants consuming a diet rich in omega 3 fatty acids (docosahexenoic (DHA) and eicosapentaenoic (EPA) acids).

The authors conclude that in order to reduce the risk of both early and late stage of AMD, the daily intake of omega 3 can be achieved by eating two to three servings of fatty fish, such as salmon, tuna, mackerel, shellfish, and herring every week.

NEWS YOU CAN USE

Coming in October...some changes to this publication...

Seabury's *Center for Successful Aging* will assume responsibility for articles and information from the Clinic, the Rehabilitation Department, and the FWC staff, including Personal Trainers and a Registered Dietician. The goal is to have a more global approach that speaks not only to our residents, but also to At-Home members, Rehab clients, Academy participants, and others beyond the walls of Seabury.

Due to this expansion the newsletter will move from a monthly to a quarterly publication.

MONTHLY ARTICLE

Long Live the Swimmer...

Special thanks to Seabury resident Jervis Zimmerman for bringing this article to our attention!

The following is an excerpt from the article "Do Swimmers Live Longer", by Phillip Whitten, found in the May/June edition of *Swimmer* magazine. To read the article in its entirety, visit usms.org.



FWC members enjoying the pool

"No, I'm not surprised at all," says the voice at the other end of the line. The voice, which sounds like it belongs to an energetic forty-something, actually belongs to multi world record holder Rita Simonton, 93, a member of the Lompoc Other Swim Team.

Mani Sanguily, a 77 year old physician, two-time Cuban Olympian and long-time Masters champion, is no less certain. "Of course," he booms, "that's one of the main reasons – though certainly not the only reason – we continue to swim."

Simonton and Sanguily are typical of the Masters swimmers interviewed about a study published recently by Steven Blair, one of the most respected researchers in the field of exercise and fitness. Blair, a friendly, energetic 70-year-old who recently served as president and CEO of the famed Cooper Institute in Dallas, Texas, is currently the chairman of the University of South Carolina's School of Public Health. He did his graduate work at Indiana University and studied under James "Doc" Counsilman.

A growing consensus of experts is affirming that swimming is the best of all forms of exercise for maintaining

optimal cardiovascular fitness and muscular strength throughout life. The reasons why are evident: Unlike running, walking, cycling, tennis and virtually every other form of exercise you could name, swimming works every muscle in the body. Since the sport takes place in water, it is very low-impact. As a result, swimmers sustain far fewer injuries than say, runners, and spend much less of their time recuperating from the injuries they do sustain.

It also means that swimming truly is the ideal sport for a lifetime. There are very few octogenarian line backers, wrestlers, shot putters, basketball players, kick-boxers, hockey or even baseball players. But there are tens of thousands of men and women in their 80s, 90s and older who maintain extraordinary fitness by swimming three to five times a week.

Dr. Blair and his associates did a comparison of sedentary subjects, runners, walkers and swimmers. Not surprisingly, the highest death rate occurred among the sedentary group: Eleven percent (1,747) of the couch potatoes passed away. In contrast, 7.8 percent of the walkers (292 men) and only 6.6 percent of the runners (1,336 men) died. None of this raised any eyebrows.

What did jump off the page, however, were the data for the swimmers. Only 1.9 percent of the swimmers – just 11 individuals – died during the 13 years of the study.

Further research needs to be done, but the benefits are clear: With swimming you get a full body, non-impact, strength and cardiovascular workout all in one.

"What did jump off the page, however, were the data for the swimmers. Only 1.9 percent of the swimmers – just 11 individuals – died during the 13 years of the study."

Seabury's
**FITNESS
 &
 WELLNESS**
 Center

Hours:

CENTER: 7 days a week, 24 hours a day

NATATORIUM:
 Daily from 6am-8pm

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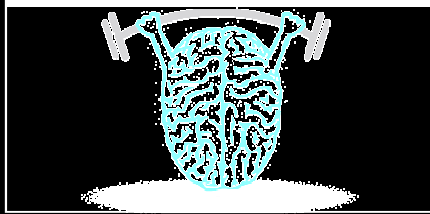
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MONTHLY EXERCISE FOR BRAIN AND BODY

THE BRAIN...



**scrambled
 equation**

In this puzzle you are given a number that you must construct out of several other numbers. You do this by taking the numbers and performing addition, subtraction, multiplication, and/or division operations on them. Each number must be used in the calculations exactly once, and only these four operations listed may be used. You may parenthesize your expression however you wish. For example, 5 may be obtained from 1, 2, and 3, with the expression $(3 + 2) \times 1$.

Last month's solution:

W	O	R	L	D
O	T	H	E	R
R	H	Y	M	E
L	E	M	M	A
D	R	E	A	D

So... try to make **35** out of **1, 2, 4, and 6**.

Source: www.rinkworks.com/brainfood

THE BODY...



IMPROVE YOUR POSTURE

A head that hangs forward is the most widespread posture/spinal misalignment problem, and one that causes far more

problems than you might think. The reason is that a head is heavy. The average human head weighs 10 to 14 pounds, the same as a bowling ball. It's supposed to rest directly over the shoulders in the body's center of gravity. When it hangs forward even slightly it is no longer in the center of gravity, and the muscles in the neck and upper back have to work hard all the time just to hold your head up. ***Every half inch that your head is held in front of your shoulders puts an additional twenty pounds of strain on those muscles.***

Janice Novak, M.S., author of *Posture, Get It Straight!*, recommends the following exercise to help get your posture back in alignment: While standing or sitting, lift the front of your rib cage and simply pull your head back over the middle of your shoulders. Think of trying to touch an imaginary wall with the back of your neck. Don't tip your head back. Hold for ten seconds. Do this several times throughout the day.

For more expert advice from Janice Novak visit www.improveyourposture.com

Save a tree! To receive a CSA brochure, or to receive this publication via email, send your request to academies@csaseabury.org

Fitness Classes

Schedule runs from **Monday
October 4th** through **Friday
December 17th**



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

*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.