

Health and Fitness Calendar February 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

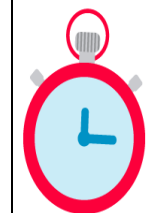
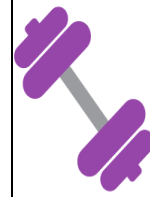
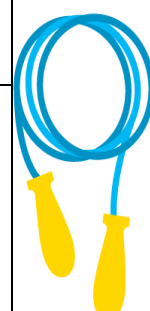
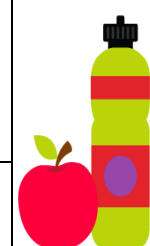
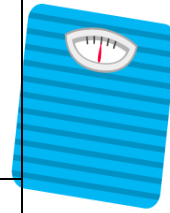
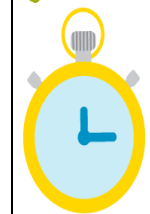
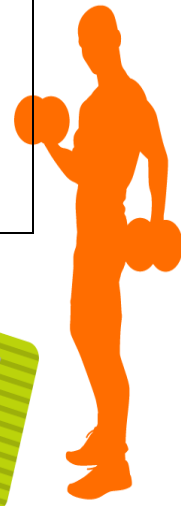
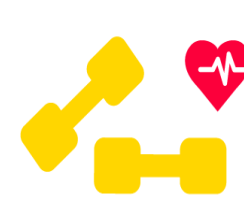
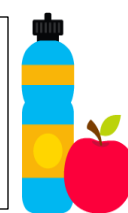
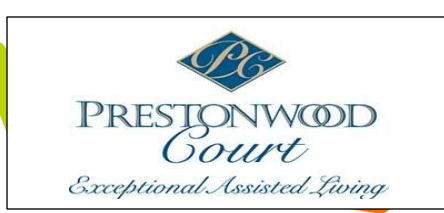
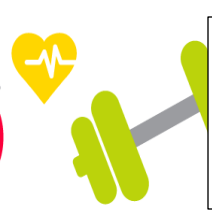
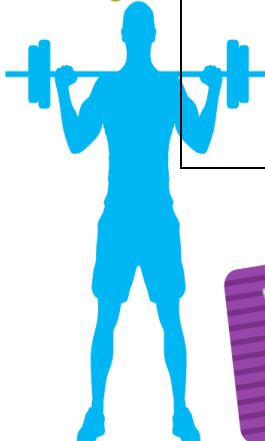
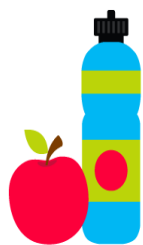
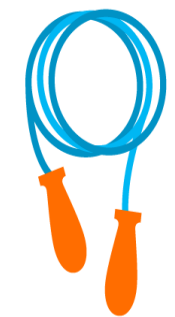
Tuesday

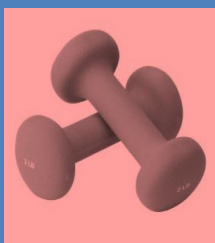
Wednesday

Thursday

Friday

				1. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability
4. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability	5. 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	6. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability	7. 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	8. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability
11. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability	12. 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	13. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability	14. 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	15. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability
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25. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability	26. 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	27. 10:00 AM Men's and Women's Strength Training 1:00 PM Bodies in Motion (MC) 2:00 PM Balance and Stability	28. 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	Key P=Pool MC=Memory Care





Contacts

Kim Engen

Fitness Director

Marky Forrest

*Water Fitness
Instructor*

Betty West

Concierge

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**Phone
Number**

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Health and Fitness News for: February 2019

February is national american heart, low vision awareness, children's dental health, and teen dating violence awareness month

- February 1: Go Red for Women
- February 7th-14th: Congenital Heart Defect Awareness Week
- February 14th: National Donor Day
- February 22nd: National Heart Valve Disease Awareness Day

6 Ways to Boost Your Heart Health

Heart disease is the number one leading cause of death within the United States. It is a dangerous disease that affects people of all ages. Even though we cannot change certain risk factors such as age, gender, or family history; there are certain preventative actions that we can practice every day to help keep our heart healthy such as...

1. **Do not smoke or use tobacco products:** Harmful chemicals in cigarettes and tobacco products can damage your blood and heart vessels which can cause your arteries to narrow and lead to a heart attack. Thus, deciding to quit will help decrease your chances of developing heart disease even if you have been smoking for many years.
2. **Exercise at least 30 minutes most days of the week:** Consistent physical activity throughout the week can help maintain a healthy weight, decrease blood pressure, decrease your chances of developing diabetes, and lower your cholesterol.
3. **Eat a well-balanced diet:** Eating plenty of fruit, vegetables, whole grains, and low-fat proteins are great sources of heart healthy foods. Limiting certain foods that contain a lot of trans. fats, and saturated fats such as dairy, red meat, palm oils, deep fried food, bakery items, packaged foods, and margarine can help lower your chances of developing heart disease.
4. **Maintain a healthy weight:** By keeping your weight within a healthy range, decreases your risk of developing certain heart conditions and diseases.
5. **Get plenty of sleep every night:** People who get little sleep are at higher risks of developing heart conditions. Adults are recommended to getting between 7-9 hours of sleep per night.
6. **Get regular check-ups and exams:** Go to the doctor's office to get your cholesterol, blood pressure, and diabetes screening done to make sure they are all in healthy ranges.

-Kim Engen

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 currently at 250 dollars as of January 31st, 2019. The big goal is to hit 1,000 dollars by April 2019 for the Alzheimer's Association. I am running with the Alzheimer's Stars Group and will be competing in the Cow Town Half Marathon on February 24th, 2019. To make a donation please head to this link:

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. With tax season coming up, get your last-minute donations in to get a great tax return!

Thank you, Kim Engen, Fitness Director!

Ingredient of the Month: Kiwi

Kiwis are an excellent source of nutrition for our body. They help benefit us by protecting our cardiovascular and respiratory systems, providing digestive enzymes to the body, managing blood pressure, removing excessive sodium, supporting pregnancy, boosting the immune system, preventing cancers, protecting the eyes, and providing high amounts of fiber.