Don’t Let Your Vacation Be Your Lifestyle’s Worst Enemy
by Katelyn Grunewald, U-Move Fitness Intern

While it is fun to get away, vacation is often used as an excuse to throw away good exercise and eating habits. Lounging about, late night snacks, restaurant dining, disrupted sleep cycles and nights spent around a fire can leave you feeling more drained than before you left. In order for vacation to be truly revitalizing, it is essential to maintain some sense of normalcy. The best way to maintain a healthy lifestyle while traveling is to incorporate an exercise routine into your daily activities. However, if you do not have access to a workout space or weight equipment, this can be really difficult to do.

Here are some simple ideas to help keep you active while on vacation.

When making travel plans, investigate workout facilities both in and around your hotel. Most hotels have gyms and swimming pools, and some may even offer fitness classes or walking programs. Also, you can call local gyms to inquire about week or weekend passes or even check for parks nearby with walking trails.

If you find that none of these amenities are available, you can always use the hotel stairs and hallway as a walking track. Complete several circuits by walking across the hallway and up and down flights of stairs for 20 to 30 minutes keeping your heart rate up the entire time.

Another easy solution is to pack light exercise equipment that can be used in your hotel room. Equipment like a resistance band and jump rope will easily fit into a suitcase. The resistance band will provide strength training moves for both the upper and lower body while the jump rope can be used as an intense cardiovascular workout. If your travel arrangements allow for more space, a pair of light dumbbells can be very useful. If not, you can try filling up a bottle of water and use those as weights for added resistance.

One of the best ways to be active on vacation is simply to be adventurous. Choose tourist activities that include aerobic exercise. When sight seeing, opt for walking or biking tours as opposed to taking a bus. Plan a day or two that is devoted to an outdoor activity such as hiking, cycling or even all day shopping. Another great outdoor activity is walking on the beach; walking on the soft sand is an awesome workout that burns more calories than walking on a hard, flat surface.

If you’re feeling really courageous, visit the local rental shops and rent a bike, kayak, canoe, or snorkeling gear. Many rental shops will offer lessons allowing you to try something new on vacation and burn some extra calories. Some additional activities you may want to try include: golf, beach volleyball, swimming and tennis.

Last but not least, get your travel partner on board. Working out in pairs or in a group is a great way to keep you accountable and is way more fun. It will help ensure that your fitness goals are not lost as soon and you set foot on the beach!

Sources: exercise.about.com; active.com/travel; everydayhealth.com; wikihow.com
Help Us Meet Our Goal

The Lifetime Fitness program has been providing quality exercise instruction that’s safe, effective and fun for senior adults (although everyone is welcome) at Briarwood Mall for many years now. And while the program is free to participate, we do rely on donations to cover costs such as instructor wages and smaller operating expenses. Your donations are the only source of funding for Lifetime Fitness.

Each issue of this newsletter has a donation form which can be given to Peter or Jerry with your donation or mailed to us. We understand that more than a small amount is not always feasible. That’s why we also have a donation box for on-the-spot donations during class. Even as little as fifty cents per session helps us keep the program running.

As a special incentive through October 31, 2014 those who donate $50 or more (Gold Level) will receive a U-Move Fitness or School of Kinesiology t-shirt. Those who donate $25-$49 (Silver Level) will receive a UM Kinesiology Physical Education mini-backpack. We’ll be able to track your cumulative donations even if you use the drop-box by having you sign a form with your donation amount each time. Donations that come via mail are also tracked. Won’t you help us meet a goal of $5000 over the next year?

A special thank you to all who have made donations this past year!

Sideways Walk with Biceps

Stand on the band with both feet placed about a foot apart. Hold the handles at tension in an isometric bicep curl (elbows at your sides, hands facing up).

A. Step one foot out to the side.

B. Do the same with the other foot making sure that your feet are wide enough apart so the band is always at tension and your elbows are held at a firm 90-degree angle.

C. Take 12 steps, then repeat in the opposite direction.

Single Leg Balance with Overhead Press

Step on the middle of the band with one foot. Hold the handles in front of your shoulders with the band resting on your triceps (your palms should face away from you, knuckles toward the ceiling).

A. Lift up your free foot and come into a single-leg balance.

B. Press the band handles straight up overhead.

C. Slowly lower your arms back to shoulder height. (You can rest your foot on the ground between reps if necessary). Repeat 6 times, then switch feet and do 6 more.

Resistance Band Moves

Source: womenshealthmag.com/fitness/resistance-band-exercises
With summer in full swing, farmers markets are popping up everywhere. By stopping at your local farmers market, you reap the benefits of buying nutritious, delicious and locally grown foods. Not only are fresh fruits and vegetables full of antioxidants and phytonutrients, but when picked fresh they are at the peak of flavor and nutrition. To find a local farmers market near you visit [http://search.ams.usda.gov/farmersmarkets/Accessible.aspx](http://search.ams.usda.gov/farmersmarkets/Accessible.aspx). Source: myrecipes.com

**Heirloom Tomato Salad with Fresh Lady Peas**

- 1 cup fresh lady peas
- Lemon-Herb dressing with basil divided
- 2 pounds assorted heirloom tomatoes, cut into ¼ inch thick slices
- 4 fresh basil leaves, thinly sliced
- 1 (4oz) package soft crumbled goat cheese
- Salt and freshly ground pepper to taste

Cook peas in boiling salted water to cover in a large saucepan 8 to 10 minutes or jut until tender. Drain and rinse until completely cool. Drizzle ¼ cup Lemon-Herb dressing with basil over peas, and toss to coat. Arrange tomato slices on a platter or individual serving plates. Spoon peas over tomatoes; sprinkle with basil, goat cheese, and salt and pepper to taste. Serve with remaining dressing.

**Grilled Shrimp and Green Bean Salad**

- 8 (12in) wooden skewers
- 2 pounds peeled, medium size raw shrimp (21/25 count)
- Basil Vinaigrette, divided
- 1 ½ pounds fresh green beans, trimmed
- 6 cooked bacon slices crumbled
- 1 1/3 cups (5 ½ oz) shredded parmesan cheese
- ¾ cup chopped roasted, salted almonds
- Cornbread (optional)

Soak wooden skewers in water to cover 30 minutes. Meanwhile, combine shrimp and ¾ cup basil vinaigrette in a large zip top plastic bag; seal and chill 15 minutes, turning occasionally. Preheat grill to 350 to 400 degrees. Cook green beans in boiling salted water to cover 4 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain, pat dry, and place in a large bowl. Remove shrimp from marinade, discarding marinade. Thread shrimp onto skewers. Grill shrimp, covered with grill lid, 2 minutes on each side or just until shrimp turn pink. Remove shrimp from skewers, and toss with green beans, crumbled bacon, Parmesan cheese, roasted almonds, and remaining ¾ cup basil vinaigrette. Serve over hot cooked cornbread, if desired.
For years, the University of Michigan’s School of Kinesiology has sponsored Lifetime Fitness through its U-Move Fitness program.

Although tailored with the senior adult in mind, classes are open to all adults.

- Pregnant and post-partum women
- The beginner exerciser
- Parents who have just dropped their children off at school
- Friends wanting to spend time together

Classes meet on Mondays, Wednesdays, Thursdays (Zumba day) and Fridays from 9:00–10:00 am in the Macy’s court of the Briarwood Mall located at the corner of State Street and Eisenhower Parkway in Ann Arbor. Remember: When Ann Arbor Public Schools are closed due to bad weather, Lifetime Fitness is canceled.

Classes are FREE and no registration is required. Just come as you are and enjoy a carefully structured class that includes a warm-up, pre-aerobic stretch, sitting and standing aerobics, strength exercises, a cool down and final stretch.

U-Move Fitness takes great pride in proving this invaluable community service. While there is no charge for classes, your contributions help offset the cost of instructor training and wages, sound equipment, music, and other equipment. Your donations also qualify for state and federal tax credits.

A donation form is below for your convenience. Please send to:

U-Move Fitness  
401 Washtenaw Avenue  
3064 Central Campus Recreation Building  
Ann Arbor, MI 48109-2214

Or if you prefer, you may use the drop box at class for on-the-spot donations.

Thank you to the following for their recent donations:

Nancy O’Connor, Susan Pfoutz Smereck, Marilyn Trytten, Anita McDermott, June Bialecki, CA and JM Wilkins

To support the continued excellence of Lifetime Fitness, I/we pledge the sum of

$25 (Silver Level) $50 (Gold Level) $100 $150 $250 $500 Other $________

Method of donation (circle one)

- Check
- Credit Card

Please make checks payable to University of Michigan

Please charge my gift to (circle one): Visa MasterCard Discover American Express

Account # _____________________ Expiration Date _________________

Please print name as appears on card ________________________________

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