



**Hi all,**

I hope everyone enjoyed their Summer. Kids are returning to school. Winter visitors are starting to pack up their Summer homes and return to Tucson. We look forward to seeing you upon your return. Let us know when you'll be back so that we'll be ready. The monsoon has helped to ease our hot summer. Knocked down a few trees and flooded some areas. I guess the term, when it rains, it pours is appropriate. It's also helped to ease the drought (a little).



**Thank you to all who donated to the food bank. We collected over 400 lbs of food and over \$300 cash/checks. We plan to run another drive in November, before the holidays kick in. You are always welcome to drop off food anytime throughout the year at the studio and I will deliver it.**



### **Golf Fitness Class – New Times**

After surveying attendees to the Golf Fitness Classes, it was suggested that additional morning classes would be preferred. So, for the Fall, instead of the afternoon classes on Mondays, Tuesdays, and Wednesdays, we will be offering classes on Tuesday and Thursday mornings at 9 am starting in October. This will open up opportunities to attend golf fitness classes in the morning. If you

prefer more individualized attention, but prefer to workout with others, let us know and we can come up with some workout partners at different times of the day. Sometimes, it's more fun to workout with others than to workout alone. So, the new schedule for golf fitness classes will be Monday, Tuesday, Thursday, and Friday at 9 am, If you've never been to class before or are interested in starting up again, let us know. You can reach Allie at [bodyresolutionaz@gmail.com](mailto:bodyresolutionaz@gmail.com) or Debbi at [debbifitness@gmail.com](mailto:debbifitness@gmail.com) . Remember, you can also join via Zoom, whether in Tucson or in another state or another country.

## **Golf Performance Improvement Classes – on the Range at Omni Tucson National**

Glen Griffith and I will be restarting our Golf Performance Improvement Classes in the Fall. Included with the initial 3 hour Golf Performance Improvement Class are 3 free golf fitness classes to help you to understand the movements you'll need for your golf swing and the strength and stability needed to maintain your spine angle and rotation. You'll also receive a free 20-30 minute follow up session with Glen on the range. Here is the list of our next sessions :  
Saturday, October 22nd 9 am – 12 pm Performance Improvement Golf Class 6 participants max \$300/person

Thursday, October 27th 2 pm – 3:30 pm Swing Into Balance Class 8 participants max \$150/person

Thursday, November 17th 3 pm – 5 pm Short Game – Standard Chipping, Lofted Chip Shot, Bunker Shot 6 participants max \$200/person

Saturday, December 3rd or 10th (we have not decided on a date yet, so please contact us so that we know who is interested) 9 am to 12 pm Performance Improvement Golf Class 6 participants max \$300/person

If these class times do not fit into your golf schedule or you are interested in other topics, please reach out to Glen or me and we can schedule a different date, time, and create ideas for future classes in 2023. You can also create your own class by inviting your friends and family. Glen and I are always willing to help you to improve your golf fitness and golf game.

## **Products We Believe In:**

10 Minute Cushion, Olive Oil and Socks:

If you've ever ordered with us, you know that we only carry products that have been vetted and things that we truly believe in. Debbi and Allie test the products on themselves, their family members, and then clientele. So, it has been truly put through the ringer. Here are the following products we like and why we like them.

**10 Minute Cushion** – I just received a small shipment of [10 minute cushions](#). I noticed that after using it, I was able to rotate and move easier in my upper back. My clients have told me that it helps them: stand up straighter, rotate better, breathe better, improve their golf swing, eliminate their back pain. You can buy it locally from me (\$41) and if you order it online, it ships from Canada (\$51). If you're interested, let me know.



**Olive Oil** – one of my favorite products. I've ordered from Giuliana Direct Olive Oil in Denver, Colorado since 2015. The owners, Steve and Brian Lewis, import the olive oil from small farms in Italy, Spain, France, and Lebanon, I visited their store in 2019 and had my first olive oil tasting. I love using it on bread, salads, and in my Quinoa Bean Soup. It makes it "pop!" I recently used it on a homemade slice of jalapeno and cheese sourdough bread and it really brought out the flavor in it. Go to their [goliveoil website](#), pick out an oil and then contact me. If you're not sure, contact me and I'll help you figure out a great one to test out. Also, it makes a great holiday gift. It's ordered in sets of three, so I pool all of the orders together and we usually can get a bulk order discount.



**Injinji Socks** – I use these everyday. I never really thought about socks. I would just put them on and go. Then I started wearing the [Injinji](#) socks and they have been life changers. I had a bunion that was starting to grow bigger and causing pain. That helped along with foot exercises. The bunion does not bother me anymore. Among my clientele, along with a good foot exercise program, it has changed their hammer toes, plantar fasciitis, heel pain, gait, etc. The socks are sewn so that each toe is separated and in its own "sock." As I work with people who are older than me, I realize that our feet can sometimes cause the rest of our problems in our body including balance, lower back pain, hip pain, neck pain, etc. If you're interested, let me know what type of socks you would like. I'm placing an order on Sept 29.



## Client Spotlight

Johnnie J. (that's a chocolate stick in his mouth on his "cheat day," not a cigarette)

We all would like to live a long and healthy life. Well, Johnnie has accomplished this and continues to live well. He is 104 years old and he will be celebrating his 105<sup>th</sup> birthday soon. If you want to know how Johnnie keeps his brain and body well, he has little tips for you.

Each day, he calculates how many days until his next birthday. On his recent visit, when asked how old he was, he told me his age along with the number of days (96) until his next birthday. He also writes down how many minutes and revolutions he has pedaled on his stationary bike. He bikes three times a day before each meal, he pedals with his arms, then his legs, and he writes this down each time. He eats oatmeal everyday for breakfast with a glass of milk. If something bothers him, he figures out why and then fixes it. He doesn't attribute aches and pains to age. He also has a great caregiver, Cita. She keeps him healthy and active everyday. She is amazing! Everyone needs a Cita!

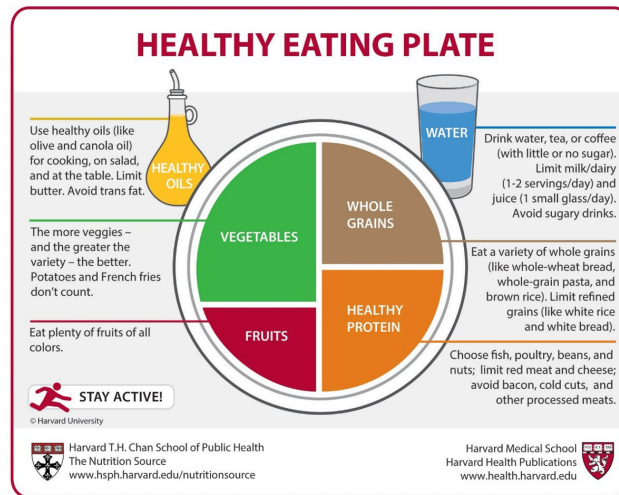
He says that before working with me, he was gripping his walker very tightly. Now, he has mobility back in his fingers and he is walking more upright. If I show Johnnie an exercise, I explain the purpose, he absorbs it and then he does the exercise at home. He is a sharp cookie! We never know how long we'll live, but we can enjoy it. Live each day fully!





## Healthy Eating

I was asked by my neighbors daughter if I would do a little talk for some of her friends in middle school and high school. I gladly and willingly obliged. It was great to have a chance to mold young minds into understanding that activity and healthy eating are important for their lifetime health. Here is a little excerpt of my talk that you could read and share with your kids or grandkids. I'll share another one in the next newsletter.



## Trying new things

We are trying a new platform, instead of sending a PDF, we are sending the newsletter directly, hopefully with less of a hiccup!

This newsletter will be quite random. I've read and learned so many things over the Summer that I have too much to share. Some of you also know that I'm a partial tech geek. So here comes random information about tech along with things that I believe are useful or fun.

We've expanded our age range over the Summer. We are now seeing those in their 90's and 100's. It seems that age is just a number. You folks are rewriting the book on aging gracefully. What I've learned so far is that if you want to keep moving when you are older, you need to keep moving when you are younger. Keep your brains challenged. Use both hands and both feet because as we age, we tend to overuse our dominant side. Learn to use your non-dominant side when you are younger. It is easier.



## Random Fun things....

### Tips for Electronics:

#### iPhoneTips:

**iPhone: Turn on Siri:** <Settings, <Siri & Search, <turn on Listen for “Hey Siri” or <Press side button for Siri

**Turn on Dictation:** tap the microphone button on your keyboard, then start speaking. (e.g. in Messages, hold your finger down in the the Text Message box and then hit the microphone in the bottom left corner. You can do this in an email also)

**Turn on Flashlight:** When it's dark, say: “**Hey Siri, turn on flashlight.**” Buy smart bulbs for your home and say “Alexa, kitchen light on.”

**Read a story or article out loud** (When you want to read an article or e-book, but you just want to listen (e.g. macular degeneration, you want to just listen) Activate: Active Speak Screen. iPhone: Settings, Accessibility, Spoken Content, Speak Screen. Then say “**Hey Siri, turn on Speak Screen**”

In any app, swipe down with two fingers from the top of the iPhone screen to hear the contents of the screen read to you.

**Shake and Erase:** if you are typing in messages or notes, shake the iPhone to undo your typing. (it will say undo typing – then click on Undo)

**Back Tap:** double or triple tap the back of your iPhone to quickly perform an action (set it up in settings: <Accessibility, <Touch, <Back Tap, <Double Tap, <Camera, <Back Tap, <Triple Tap, <App Switcher. (You can pick any action in the list for double tap or triple tap)

#### Android Tips:

**Samsung (turn on Bixby):** <Settings, <Search: Talk to Bixby, <Next, <set up language, <sign in to your Samsung account, <select Voice wake-up to access Bixby. <Say "Hey Bixby" or <Press side button for Bixby

**Bixby Dictation:** <Settings, <Bixby Settings, <turn on Bixby Dictation (when the keyboard is displayed, press and hold the Side key to start dictation)

**Read a story or article out loud** (When you want to read an article or e-book, but you just want to listen (e.g. macular degeneration, you want to just listen) Turn on <Settings, <Accessibility, TalkBack, Turn on TalkBack, <Allow <TalkBack shortcut (if you turn this on, then you can hold the **volume up and down keys for 3 secs** to turn it on or off

<Swipe right or left to move between items **<Double tap to activate an item**  
<Drag 2 fingers to scroll

## This and That

### Covid-19

What do you call a person who has never experienced a COVID-19 infection? NOVID. Is it genetics? Are they lucky? Or did they already have it? Here's an [explanation](#).

DON'T THROW AWAY YOUR COVID-19 TEST KITS - [The expiration dates](#) for COVID-19 test kits do not expire on the date listed. They are constantly testing them to see when they actually expire.

### Suicide Crisis

Do you know that we have a national suicide and crisis line? [Dial 988](#) Read more about it at: <https://988lifeline.org/> These centers are looking for new volunteers and paid employees.

### Umbrella Lady

Have you ever seen the umbrella lady walking on Oracle Road? Click [Umbrella Lady](#) to learn more about her.










## 90 years of Legos

August 10 was the 90<sup>th</sup> anniversary of Legos. It originally started in Billund, Denmark in the workshop of Ole Kirk Christiansen in 1932. It started off as wooden toys. Then, in 1934, he named the company LEGO after the Danish phrase leg godt ("play well"). The red-and-white "Automatic Binding Blocks" - LEGO bricks started in 1949 and then the interlocking studs and the tubes on the bottom was patented in 1958. Two blocks can be joined in 24 different ways and six blocks can be combined in 102,981,500 ways. The first LEGOLAND theme park opened in Billund in 1968. DUPLO started in 1969. Then in 1978 the Minifigures were introduced.

LEGO was inducted into the [U.S. National Toy Hall of Fame](#) in 1998 and was named the "Toy of the Century" in 2000. Over the last 60 years, the company has made more than 320 billion individual bricks. If you haven't been to a LEGOLAND, visit one in [California](#), [Florida](#), or [New York](#). Also, we have a nearby LEGOLAND Discovery Center in [Tempe](#).

## THE BRISTOL STOOL FORM SCALE

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces ENTIRELY LIQUID

### Bristol Stool Form Scale

When there are topics that others don't cover? I will. If your doctor asks you about your "poop," you can reply and say which type you've been having. The preferable range is Type 3 or 4 (a.k.a. snake).

[Bristol Stool Scale](#) – what does it mean? Click on the link to find out more about a healthy bowel.

[Stool Colors](#) – what do different stool colors mean? Click on the link to find out more about stool colors.

Need I say more?



Thank you for reading through my newsletter!