

Newsletter for May of 2020



Healthy Focus on You!

As we need to get moving again mentally and emotionally to power through the remainder of the unforeseen challenges that lie ahead, our Active Aging 365 community is still facing our daily “new norm” orders from official reports and government recommendations.

In order to power through, we want to share that May is among one of our favorite months; it is time when flowers are blooming, sun is shining, and Spring is staging all the additional fun days to come including: Cinco de Mayo on 5/5, Mother’s Day on 5/8, Armed Forces Day on 5/16, Memorial Day on 5/25 and the National Physical Fitness and Sports Month (not to mention the potential “Re-opening of our Nation” per our U.S. President on 5/15). For this article, henceforth, we want to direct your attention away from the 2 previous months dealing with the intensity of serious issues due to the coronavirus pandemic of COVID-19, but rather for this month in May, we want pay attention to a more hopeful, fun, and exciting topic. We want to help you focus on you! The best way to do this is share happy topics of health and wellness, fitness and sports, and highlight the National Physical Fitness and Sports. May’s National awareness campaign was created to help promote healthier living habits with the bigger goal of improving overall quality of life.

Without a doubt, this year’s National Physical Fitness and Sports Month is going to look extremely different from the initial years spanning from the onset in 1983 and progression through 2019. In fact, in 2020 during this COVID-19 era, physical fitness and sports look quite different than ever imagined. There is a “new norm” for everything and especially for rules of engagement in the realm of physical fitness and working out. In particular, as the social distancing and shelter-in-place orders came into effect, our society had to adapt quickly to maintain physical fitness.

Currently we are no longer free to exercise in our gyms or go to classes with other people; we can’t walk at a crowded hiking trail; and we don’t have the option to congregate with other exercise buddies in a common space. This is a struggle for many people, since gym is form of meeting and scheduling for social interactions, which in the past has helped many people keep a level of healthy accountability in groups.

According to researchers at Kansas State University, working out with a friend could increase workout time and intensity up to 200%. This statistic alone easily explains how some people find it is much easier to be inspired or push harder among friends. Unfortunately, despite one's extrinsic need for motivation to be successful in physical fitness, everybody had to invent new physical fitness routines away from the old form of gym and work-out buddies in closed community space. We have seen Olympians convert their home as a training area for developing muscle movements, high jumps, and even gymnastics.

So now what does the "new-norm" in physical fitness look like for an average person, a non-Olympian?

The "new-norm" in physical fitness is more like working out at home with equipment purchased to incorporate in a personal workout space. For example, the "new-norm" for some may look like a Peloton bike, which can be purchased by paying a monthly premium to stream a workout instructor and class, thus making it seem like you are in a social arena, although physically, you are in your own home. The "new norm" can also like a free version of YouTube streaming classes or your outdated DVD's you purchased years ago with the best intentions to workout on your free time.

As expected, more people are opting to invest a lot of money on workout equipment for the home. We know this is the new fast trend because we found that many of the top equipment retailers, local sports stores, online vendors with exercise home equipment were sold out or on backorder. Not surprisingly, most of these companies were not ready for the sudden influx of customer orders, hence the reason for the sell-outs and backorders came after the stay-at-home orders.

Recently, our team member shared her own case study about her knowledge on equipment products selling out! She shared her first-hand experience watching her husband intently as her own marketing example. She understood the intentions of an avid buyer's habits as her husband became one of many buyers who actively purchased and made an indoor home-gym in their house. She watched her husband day after day in an extensive research and hours of angst, as he committed to purchasing multiple items from the internet, dealing with price hikes, waiting on back orders, researching various workout items which included a rowing machine, workout resistance bands, exercise mats, pull-up bars, free hand and ankle weights, and the list went on to furnish an own home-gym-sanctuary. Honestly, once the home-gym settled in, and he began completing his routines day after day, she shared that the "new-norm" with a gym at home began to feel more like the "norm" itself. She said the routine became a regular norm once he vested his time, money, and workout schedule. In this scenario, the new norm required to be a no more compacted gym equipment, no more working-out side-by-side next to a sweaty member, and no more sharing of enclosed air space of another stranger. Now that he has been in this "new norm" for over 6 weeks now, we wonder if anyone will ever know when we will feel "free" or "safe" to be around other people in a gym.

Even as free Americans, we are told what to do and where to stay. We fear sharing space and to be close to other people, and we will have many questions to address as the quarantine comes to an end. Even when we revert to live as usual, what will that place look like? Can we stand next to a stranger in line? Will we believe that we are truly safe? Probably not. Even when we are told it is safe to be close to other people, it is going to be hard for many of us to know. Our capability to feel anxiety free in any given social setting may take the full-proof vaccine that we are awaiting to arrive in the next 18-24 months. By then, we may not have the same freedom, liberty, and justice we all enjoyed and lived. We will have to rely on ourselves to preserve our health physically and mentally to courage on the challenges that lie ahead, so we need to focus on our health!

Information surrounding how (not when) local areas will begin to reopen indicate that places will open in stages. We can presume gyms will be one of the last places that will reopen. In this concept of rolling out safety of communities and the idea of reopening places, we know there will not be a quick or easy solution. Even when things start opening back up, people, especially those over the age of 65, are going to be very hesitant to just jump right back into routines prior to the pandemic of 2020. In order for main population to maintain their health and quality of life, they will seek a place to join and workout with others. The new changes will require us to practice physical fitness in some way, but what will the new gyms offer to give safety in ensuring a stay safe distance to exercise. How will the trainers give their one-on-one instructions requiring physical distance? Let's be realistic and think in terms of working out because keeping physically active is an absolute necessity for people in general for all age especially for elders.

In the gym, it is hard to distance yourself from the treadmill next to you. Unfortunately, just by their nature, gyms are hotbeds for germs to breed, as sweat and other bodily fluids are spread in all directions. Of course, this is not on purpose; it is just the nature of working out. One of the main reasons we work out is to sweat. Then the issue becomes, who are we going to hold accountable for the cleaning of the equipment? Ideally, a person who works at the gym or the person who used the equipment last would wipe it down properly, but we know this is not always going to happen. So how do we stay safe in the gym now once they reopen? Or will the fact be that now, since so many people have purchased home equipment, will some gyms even be able to stay open? This is a question we will just have to wait and see. Just remember, when places open back up, your safety is up to you. Only you can decide what is safe for you and your family.

Learning about the health benefits of exercise alone are enough to ensure that more people got up and moving. When the health benefits are coupled with the release of endorphins and rising serotonin levels, which come with exercise, once you try it, you will keep going. Stay safe, healthy and fit this month with us at Active Aging 365.

We wanted to save you some time and give you our special findings. So for more information on Peloton fitness, Amazon fitness must-haves, and the newly affordable Apple Watch 3, please see below. Download our May Newsletter for details on the extra information.

Extra Information

This is the extra information mentioned above, which includes extended information on Peloton, Amazon must haves, and the Apple Watches 3 & 5.

According to foxbusiness.com they have an article entitled *How much does a Peloton bike cost?* This was foxbusiness.com under the Lifestyle section published on February 4th, 2020. The article states that, “The at-home bicycle comes with built-in, Wi-Fi-enabled screen for users to livestream workouts with celebrity instructors on-demand. The cost for a bike starts at \$2,245 or \$58/month, plus the cost of a membership which is \$39, according to Peloton’s website. With equipment and the subscription, it would cost a user around \$3,000 for the year. To compare, the average cost of a one-year gym membership in the U.S. is nearly \$700. The article goes on to discuss that Peloton has tried to make their pricing more accessible to those who don’t have to buy the equipment, and can instead stream workouts like HIIT (high intensity interval training) or yoga via its app. The new price for the home-fitness company’s digital-only subscription service is \$12.99 a month, down from \$19.99, the company announced in December.”

Per Amazon, the Fitness essentials are things like: the Fitbit, jump ropes, Ab Carver Pro Roller, Synergee Core Sliders to use for ab workouts, Balance From 7 piece Yoga kits in which you can add memberships to fitness apps, sets of Resistance bands – which help are muscle builders for arms, back, leg, chest, belly, glutes for up to 150 pounds – at least the ones from Fitness Insanity say that and they are \$64.99 right now, also under Fitness Essentials are Letsfit – which are Resistance Loop Bands or Resistance Exercise Bands which can help you: stretch, strength train, physical therapy, it says they are natural latex workout banks and Pilates flex bands, Next is from Lit Fit Athletics and these are Loop Resistance Bands for Legs and Butt with Online workout videos, E-guide & carry bag, premium heavy-duty hip band circle, non-slip design, and peach booty band for home gym workout and finally FUUNSOO – also resistance loop bands which is a set of 5 workout bands with breathable bag for stretching, home fitness, weight training, physical therapy, and yoga. Of course, as we mentioned before, many of these “must haves” are currently sold out on Amazon.

With the launch of Apple Watch 5, the Apple Watch 3 became much more reasonably priced. Both watches aide in managing your health information by providing information such as: heart rate, movement (they make sure you are moving) the watch reminds you to stand up and move around every so often and it tells you to breathe every hour for one minute. The newest version, Apple Watch 5 with EKG capabilities, also has ability to link up to some of your medical records. It is an amazing technology especially for the elders who can keep their most important medical information on hand (literary) for the right hefty price starting from \$399 to more than \$849 for an Apple Watch 5.

Hope these will be useful to you and your health. If you have additional questions on other fun health facts, please contact us at Active Aging 365 for a free chat. Stay healthy and keep safe.