May is National Physical Fitness and Sports Month

During the month of May, we challenge you to get 30 minutes of physical activity every day.

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Yet in Michigan over 60% don’t get the recommended amount of physical activity.

The Physical Activity Guidelines for Americans recommend that adults:

Aim for 2 hours and 30 minutes of moderate aerobic activity each week (30 minutes for five days/week). Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.

Do muscle-strengthening activities – like lifting weights and using exercises bands – at least 2 days a week.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May!

Living with Arthritis

There are several types of arthritis. The two most common ones are osteoarthritis and rheumatoid arthritis.

Osteoarthritis is the most common form of arthritis. This condition usually comes with age and most often affects the fingers, knees, and hips. Sometimes osteoarthritis follows an injury to a joint. For example, a young person might hurt his knee badly playing soccer. Or someone might fall or be injured in a car accident. Then, years after the individual’s knee has apparently healed, he might get arthritis in his knee joint.

Rheumatoid arthritis happens when the body’s own defense system doesn’t work properly. It affects joints and bones (often of the hands and feet), and may also affect internal organs and systems. You may feel sick or tired, and you may have a fever.

Another common type of arthritis, gout, is caused by crystals that build up in the joints. It usually affects the big toe, but many other joints may be affected.

Pain is the way your body tells you that something is wrong. Most types of arthritis cause pain in your joints. You might have trouble moving around. Some kinds of arthritis can affect different parts of your body. So, along with pain in your joints, you may:

- have a fever
- lose weight
- have trouble breathing
- get a rash or itch

These symptoms may also be signs of other illnesses. What can you do?

Go see a doctor. Many people use herbs or medicines that you can buy without a prescription for pain. You should tell your doctor if you do.

(con’t on page 2)

Welcome to Jerry Powell—

Hi! I am Geraldine Powell, and I am thrilled to be teaching Zumba Fitness on Thursdays! I have always had a passion for exercise and healthy living! I have helped a number of family members and friends reach their ideal fitness level through Zumba, circuit training, and 1:1 personal training. In 2009 I became a certified personal trainer through The American Fitness Professionals & Associates (AFPA). I received my Zumba Fitness Certification in 2010, and in 2012 I became certified in Zumba Toning. I initially began (con’t on page 2)
Only a doctor can tell if you have arthritis or a related condition and what to do about it. It’s important not to wait.

You’ll need to tell the doctor how you feel and where you hurt. The doctor will examine you and may take x rays of your bones or joints. You may also have to give a little blood for tests that will help the doctor decide what kind of arthritis you may have. If you are put on a medication, sometimes you might still have pain after using your medicine. Here are some things to try.

- Take a warm shower
- Do some gentle stretching exercises
- Use an ice pack on the sore area
- Rest the sore joint

If you still hurt after using your medicine correctly and doing one or more of these things, call your doctor. Another kind of medicine might work better for you. Some people can also benefit from surgery, such as joint replacement.

Arthritis can damage your joints, internal organs, and skin. There are things you can do to keep the damage from getting worse. They might also make you feel better:

- Try to keep your weight down. Too much weight can make your knees and hips hurt.
- Exercise. Moving all of your joints will help you. The doctor or nurse can show you how to move more easily. Going for a walk every day will help, too.
- Take your medicines when and how you are supposed to. They can help reduce pain and stiffness.
- Try taking a warm shower in the morning.
- See your doctor regularly.
- Seek information that can help you.

For more information on arthritis and related conditions contact any of the following organizations:

National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)
Toll Free: 877-22-NIAMS (877-226-4267)
Email: NIAMSIinfo@mail.nih.gov
Website: http://www.niams.nih.gov

Arthritis Foundation (AF)
Toll Free: 800-283-7800
Website: http://www.arthritis.org

Source: niams.nih.gov

Help Us Meet Our Goal

Perhaps you’ve been a Lifetime Fitness participant for many years or have only recently discovered the program. Whether you're a long-time participant or a newcomer, we welcome you each time you come to the program. 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.

How can you make a donation? First, consider the value of Lifetime Fitness to you. Do you come sporadically, once a week or most days? Has the exercise benefitted you? Is the social aspect important to you? Do you enjoy the music? Has having a safe environment indoors to exercise been meaningful?

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?

One year of past newsletters are now posted on our website at http://www.kines.umich.edu/programs/physical-education/our-programs.
Cooking for One

Eating solo? For whatever reason, it doesn’t mean you need to go grab some fast food (although there are certainly healthy options out there). Nor does it mean that cooking just for yourself has to be boring. Here are some tips and recipes for cooking for one.

**Tip #1** Make your freezer your best (cold) friend. Double wrap most of that loaf of bread or English muffins to protect from freezer burn. Who wants to eat the same lasagna or soup for multiple days? Freeze leftovers as individual servings for days you don’t want to cook.

**Tip #2** Get bulky. When recipes call for an herb you most likely won’t use again, shop the bulk bins and get just what you need. This is a great way to also buy grains, dried fruits and beans.

**Tip #3** Buy fresh and frozen produce. Just use the fresh ones first while they are fresh. Remember, you don’t have to buy the whole bunch of bananas. Just take the few you’ll eat in the next several days. Frozen fruits and vegetables are a lot of times just as nutritious as fresh ones; be sure to avoid items with added sauces and sugar.

**Tip #4** Repurpose that chicken. Eat it as a roast one night, in enchiladas the next and add any leftovers after that into a soup.

**Tip #5** Be inventive! Don’t use recipes. Mash a can of pinto beans with a potato masher, add some spices and you have instant refried beans without the frying. Be creative with foods you already have on hand.

**Tip #6** The incredible edible egg. Packed with nutrition, they can be eaten for dinner too. It comes in a convenient single serving size and can be eaten in so many different ways. Try frying one up with spinach tossed on top and a little cheese and serve on a whole wheat piece of toast.

**Tip #7** Enjoy your favorite food that others find totally disgusting! You only have to please yourself.

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### Baked Eggs in Muffin Tins

- 5 eggs, beaten
- 6 slices of bacon
- mozzarella, grated
- Mediterranean dried herbs mix (or dried basil if you can’t find a herb mix)
- 1 tablespoon of olive oil
- butter
- freshly ground black pepper
- salt (optional)

Preheat your oven to 425 degrees. Heat up the olive oil in a non-stick pan and fry the bacon for about 30 seconds on each side, then let them rest on a plate for a couple of minutes. Take a muffin tin and coat the interior with a bit of butter. Place each of the bacon slices in a muffin hole with the ends of the slices hanging out. Using a spoon fill the holes with the beaten eggs. Add a pinch of mozzarella in each egg filled hole and sprinkle the black pepper and herb mix on top. If the bacon is salty, omit the salt. Place the muffin tin in the oven for about 10 to 15 minutes. From time to time take a look at the eggs so you don’t overcook them. Six servings. Eat one and see Tip #1.

### Single Serve Upside Down Pineapple Cake

- 3 tbsp whole wheat white flour
- 1/4 tsp cinnamon
- 1/4 tsp baking powder
- 2 tbsp almond milk
- 1/4 tsp vanilla
- 1/2 tbsp honey
- 1/2 tbsp molasses
- 1 pineapple ring
- Strawberry for garnish (optional)

Preheat oven to 350 degrees. Mix the flour, cinnamon, and baking powder. Add the almond milk, vanilla, honey and molasses. Mix until just combined to make the batter. Place the pineapple ring in a small ramekin or bowl. (Tip #8--Use little dishes for single serving convenience!) Pour batter on top and bake for 15–20 minutes.

Calories: 180
Fat: 1 g
Fiber: 3 g
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:

Daniel Sougstad, Carol Cross, Carole Starnes, Susan Brown, Lois Deskins, Marguerite Kaweck, Kamlesh and Sushil Sachdev, Anita McDermott, Sylvia Tsai, Judy Wilhelme, Amol Sidhu, Susan Irwin, Andrew Melcher, June Bialecki

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 __________________________________________

Signature: __________________________________

Address: ________________________________

City, State, Zip: ________________________________

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