

# 4 LIFE FITNESS NEWS

Healthy Resolutions | New Rewards Program | New SMR Class

## Newsletter

- We introduce a New SMR Class to the line-up.
- Healthy Resolutions for the New Year.
- Check out the new Rewards Program for winning prizes.
- Check the links to our new articles in [SeniorsMatter.com](https://SeniorsMatter.com)

## Birthdays

*A Very Happy Birthday to:*

**Lori Cable - Jan 2 our lovely Yoga Instructor**

**Gloria Burt - Jan 4**

**Penni Hudis - Jan 6**

**Sheila Thorne - Jan 8**

**Saroj Dubal - Jan 13**

**Abbe Bum - Jan 15**

## New Members

*Please welcome:*

**Phil Freilich** from Amity, Oregon. He is doing Personal Training in-person with Joy.

Welcome to the our fitness community. We look forward to helping you reach all of your fitness goals and more!



## The Top 8 Healthy Resolutions for Older Adults

To help achieve your goal of becoming or staying healthy, the American Geriatrics Society's Health in Aging Foundation suggests we make these healthy New Year's resolutions. They remind us that as an older adult, nutrition plays an important part in maintaining or improving our overall health. But you may have noticed it needs to be done by eating fewer calories to maintain a healthy weight!

### 1. Eat a Healthy Variety

To accomplish this and to maximize nutrition, eat a variety of fruits and vegetables rich in the colors of the rainbow. Choose fiber-rich foods such as beans, legumes, and whole grains. Try to minimize breads and pastas, even if whole grain. Choose lean meats like chicken or turkey. Replace saturated solid fats with healthier oils like olive or canola. Try adding heart-healthy fresh nuts, tuna, salmon or shrimp twice a week. Include sources of calcium and vitamin D to help keep bones strong. Use herbs and spices to add flavor in place of salt or solid fats.

### 2. Be Active

Many conditions such as heart disease, diabetes, or arthritis improve with mild to moderate physical activity. Avoid being sedentary for long stretches and come up with a plan to safely add more exercise daily. Exercise helps you control your weight, build muscles and bones, and improve your balance, posture, mood and sleep. With guidance from your Agile 4 Life Fitness Trainers, physical activity can be safe and healthy for older adults.

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## We Teamed Up Again with SeniorsMatter.com

**Agile 4 Life Fitness** is thrilled once again, as part of "Ask the Expert" thru [SeniorsMatter.com](https://www.seniorsmatter.com), to contribute our expertise to two more fitness articles

- **What's the Best Way to Use Stairs for Home Exercises?** <https://www.seniorsmatter.com/stairs-home-exercises-seniors/2595667/>
- **Best Online and App Exercise Options for Older Adults** (quoted) <https://www.seniorsmatter.com/best-online-and-app-exercise-options-older-adults/2595132/>

## SMR Class Starts Jan 3rd

As a reminder, Blake will be teaching the **SMR** (self-myofascial release) **Class** on **Mondays and Fridays at 9:15 am; starting this Monday, Jan 3rd**. The class will be 30-minutes long and the only equipment needed is a soft ball or a tennis ball.

SMR is a way to help work out those knots in your muscles that can cause pain, tightness, discomfort or limit your movements. (Dec. Newsletter)

For Unlimited membership, the live class is FREE. For Limited membership, the live class is FREE but will count as one of the 9 classes for the month. The class may be purchased separately for \$10. Once it's in the video library in WellnessLiving, it's FREE to all.

### 3. Prevent Falls

Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower. Install night lights so it's easier to see at night. Check with your healthcare provider to see if you're taking any pills that can make you more likely to fall. Using resistance bands for exercise can increase your strength, balance, and flexibility helping you to avoid falls.

### 4. Get Enough Sleep

Older adults need just as much sleep as younger adults—at least 7 to 8 hours of sleep a night. Try to avoid daytime naps which can keep you up in the evening. Try keeping a consistent bedtime.

### 5. Workout Your Brain

The more you use your mind, the better it will work. Reading, puzzling and playing games are good choices. Socializing also gives your brain a boost. Try joining an online discussion group, book club, or art class. Or, further your education by taking an online course. Many places offer free classes for adults 65 & older.

### 6. Mind Your Mood

About 20% of older adults suffer from depression or anxiety. Some possible signs of depression can be; lingering sadness, irritability, worry, tiredness, or apathy in doing things you once enjoyed. You may also have difficulty sleeping, have loss of appetite and want to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.

### 7. Quit or Curb Bad Habits

Ask your health care provider about getting help if you are still smoking or need to reduce alcohol consumption. Remember, on average, a smoker tries about four times before they quit for good. But quitting will reduce the risk of developing heart and lung disease. Excessive drinking affects your health because it can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and contribute to other health problems. One drink = 12 oz of beer, 5 oz of wine, or 1.5 oz of hard liquor. The recommended limit for older women is no more than 7 drinks/week and for older men it is 12/week.

### 8. See Your Health Care Provider Regularly

Schedule an annual Medicare Wellness visit with your healthcare provider to discuss medications, supplements, health screenings, changes in your advance directives, and new or booster immunizations/shots. In between visits, write your provider about concerns or changes with your health. Be sure to discuss any issues you are struggling with mentioned in the above resolutions.

## Introducing the Agile 4 Life/WellnessLiving Rewards Program

The new Rewards Program gives all members points for participating in Agile 4 Life Fitness activities. From taking classes to renewing your membership to singing our praises on social media or to your friends and/or family. You will collect points you can redeem for FREE prizes. Points will accrue and not reset annually.

The Rewards tab is on the Schedule page in WellnessLiving. Click on Earn Points to see how many points you can earn with different activities. For now, there will be 3 Tiers of Point Totals.

**Tier 1: 2,000 Points** — Redeem 2,000 points and pick 1 prize off this list:

• Adjustable Dumbbells	• Yoga Blocks x 2
• TheraBands x 3	• Pedometer
• Pink Balls for Massage	• KSone Massage Balls x 3
• Non-Slip Mini Loops	• Extra Door Anchor for Resistance Bands
• Foam Roller	• Extra Ankle Strap(s) for Resistance Bands
• Lifting Gloves	• Adjustable iPad or Phone Stand
• Sliders	• Fish Eye Lens for Device - good for PT's
• Yoga Socks (Reg or Wool)	• Mini Exercise Ball

**Tier 2: 4,000 Points** — Redeem 4,000 points and pick 1 prize off this list:

- Set of Black Mountain Interchangeable Resistance Bands w/Grips, Door Anchor & Ankle Strap
- One 30-Minute Personal Training Session with Trainers Blake or Joy

**Tier 3: 6,000 Points** — Redeem 6,000 points and pick 1 prize off this list:

- Set of of Urban Poles
- Set of Bodylastics Interchangeable Resistance Bands w/Grips, Door Anchor & Ankle Strap
- Bodylastics Full Door Anchor for Resistance Bands
- One 60-Minute Personal Training Session with Trainers Blake or Joy

*Agile 4 Life Fitness will make every effort to supply each member with the exact prize as listed on the prize list. Due to availability we can not guarantee the prize will match the exact prize on the list. Prizes may be discounted and others added per availability. All prizes will be sent to the member directly. Please make sure the correct address is in your WellnessLiving profile. Other pick-up or deliveries may be arranged per staff availability.*