

Health and Fitness Calendar January 2019

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

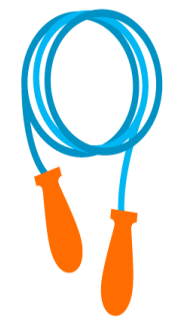
Tuesday

Wednesday

Thursday

Friday

	<p>1. Happy New Year!!</p> <p>(No Classes)</p>	<p>2. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability</p>	<p>3. 10:00 AM Total Core Strength 10:45 AM Low Impact Water Aerobics (P) 1:00 PM Bodies in Motion (MC) 2:00 PM Stretch and Tone</p>	<p>4. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability</p>
<p>7. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability</p>	<p>8. 10:00 AM Total Core Strength 10:45 AM Low Impact Water Aerobics (P) 1:00 PM Bodies in Motion (MC) 2:00 PM Stretch and Tone</p>	<p>9. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability</p>	<p>10. 10:00 AM Total Core Strength (Run by Legacy Healthcare) 10:45 AM Low Impact Water Aerobics (P)</p>	<p>11. 10:00 AM Men's and Women's Strength Training (Run by Legacy Healthcare)</p>
<p>14. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability</p>	<p>15. 10:00 AM Total Core Strength 10:45 AM Low Impact Water Aerobics (P) 1:00 PM Bodies in Motion (MC) 2:00 PM Stretch and Tone</p>	<p>16. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability</p>	<p>17. 10:00 AM Total Core Strength 10:45 AM Low Impact Water Aerobics (P) 1:00 PM Bodies in Motion (MC) 2:00 PM Stretch and Tone</p>	<p>18. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability</p>
<p>21. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability</p>	<p>22. 10:00 AM Total Core Strength 10:45 AM Low Impact Water Aerobics (P) 1:00 PM Bodies in Motion (MC) 2:00 PM Stretch and Tone</p>	<p>23. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability</p>	<p>24. 10:00 AM Total Core Strength 10:45 AM Low Impact Water Aerobics (P) 1:00 PM Bodies in Motion (MC) 2:00 PM Stretch and Tone</p>	<p>25. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability</p>
<p>28. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability</p>	<p>29. 10:00 AM Total Core Strength 10:45 AM Low Impact Water Aerobics (P) 1:00 PM Bodies in Motion (MC) 2:00 PM Stretch and Tone</p>	<p>30. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability</p>	<p>31. 10:00 AM Total Core Strength 10:45 AM Low Impact Water Aerobics (P) 1:00 PM Bodies in Motion (MC) 2:00 PM Stretch and Tone</p>	<p>Key P=Pool MC=Memory Care</p>



PREMIER CLUB OF PRESTONWOOD COURT

January 2019 NEWSLETTER



Contacts

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Health and Fitness News for: January 2019

January is national cervical health awareness, glaucoma awareness, and thyroid awareness month!

- **January 7th-13th: Folic Acid Awareness Week**
- **January 22nd-22th: National Drug and Alcohol Facts Week**

9 Tips to help you keep up your New Year's Resolutions

1. **Be Realistic with Yourself:** Set goals that are realistic for you to accomplish. If you set your goals too high then you're setting yourself up for failure. Always start small and then build up from there.
2. **Plan Ahead:** Don't try to pick a New Year's resolution the day before the new year. Start thinking of a goal weeks before so you can start to prepare for it. If you make a decision at the last minute, it may be something that you were just thinking about that day and not something that you truly want to accomplish in your life.
3. **Make a Plan:** Create a plan of action to help you stay on top of your New Year's Resolution. Write out ways that will help you stay accountable for your actions, and ways that will help you resist temptations. Try to stay one step ahead of everything so you know how to act if something were to come up last minute.
4. **Go Through the "Pros" and "Cons":** Develop a list of good and bad items that reflect your New Year's Resolution to keep you motivated. Keep your list with you at all times especially when you need a little extra push.
5. **Get Talking:** Share your New Year's resolution with family and friends to help you stay accountable for your actions and to give you extra support. If you can find someone else that shares the same goal as you then you can both motivate each other.
6. **Reward Yourself:** For a little extra motivation, set a reward to give yourself after achieving your New Year's Resolution. Choose something that you enjoy and won't counteract your goal.
7. **Track your Progress:** Write down small successes along the way to keep you motivated and moving forward. This allows you to reflect on how far you have come and what goals you want to set next.
8. **Don't Beat Yourself Up:** If you fall off track one day, try not to beat yourself up over it. Remember that tomorrow is a new day to start over and get right back on track.
9. **Be Diligent and Don't Give Up:** The more you practice your new goal, the sooner it will develop into a habit and eventually into a lifestyle. Be patient and persistent, and over time you will start to see the results you are looking for.

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 finished at 5,000 dollars by the end of the year, and I completed 55 miles of running races! Woo Hoo!

Thank you to everyone who donated and supported this great fundraiser for the Alzheimer's Association. I could not have done this without you. My next big goal is to hit 1,000 dollars by April 2019 for the Alzheimer's Association. I have officially joined the Alzheimer's Stars Group and will be competing in the Cow Town Half Marathon on February 24th, 2019. I will be running with the Alzheimer's Stars Group and raising money for the Alzheimer's Association as well. Here is my new fundraising page: http://act.alz.org/site/TR/ActiveEvents/TX-NorthCentralTexas?px=14470122&pg=personal&fr_id=11754

You can always turn in cash or check (Made out to the Alzheimer's Association) to me as well.

Thank you, Kim Engen, Fitness Director!

Ingredient of the Month: Olives

Olives are an excellent source of nutrition for our body. They help benefit us by protecting us against colon, breast and skin cancer, improving our heart, lowering LDL and increasing HDL cholesterol, decreasing pain, containing anti-inflammatory properties, protecting us from ulcers, boosting our iron levels, aiding in digestion and weight loss, reducing the risk of bone loss, reducing the intensity of allergic reactions, improving blood circulation, and much more!