

4 LIFE FITNESS NEWS

Hot Weather Safety | The Reading Corner | Agile 4 Life Cancer Support

Newsletter



- Hot Weather Safety for Seniors
- The Reading Corner
- Agile 4 Life Cancer Support
- Special Announcement

Birthdays



A Very Happy Birthday to:

- Mary Firestone - July 6**
- Jan Setchko - July 11**
- Phil Freilich - July 17**
- Kay Fletcher - July 21**
- Nina Burton - Aug 5**
- Zan turner - Aug 26**
- Deep Dey - Aug 29**
- Laurie Edwards - Aug 30**

Member News



We would like to welcome the following members to the Agile 4 Life Fitness Community:

- ✦ Jan Setchko
- ✦ Janice Nieder
- ✦ Lalia Daoudi
- ✦ Angi Fisher*

*Angi is an accomplished yoga instructor and will be teaching her brand of beginning yoga on **Tuesdays at 8:45am** for Agile 4 Life. Be sure and check it out.



Hot Weather Safety for Seniors

One of the benefits of living on the west coast use to be enjoying cooler summer temperatures compared to the rest of the U.S. Unfortunately, with the current climate change, that is no longer a sure thing. In any given year, you may find you are dealing with days, weeks and possibly even months of higher than normal temperatures. That can be a problem because older adults are more susceptible to heat-related illnesses. In fact, every year, more than 80% of the estimated 12,000 heat-related deaths, will be adults over the age of 60. In the U.S., heat kills more people annually than any other type of weather event, according to the EPA. So it's a good idea to review some hot weather safety.

First, it's important to remember that temperatures do not need to be over 90° F to cause a heat-related illness. Just being in temperatures "that are warmer than what your body is accustomed to" can be dangerous.

Normally, when you're active or it's a warm or hot day, your body will cool itself by automatically kicking-in several million sweat glands to regulate how much you sweat. As that sweat evaporates off the skin, going from a liquid to a gas, it helps the body to shed the excess heat.

(continued on page 2)





The Reading Corner - For Better Health & Fitness

“Ask the Expert.” Here is another great question and our answer at SeniorsMatter.com. What are the best exercises for foot pain?

From TravelAwaits.com - **Retire.** Joy did a 3-part series on balance. Why Your Physical Balance Is More Important Than You Think, According To A Certified Personal Trainer AND 4 Exercises You Can Do At Home To Improve Your Balance AND Why This Woman's Story Will Make You Rethink Your Exercise Routine.

Fitness Inspiration

Gloria Burt is our next remarkable fitness inspiration. Her story is a powerful reminder that it's never too late to improve your fitness.

Gloria's journey began at the Y and participating in the Changes program. She stayed dedicated to the training until her arthritic knees became so painful she was forced to stop.

After her surgery, Gloria's old workout buddy told her about training online. Gloria jumped right in. Since starting with Agile 4 Life, Gloria has fully recovered from her double knee replacement, has gone from training 1 day a week to 3 times a week, adopted a dog to keep her diligent about walking everyday, walked a 5K and was able to travel to Washington DC and walk the city. All this at 70+ years young. And BTW, she can wear her favorite shirt again. **Way to go Gloria!**



Gift a FREE Membership to Your Friends & Family who have Cancer

If you've made a conscious effort to include regular exercise into your daily routine, then you're probably aware that research has shown exercise is a good way to prevent most types of cancers. But did you know, exercise is also beneficial to those who have been diagnosed and going through cancer treatments?

Your secret weapon during cancer treatment? Exercise!, is an article from the Mayo Clinic from June 2019. It highlights the reasons why exercise can be beneficial. If you search other cancer support sites, you'll find the same recommendations. Exercise should be added to a cancer treatment plan for better outcomes.

After hearing from so many of our members about their family and friends being diagnosed with cancer, we knew we needed to help this community. Starting **August 1, 2022**, Agile 4 Life Fitness will offer our members, (who pay any type of monthly membership), the ability to gift a 1-Year Unlimited Membership for FREE—to one of their family members or close friends who has just been diagnosed with cancer or is presently going through treatment.

The FREE membership gives the user full access to any regular class (yoga, resistance bands, core, circuit, SMR, stretch or restart smart), as well as full access to the video library. Since COVID continues to be a threat, we believe exercising at home will allow the user a safer environment while they are learning about their diagnosis and/or going through their treatments.

The only thing we ask, is the participant supply Agile 4 Life Fitness with written approval from their doctor or health care provider, letting us know it's okay for them to exercise.

If you feel our brand of fitness and a loving supportive community would benefit your family or friend during their illness, email Blake or Joy about gifting them a FREE 1-Year Unlimited Membership. ❤️

(Hot Weather Safety for Seniors, continued from page 1)

Humidity, however, can disrupt that biological cooling system. It does so by not allowing the perspiration to evaporate quickly enough to carry away the heat to cool the skin. If sweat rolls off the body instead of evaporating, the cooling effect is lost.

High humidity along with high air temperatures that approach or exceed our body temperatures, also stress the heart and circulatory system. The heart must beat faster and pump harder to help the body shed heat. Medical professions say normally the heart beats two to four times as much blood each minute in the heat compared to a cool day.

That's why dehydration is such a common problem during heat waves. When fluid levels drop too low in the body—either from lack of proper fluid intake or excessive sweating—circulation, respiration and other organ functions become disrupted.

The NIH's National Institute on Aging reminds us there are other conditions that affect the body's ability to manage extreme heat. Chronic health conditions and certain medications can contribute to heat susceptibility. Illness that makes you feel weak or can cause a fever put you at greater risk. Medications such as diuretics, tricyclic antidepressants, aspirin, sedatives, tranquilizers, and some high blood pressure medicines can also make the body predisposed to heat disorders.

Getting over heated or being hot for too long without relief can cause a number of problems for anyone, not just older adults. The CDC (Centers for Disease Control and Prevention) has a nice **Heat-Related Illnesses** chart that has *What To Look For* on one side and *What To Do* on the other side. The chart covers: Heat Stroke, Heat Exhaustion, Heat Cramps, Sunburn, and Heat Rash. Here is the link to the PDF. <https://www.cdc.gov/disasters/extremeheat/warning.html#text>



The National Institute on Aging had a couple of other heat illness not on the CDC list. They should be noted since they are commonly seen in seniors.

Heat Syncope - is a sudden dizziness or faint feeling. It can happen when you are active in hot weather especially if you are not used to the warmer weather. Heart medications called a beta blocker, can also make you more susceptible. When this happens, rest in a cool place as quickly as you can, put your legs up, and drink water to make the dizzy feeling go away.

Heat Edema - is a swelling in your ankles and feet when you get hot. To help reduce the swelling, put your legs up while sitting. It's recommended that if that doesn't work fairly quickly, you should check with your doctor.

The best ways to prevent problems:

- Pay attention to the weather reports. High temperature and/or high humidity is going to increase the risk of heat-related illness.
- Keep your house as cool as possible by running fans or air conditioning.

- Close drapes, shades, or curtains to keep the thermal heat of the sun from coming through and heating your home.
- Try not to use the oven or the clothes dryer on high heat days.
- If your house typically stays warm, try going to a cool place during the day. For instance: a mall, movie theater, library, or senior center. Note however, these types of places would increase your COVID risk.
- Visit or stay with friends or family members with cooler accommodations. That way you can have a honest conversation about COVID safety with your host which will minimize your risk.
- Dress for the weather. Typically natural fabrics, such as cotton, linen, chambray and merino wool. Plus, there are a number of blends used for athletic wear and outdoor clothing which can also work well.
- Take a cool shower, bath or sponge-off with cool water.
- Don't exercise or do too much outdoor activities when it gets hot.
- Plan errands during non-rush-hour times so you can avoid crowded places when it's hot outside.
- Drink plenty of liquids throughout the day. Water is the best. If you sweat a lot, beverages with electrolytes or other low sugar choices are a good choice. High sugar beverages can lead to dehydration.
- Avoid alcoholic beverages or drinks with caffeine on hot days. They can both cause dehydration plus alcohol can impair your judgment and make your body feel even hotter.
- If you are on a liquid restriction, please consult your doctor for guidance.
- If you can't cool down, don't delay and call your doctor or go to the emergency room.

It is possible to get acclimated or to build up a tolerance to the heat. The best way to do it is to gradually increase the amount of time you exercise each day in the heat. It will take 8 to 14 days to acclimate. Of course, you need to be careful you do not push yourself to the point of heat stress. If you are on any heart medications, please consult with your heart specialist so you can acclimate safely.

As a side note, Agile 4 Life Fitness has members joining the classes from all around the U.S. Because of that, your instructor does monitor the temperatures where you exercise. For general safety they may alter or change the intensity of the workout class to keep all participants safe. You'll probably also get more helpful nuggets during class. And if you ever have concerns during or after class, please talk with your instructor.

Special Announcement

Beginning August 1st, we're changing the name of our Albany Agile 4 Life Fitness location to *Fit After 50 East Bay*. The idea arose because of the trouble members were having toggling between the two locations on their devices—especially on phones. Some of the dropdown lists in WellnessLiving/Agile4LifeFitness can only show a few characters. So, if the window only revealed "Agile 4 Life Fit...", members could not distinguish between "Agile 4 Life Fitness—Albany" or "Agile 4 Life Fitness—McMinnville." This is a frustrating situation that needed a clear solution. We are still offering the same great services by the same great instructors. There won't be any disruption of your services. It will just be easier to detect which location your computer or device is toggled.



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