

# Health and Fitness Calendar December 2018

All fitness classes will be taught by the Fitness Director, Kim Engen, except for the pool classes which will be taught by Marky Forrest. All classes will be between 30 minutes to 1 hour depending on the class. They will be located in the fitness center, indoor pool, or memory care indicated below.

Monday

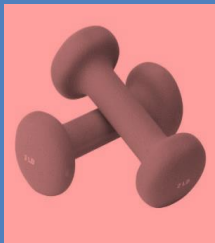
Tuesday

Wednesday

Thursday

Friday

<p><b>3.</b> <b>10:00 AM</b> Men's and Women's Strength Training <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> Balance and Stability</p>	<p><b>4.</b> <b>10:00 AM</b> Total Core Strength <b>10:45 AM</b> Low Impact Water Aerobics (P) <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> Stretch and Tone</p>	<p><b>5.</b> <b>10:00 AM</b> Men's and Women's Strength Training <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> Balance and Stability</p>	<p><b>6.</b> <b>10:00 AM Total Core Strength (run by Legacy Healthcare)</b>  <b>(Kim Out of Town)</b></p>	<p><b>7.</b> <b>10:00 AM Men's and Women's Strength Training (run by Legacy Healthcare)</b>  <b>(Kim Out of Town)</b></p>
<p><b>10.</b> <b>10:00 AM</b> Men's and Women's Strength Training <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> Balance and Stability</p>	<p><b>11.</b> <b>10:00 AM</b> Total Core Strength <b>10:45 AM</b> Low Impact Water Aerobics (P) <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> Stretch and Tone</p>	<p><b>12.</b> <b>10:00 AM</b> Men's and Women's Strength Training <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> Balance and Stability</p>	<p><b>13.</b> <b>10:00 AM</b> Total Core Strength <b>10:45 AM</b> Low Impact Water Aerobics (P) <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> Stretch and Tone</p>	<p><b>14.</b> <b>10:00 AM</b> Men's and Women's Strength Training <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> Balance and Stability</p>
<p><b>17.</b> <b>Kim Out of the Office due to a Wellness Conference</b>  <b>(No Classes)</b></p>	<p><b>18.</b> <b>10:00 AM</b> Total Core Strength <b>10:45 AM</b> Low Impact Water Aerobics (P) <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> Stretch and Tone</p>	<p><b>19.</b> <b>10:00 AM</b> Men's and Women's Strength Training <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> Balance and Stability</p>	<p><b>20.</b> <b>10:00 AM</b> Total Core Strength <b>10:45 AM</b> Low Impact Water Aerobics (P) <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> <b>Stretch and Tone-CANCELLED</b></p>	<p><b>21.</b> <b>10:00 AM</b> Men's and Women's Strength Training <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> Balance and Stability</p>
<p><b>24.</b> <b>10:00 AM</b> Men's and Women's Strength Training <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> Balance and Stability</p>	<p><b>25.</b> <b>MERRY CHRISTMAS!!</b>  <b>(No Classes)</b></p>	<p><b>26.</b> <b>10:00 AM</b> Men's and Women's Strength Training <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> Balance and Stability</p>	<p><b>27.</b> <b>10:00 AM</b> Total Core Strength <b>10:45 AM</b> Low Impact Water Aerobics (P) <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> Stretch and Tone</p>	<p><b>28.</b> <b>10:00 AM</b> Men's and Women's Strength Training <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> Balance and Stability</p>
<p><b>31.</b> <b>10:00 AM</b> Men's and Women's Strength Training <b>1:00 PM</b> Bodies in Motion (MC) <b>2:00 PM</b> Balance and Stability</p>				



**Health and Fitness News for: December 2018**

**December is Safe Toys and Celebrations Month**

- December 1<sup>st</sup>: World AIDS Day
- December 8<sup>th</sup>-12<sup>th</sup>: National Handwashing Awareness Week
- December 2<sup>nd</sup>-8<sup>th</sup>: National Influenza Vaccination Week

**Winter Exercise Ideas**

Physical activity for seniors is vital to maintain a good quality of life. Exercise helps strengthen muscles and improve the cardiovascular and respiratory systems. Regular activity also helps increase your stability, which is important to avoid falls that often lead to broken bones. Exercise will even help you heal faster and prevent some chronic diseases, like diabetes or osteoporosis.

So, what types of winter exercise can you take part in this season? Here are just a few ideas:

- **Join a gym:** Obtaining a gym membership is a great idea not only because you will have access to all kinds of equipment, but also for the social aspect. With your doctor's approval first, join a gym or fitness center where you can target and strengthen all parts of your body.
- **Take classes:** A variety of fitness classes for seniors are often available at gyms, senior centers, and even churches.
- **Workout at home:** Simply getting up out of your chair throughout the day and walking around the house can get your blood flowing and break up those long periods of time when you are sedentary. Walk around your home throughout every room, or if you live in an apartment building, walk up and down the hallways a few times. Or, purchase a few workout DVDs. There are thousands of fitness DVDs available for all ages and every type of exercise. You can spend one day doing some light aerobics and the next day stretching and doing yoga, all from the comfort of your living room!
- **Swimming:** Many gyms or your local YMCA have indoor pools available to the public. Swimming is a fantastic, low impact workout for seniors, and you don't need to wait for a hot, sunny day to enjoy an indoor pool.
- **Try some video games:** You may need your grandkids' help with this, but try a video game system like the WiiFit or PlayStation Move that offers another way to get active in your own home. Games like bowling and tennis are sure to help you start moving, and these games are a great way to get others involved, too.

Of course, you can always be brave, bundle up and enjoy a brisk walk in the wintry weather. Just make sure your path is clear of snow and ice before you attempt that stroll down the snowy street! Or, have a snowball fight with your grandchildren. You'll have so much fun you won't even realize you're cold- and that you're getting in a good workout!

However, you choose to stay active this winter, make sure you remember that safety comes first. If you stay active, hydrated, eat and sleep well; you'll feel healthy no matter what the season.

For more information about American Senior Communities, please visit [www.ascseniorcare.com](http://www.ascseniorcare.com)

**Fitness Class Descriptions:**

**Men's and Women's Strength Training (M/W/F from 10:00-10:30 AM)**- This class is for all men and women at any fitness level. You will work your total body doing different strength training exercises using free weights and resistance bands. There will also be cardio and core exercises involved to improve your mobility, posture, and endurance.

**Balance and Stability (M/W/F from 2:00-2:30 PM)**- This class is for men and women at an intermediate fitness level. You will be standing and sitting for this class to work your balance and build your leg strength. There will also be core, cardio, and weight training involved to help you walk better and prevent yourself from falls.

**Stretch and Tone (T/TH from 2:00-2:30 PM)**- This class is for men and women at any fitness level. You will begin your day with doing different stretches that will target every part of your body to help you feel less stiff and sore throughout the day. It will also help you be more flexible and increase your range of motion to help you with your daily activities.

**Low Impact Aerobics in the Pool with Marky Forrest (T/TH at 9:30 AM and 10:45 AM)**- This class is for men and women at a more intermediate to advance level. Individuals will be taught how to strengthen and tone muscles, improve cardio-respiratory fitness, develop flexibility, and increase range of motion.

**Total Core Strength (T/TH from 10:00-10:30 AM)**- This class is for men and women at any fitness level. You will do different abdominal exercises in a chair to help strengthen your core which will improve your balance and your ability to walk better.

**Aquatic Balance Class- (M/W/F from 8:30-9:30 AM)**- This class is for men and women at an intermediate fitness level. You will work on strengthening your legs and core muscles in the pool to improve your balance. Working on your balance and strength will allow you to walk better and help prevent falls.

**Miles 4 Memories Update:**

The Miles 4 Memories fundraiser is in full swing for the Alzheimer's Association! Thank you to all of those who have donated to the fundraiser and continue to share it with others. The ultimate goal is to hit 6,000 Dollars by the end of the year. We are currently at 4,500 dollars for the fundraiser and Kim's next race will be December 27<sup>th</sup>, 2018. For all the latest updates and to help donate; head to this link:

**<https://www.crowdrise.com/miles-for-memories2/fundraiser/kimengen> OR you can bring Kim cash or check made out to the Alzheimer's Association!**

**Ingredient of the Month: Brussel Sprouts**

Brussel Sprouts are an excellent source of nutrition for our body. They help benefit us by losing or maintaining weight, building our immune system, aiding in digestion, clotting blood, containing antioxidants to fight free radicals, decreasing our risk of developing cancer, promoting a healthy heart, decreasing inflammation, keeping blood sugar levels stable, improving cognitive abilities, and more!

**Fitness Quote:**

**"Strive for new heights every day, physically and mentally!"**

**Contacts**

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**Marky Forrest**

*Water Fitness Instructor*

**Betty West**

*Concierge*

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