

4 LIFE FITNESS NEWS

Yoga for Back Pain | The Reading Corner | Belmont Village

Newsletter

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Birthdays

A Very Happy Birthday to:

- Linda Burden - June 11**
- Anna Maria Galdieri - June 17**
- Carole Raimondi - June 19**
- Barbara Sargent - June 23**

Member News

We would like to welcome **Mary Hurley** to the Agile 4 Life Fitness Community. Mary is joining the small group personal training sessions Joy teaches in the evenings.

We would also like to recognize **Belmont Village Community**. Blake has been working with a resident in the memory care. Now, she is also teaching fitness classes to the other residents. The classes are meant to be a full-body workout for those no matter what mode they use to get around—whether walking on their own, using a walker or a wheelchair.

[Read more about the Belmont Village classes on page 2.](#)



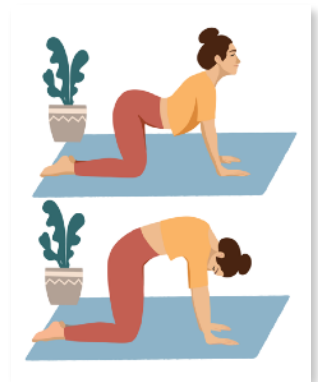
3 Must Try Yoga Poses for Back Pain

by Lori Cable, Agile 4 Life Yoga Expert

What makes your back unhappy? Sitting for long periods, working in the yard, lifting the grandkids, doing extra house cleaning or just forgetting to use your legs when you lift? Lower back pain is one of the most common complaints in today's society. If you have tight hamstrings, have been lax about properly stretching or have been doing repetitive stress movements—you could easily find yourself in pain. Try adding these three gentle yoga poses to your daily routine if you're currently dealing with lower back pain, or trying to avoid lower back pain in the future:

Cat and Cow Tilts:

Cat and cow tilts can be done on the hands and knees in table top position or from a seated position in a chair or on the floor. Focus on gently lifting the tailbone as you lift the chest for the cow tilt. Inhale as you come into the cow tilt. Next, tuck the tailbone slightly and round the spine while dropping the chin to the chest to move into the cat tilt. Exhale as you do the cat tilt. Do each of these movements 4-8 times.



(continued on page 3)



The Reading Corner - For Better Health & Fitness

“Ask the Expert”, Trainers Joy & Blake write for [SeniorsMatter.com](https://www.seniorsmatter.com). How can I make exercise more fun for my senior mom? AND What are some exercises for managing knee pain in an avid walker?

From [TravelAwaits.com](https://www.travelawaits.com) - **Retire. 5 Exercises To Do Now To Prepare For A Knee Replacement AND 2 Exercises You Must Do For A Successful Recovery From A Hip Replacement.**

Fitness Inspiration

Diane Ross-Leach is our next fitness inspiration. She has had a number of amazing successes during the last two years. A few years before the pandemic, Diane had taken a couple of bad falls. They happened so fast she never had a chance to catch herself. She was starting to fear it was going to happen again. Since taking our Zoom classes, “she is walking taller, with more confidence, and no fear of falling.” We are so happy to hear that!

During the winter Diane loves to go downhill skiing with her family. She typically wears a soft knee brace for support. But after a half a day of skiing she would need to stop and ice her painful swollen arthritic knees. During her last ski trip in 2021, she wore her soft knee braces as usual. But this time she skied numerous days in a row without pain or inflammation. She was even able to ski the black diamond runs.

Way to go Diane! 



Agile 4 Life Expert at Belmont Village

Blake has recently started teaching a 30-minute Kick-Start class on Saturdays and Sundays at the Belmont Village in Albany—near University Village and Sprout’s grocery store on San Pablo Avenue. The senior living housing community opened in the fall of 2017. It’s a beautiful campus with several outdoor garden patios, a formal dining room and a cafe, library, gym, classrooms, large cozy indoor gathering areas for socializing and being entertained by live performers.

There is programming for all levels of residents, including the memory care “neighborhood”. A range of programs are offered to support their body, mind and awareness. They do this by focusing on seven elements of successful aging which include nutrition, physical exercise, mental workouts and lifelong learning, stress reduction, a strong social network and a sense of purpose.

So far, there have been 15 to 20 participants in the classes. There is a mix of fully independent, those walking in with some seriously soup’d up walkers, plus those rolling in with a wheelchair. Blake focuses on getting a total workout from head to toe while seated.

Blake admits that it’s been very fun. She truly has missed being in a room full of participants and showing everyone how to get the most out of every movement. She loves that so many folks ask questions after class. It feels even better to see everyone moving with a smile in their eyes.

Here are some of Blake’s favorite comment: “You got me sweating for the first time in years!” Another shyly said, “I didn’t want to come. But, I really enjoyed the way you got me moving.” The next person said “I really appreciated all the alternative ways you showed us. I haven’t been able to do all the exercises in a class in too long.” And, her favorite comment: “You are much better than those bleeping exercise videos. Thank you for walking around the class so I could see what you were doing and hear your instructions.”

After the first trial class, the director of activities asked Blake to expand her offerings to include circuit classes in their gym and private trainings. All classes are taught with a mask on and staying 6 feet apart.

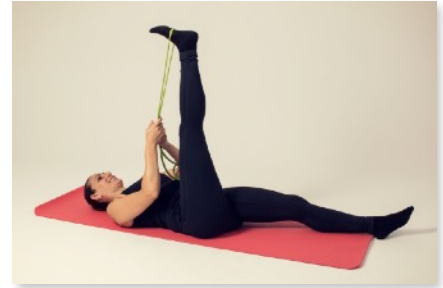
(Yoga Poses for Back Pain, continued from page 1)

Supine Knee to Chest: (picture above on page 1)

Lay on your back. Bring the right knee in toward your chest. Extend the left leg out. Focus on breathing into the lower back on the right side. Hold for about 5 full breaths. Repeat on the other side.

Supine Hamstring Stretch:

Lay on your back on the floor or a bed. Place a yoga tie, large towel or neck tie around the ball of one foot. Extend the leg up over your hip or to wherever you feel a stretch in the back of the leg. The opposite knee can be bent or extended out on the floor or bed. Hold for about 5 full breaths. Repeat on the other side.



This routine should only take about 5-10 minutes.

Cheers to a happy and healthy low back!

Don't Let Summer Footwear Trip You Up

The warmer temperatures of summer will have many of our members converting to less covering on their feet. Especially, if a full shoe causes pain because of bunions, corns, hammer toes, heel spurs, or ingrown nails. But, before you head for the flip-flops and sandals, we hope you read this.

While flip-flops come in handy when you need something for the pool deck, using a public shower, making a short jaunt across a hot or rough surface, they are not a good footwear choice for extended wear. Injuries and falls are common occurrences with flip-flops.

At Agile 4 Life Fitness, our two main concerns are the high risk of falling and the foot and ankle misalignments which can lead to soft tissue damage and pain while wearing flip-flops. Extended wear, because of their lack of arch support, causes problems like plantar fasciitis, an inflammation of the ligament that stretches from the heel to the ball of the foot. The lack of support and the alteration of your toes to clench the flip-flop also changes how you walk. The extra pressure you apply to grip the flip-flop puts more tension on the feet, ankles, legs, knees, hips, and lower back which can lead to pain.

Then, there's the fact that there is no heel support. That means your foot can slide off the sole and cause you to fall or twist an ankle, knee or wrench a hip. In other words, wearing a pair of flip-flops can negate all the hard work you've put into correcting your alignment to help eliminate the pain and stiffness that was causing you discomfort.

So what's a better option for your feet to feel free? A well made sandal is a better choice. Go for one that offers you a good arch support, a sole that can absorb the stresses of walking, one that will cradle the foot and not allow the heel to move or slide off the sole and where your toes do not have to grip. And, if you do have an old pair, please check to make sure the heel is not worn too much on the inside or to the outside. A worn heel can cause you to over pronate (roll inward) or supinate (roll outward) with your feet and ankles. For a happy summer and a safe summer, good footwear is the way to go. ☀️

We always welcome your comments, suggestions, ideas, and fitness stories.