

Health and Fitness Calendar March 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.

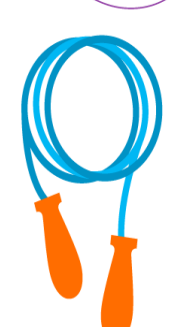
Monday

Tuesday

Wednesday

Thursday

Friday



Key
P=Pool
MC=Memory Care

4.
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

18.
10:00 AM
Men's and Women's Strength Training
1:00 PM
Bodies in Motion (MC)
2:00 PM
Balance and Stability

25.
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

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

19.
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

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

6.
10:00 AM
Men's and Women's Strength Training
1:00 PM
Bodies in Motion (MC)
2:00 PM
Balance and Stability

13.
10:00 AM
Men's and Women's Strength Training
1:00 PM
Bodies in Motion (MC)
2:00 PM
Balance and Stability

20.
10:00 AM
Men's and Women's Strength Training
1:00 PM
Bodies in Motion (MC)
2:00 PM
Balance and Stability

27.
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

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

21.
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

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

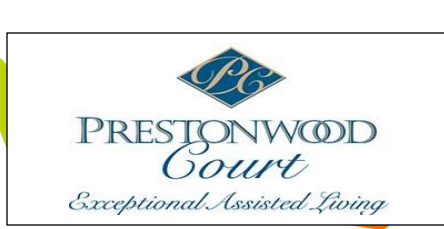
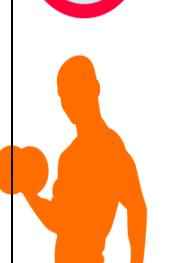
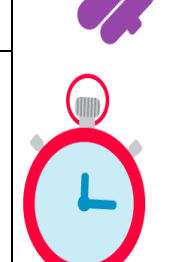
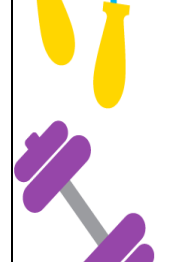
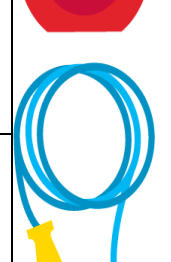
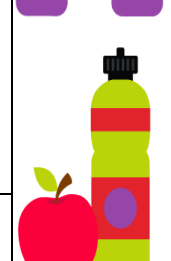
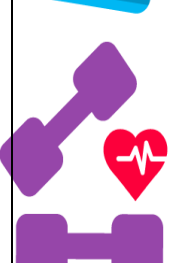
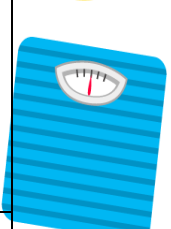
1.
10:00 AM
Men's and Women's Strength Training
1:00 PM
Bodies in Motion (MC)
2:00 PM
Balance and Stability

8.
10:00 AM
Men's and Women's Strength Training
1:00 PM
Bodies in Motion (MC)
2:00 PM
Balance and Stability

15.
10:00 AM
Men's and Women's Strength Training (Taught by Legacy Healthcare)
Kim Out of Town

22.
10:00 AM
Men's and Women's Strength Training
1:00 PM
Bodies in Motion (MC)
2:00 PM
Balance and Stability

29.
10:00 AM
Men's and Women's Strength Training
1:00 PM
Bodies in Motion (MC)
2:00 PM
Balance and Stability



PREMIER CLUB OF PRESTONWOOD COURT

March 2019 NEWSLETTER



Contacts

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Instructor*

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Concierge

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Health and Fitness News for: March 2019

March is national colorectal cancer awareness, endometriosis, kidney, nutrition, save your vision, and bleeding disorders awareness month

- March 10-16th: Patient Safety Awareness Week
- March 11-17th: Brain Awareness Week
- March 11-17th: National Sleep Awareness Week
- March 26th: American Diabetes Alert Day

How Exercise Can Help Your Brain Function

Exercise is an essential activity to make part of your daily schedule to improve brain function. Even though we aren't 100 percent certain that exercise can cure memory loss; we do know that exercise does play a crucial role in our cognitive ability. "Studies show that people who are physically active are less likely to experience a decline in their mental function and have a lowered risk of developing Alzheimer's disease" (Ronald Petersen, 2014). Exercising throughout the week for 30 to 60 minutes at a time may help sustain strong thinking, reasoning, and learning skills in healthy individuals, improve memory, reasoning, and judgment for individuals with mild Alzheimer's disease, and offset the start of Alzheimer's disease for people at risk for developing it or slow the progress of the disease. Mayo Clinic states that, "physical activity seems to help the brain not only by keeping your blood flowing but also by increasing chemicals that protect the brain. Physical activity also tends to counter some of the natural reduction in brain connections that occurs with aging" (Ronald Petersen, 2014). More studies are needed to continue to see how specifically exercise improves memory or offsets cognitive impairments, but overall regular physical activity is important to do to keep up your physical and mental state. -Kimmy

Source:
Ronald Petersen, M. (2014, October 22). Alzheimer's disease: Can exercise prevent memory loss? Retrieved from Mayo Clinic: <http://www.mayoclinic.org/diseases-conditions/alzheimers-disease/expert-answers/alzheimers-disease/faq-20057881>

Quote of the Month:

"The pain you feel today, will be the strength you feel tomorrow." -Anonymous

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 hit its ultimate goal of 1,000 dollars and exceeded it by ending at 1,040 dollars! I can't believe how quickly we reached our goal. I am so grateful for each and every one of you who donated and supported the cause. I am still running with the Alzheimer's Stars Group and competing in the Cow Town Half Marathon on February 24th, 2019.

If you didn't get a chance to donate and you want to support, you can donate to my "Walk to End" Fundraiser Page which will be my next fundraiser challenge!

Head here to make a difference today:

http://act.alz.org/site/TR?px=14470122&fr_id=12418&pg=personal

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: Artichokes

Artichokes are an excellent source of nutrition for our body. They help benefit us by providing our body with rich nutrients and antioxidants to fight off free radicals, lowering our bad cholesterol and increasing our good cholesterol, regulating our blood pressure, improving liver function, improving digestion and relieving constipation, easing irritable bowel symptoms, lowering blood sugar levels, and fighting off cancer.