



FOCUS ON FITNESS

September 2017

Monthly Events:

Fitness Center Closures

The Fitness Center will be closing at 12:00pm Friday, September 1 for the Annual Golf Outing. We will re-open on Saturday with our normal hours.

The Fitness Center will be CLOSED Monday, September 4. Have a safe and happy Labor Day.

Home Run Derby Wed, Sept. 6
2:00pm
Outside Field by North Entrance



Homers Galore! Do you have what it takes to make the big leagues? Step up to the plate and see if you can knock one out of the park. We will have awards for longest hit ball and most homeruns. Sign up by August 30.

***Take care of your body.
It's the only place you have to
live.***

Nutrition Made Clear Thurs, Sept. 7 & 21
Session V 1:15pm Game Room

During the fall months we continue looking at the dietary links to major chronic diseases and disorders along with food safety, and how to make sense of food labels.

Thurs, Sept. 7 – Nutrition & Cancer Prevention
Thurs, Sept. 21 – Nutrition & Digestive Health

Pool Mon, Sept 18
Volley Ball Party 1:30pm

Come together with your peers for some old fashioned pool fun. If mobility or balance is a problem, there is no need to worry because this is a pool party! We will be playing for fun and using a beach volleyball.

Wii Bowling Mon, Sept 18
1:30 pm Fitness Center

Good ole Wii Bowling fun! Bowling will start at 1:30pm and end at 3:00pm. Sign up in the Fitness Center in advance. We will be in the Fitness Center this month.



Monthly Events Continued

A Walk In The Park

Mon, Sept 25
2:00pm Zelenople Park

The Fitness Center will be helping to clean up Zelenople Park. We will meet at the pool parking lot. During our walk, we will pick up any litter that we see. The walk will be less than 1.5 miles on uneven dirt trails with some hills. If you would like to participate and are not able to walk that far arrangements will be made to clean other parts of the park. Please bring good walking shoes and weather appropriate clothing. Water will be provided. Sign up in the Fitness Center by September 18.

Active Aging Week

Sept 25-29

The Fitness Center wants to show off its Active Aging Stars! We are participating in the International Council on Active Aging's "Active Aging Week." We will have events every day this week that will give you a chance to show how active you are. Contact the Fitness Center for more information.

Monday, Sept 25: A Walk in the Park—see description above

Tuesday, Sept 26: 10:35am-11am (between classes) Get Inspiralized! (Zucchini Dish using Spiralizer)

Wednesday, Sept 27: 2:00pm – Cardio Dance Party (Aerobics Room)

Thursday, Sept 28: 1:30pm – Jeopardy – Scholl Conference Center

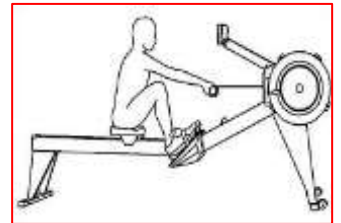
Friday, Sept 29: 1:30pm – Active Games (Aerobics Room)

Fitness Challenge

Rowing Challenge

Sept 5-30

See how many kilometers you can row during the month of September in this friendly competition. Rowing is a great cardiovascular and endurance building activity. We challenge you to do your best. All you have to do is use the rowing machine and tell a staff member how many kilometers you did that day. We will keep your progress and see who can do the most. A staff member needs to sign your card on the day of rowing for the visit to count. Top 3 overall winners will receive a prize! Sign up before September 4.



Change of Date for Talk on LIQUID SUPPLEMENTS

In the Fall Catalog in the Fitness & Wellness Center section, you will notice the date of September 14 for the talk on Liquid Supplements. However, this discussion & sampling is being rescheduled. The new date is October. 26, 10:15 AM, in the Aerobics Room of the Fitness Center. Below are details about the event. Hope to see you there in October!

Helenkay Smith, our registered dietitian, will explore the health benefits of liquid supplements (Boost, Ensure, Glucerna, etc.) & share the rationale for their use. She will also share nutrition & cost comparisons of the most common supplements available at local stores. Samples will be on hand for you to taste.

Nutrition Nuggets: Submitted by Helenkay Smith



Eat These for a Better Memory!

If you walk into a room to do something and you can't remember why you went in there, it might not be all in your head. It could be your diet! Try these three foods to stay sharp & focused.

- First, scramble an egg for breakfast. One egg supplies about ¼ of your daily value for choline, a nutrient that helps your body produce a necessary neurotransmitter for memory and learning. Here's an added bonus: preliminary research shows that choline may also help fight Alzheimer's disease.



- Second, eat your spinach.

This stark, leafy green is packed with nitrates. In a recent study, people who consumed lots of plant-based, nitrate-rich foods like spinach, lettuce and beets, increased blood flow to parts of the brain responsible for working memory, which helps you with things like math and remembering phone numbers.



- Finally, try almonds. 1 oz. or about 23 almonds supplies 1/3 of your daily vitamin E requirement. Vitamin E may be important in preserving spatial memory, which helps you recall things like your favorite shortcut to the grocery store or how to get around campus.
- In addition to eating the right healthy foods, stay physically active. Exercise can also keep you thinking clearly by boosting blood flow to your brain. Now that's food for thought!

Now, let's put a few of these ingredients altogether in one recipe! Check out the Beet Salad with Goat Cheese below. You can substitute almonds for walnuts if you like.

Beet Salad with Goat Cheese

Recipe from allRecipes.com

"This is a delicious and easy salad which takes little time and is a great meatless main course. It uses beets, goat cheese, candied walnuts and baby greens. For a main dish salad, add chicken. Feel free to include more of your favorite vegetables too."

Ingredients

- 4 medium beets ** - scrubbed, trimmed & cut in half (** **SHORTCUT**: instead of cooking fresh beets, use canned beets, rinse to eliminate extra sodium.)
- 1/3 cup chopped walnuts
- 3 tablespoons maple syrup
- 1 (10 ounce) package mixed baby salad greens
- 1/2 cup frozen orange juice concentrate
- 1/4 cup balsamic vinegar
- 1/2 cup extra-virgin olive oil
- 2 ounces goat cheese

Directions

1. Place beets into a saucepan, and fill with enough water to cover. Bring to a boil, then cook for 20 to 30 minutes, until tender. Drain and cool, then cut in to cubes.

2. While the beets are cooking, place the walnuts (or almonds) in a skillet over medium-low heat. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool.
3. In a small bowl, whisk together the orange juice concentrate, balsamic vinegar and olive oil to make the dressing.
4. Place a large helping of baby greens onto each of four salad plates, divide candied walnuts (or almonds) equally and sprinkle over the greens. Place equal amounts of beets over the greens, and top with dabs of goat cheese. Drizzle each plate with some of the dressing.

