Fall is a great time to start a new fitness program or recommit to your current one. Think of the change in season as a time to recharge your fitness goals. Cooler temperatures are not an excuse to let your health and wellness fall by the wayside; in fact, fall is a perfect time to indulge in some of the highlights of the season by incorporating seasonal vegetables and fruits into your diet along with kicking your fitness routine up a notch with some fall-friendly activities. Plus, with the holiday season right around the corner, it’s important to create good habits that will continue into the winter months.

Fall can be a treat for all of our senses: crisp air, pumpkin carving, football games, apple picking, a beautiful canopy of fall foliage, and the crunch of leaves underfoot. These few months are a great time to exercise outside and enjoy the cooler temperatures. With such beautiful scenery it’s a great time to take advantage of hiking, walking and cycling. You can take a drive out to your local park and discover hiking trails; or if you are near a lake, try kayaking or canoeing to get a great whole body workout. In addition, raking leaves or doing some fall yard work is an excellent way to get the heart pumping and burn off some calories.

A great park to check out in Ann Arbor is Gallup Park (pictured on the right), located off of Fuller and Huron Parkway right across from Ann Arbor Huron High School. Gallup Park is a 69-acre park and is one of Ann Arbor’s most popular recreation areas. It contains two playgrounds, a canoe livery, picnic areas and grills scattered throughout the park. It also has two picnic shelters, open fields for play, and over three miles of asphalt trails that are popular for biking, rollerblading, walking and running.

When exercising outside, it is crucial to dress in layers. When you first step outside you may feel chilled, but once your body warms up and the blood gets pumping, you will begin to feel overdressed. Experts recommend you dress in three layers: the inner layer should be a moisture wicking fabric, often referred to as “DriFit”, so it wicks away the sweat from your body and you don’t feel chilled. The second layer should be a warmth layer. The third should be a protective layer, a windbreaker or rain jacket, for example. In addition, don’t forget to wear sunglasses and sun block lotion. UV protection is important all year round as the fall sun can be blinding at certain times during the day. (con’t on page 2)
(con’t from page 1) Lastly, it’s important this fall to find your motivation. Each individual is motivated by different things and it is important to discover what your individual goals are, whether it be losing weight, strength and toning, preparing for a race or walk event or increasing your flexibility and balance. But its not enough to just have goals, you have to be continuously motivated by your day-to-day workouts. Choose something that you enjoy doing whether it is walking or hiking with a friend, working with a personal trainer, or taking part in our Lifetime Fitness program. Exercise in an environment that will challenge and motivate you, as you will benefit from the encouragement of others. Accountability is paramount in reaching your goals. Having someone to encourage and help motivate you makes getting up and being active much easier.

I want to leave you with a quote from Andrew Carnegie who said, “Anything in life worth having is worth working for.” If being active and healthy was an easy task then everyone would do it. Stay true to your goals this fall and enjoy the new season.

References: www.webmd.com; www.a2gov.org

Fall Inspired Exercises

Keeping up with a fitness routine can become challenging as the temperature continues to drop, so it’s important to get creative with your exercise. Here are some fall-friendly calorie burners:

Raking Leaves: one hour burns 315 calories. Raking leaves is comparable to a brisk walk and is considered to be a moderate physical activity. It can help to build upper-body strength, core strength, or strength in your back and abdomen.

Gardening: one hour burns 290 calories. Aerobic gardening provides three types of exercise: endurance, flexibility, and strength. The key is to alternate between light activities and heavier ones. For example: rake for a while, dig holes, and then prune. Also, it is suggested to alternate hands evenly when raking and digging. Gardening can also be therapeutic by concentrating on the cleansing and calming benefits of being in the natural world.

Running/Walking a Fall-Themed Race: A 5k Turkey Trot or Harvest Hustle burns 300-360 calories.

Fall Foliage Hiking: one hour burns 400 calories.

Picking Pumpkins: 30 minutes burns 109 calories.

Reference: www.northshore.org

Help Us Meet Our Goal (Again!)

You did it! You more than helped us reach our $5000 goal from November 1, 2013–October 31, 2014 by gifting just over $8000. Thank you so much for your support of this program!

Starting November 1 of this year, we will continue our campaign with the goal again to raise at least $5000 by October 31, 2015. If you give $50 or more, you will receive a hot and cold beverage tumbler with Lifetime Fitness printed on it. It includes a lid for hot drinks and a lid and straw for cold ones. (See picture below.) Those who donate $25–$49 will receive a mini-backpack. 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 cover instructor smaller expenses. are the funding Fitness. fifty cents helps program is a the spot donations to costs such as wages and operating. Your donations only source of for Lifetime. Even as little as per session us keep the running. There drop-box for on donations.
All About Squash

**Butternut Squash Risotto**

This 20-minute risotto recipe is so impressive no one will believe you made it yourself. It’s great because it keeps you full with 6 grams of fiber and 10 grams of protein. Plus, it’s a great low-calorie dinner with about 250 calories and 8 grams of fat. You can use microwaveable rice to speed up the cooking time or opt to make your own.

- 1 medium butternut squash (about 1 ¾ pounds)
- 1 cup microwaveable brown rice (such as Uncle Ben’s)
- 1 tablespoon olive oil
- 1 large shallot, minced
- 2 teaspoons minced peeled fresh ginger (optional)
- 1 (14-ounce) can fat-free, less-sodium chicken broth
- ½ cup grated fresh Parmesan cheese, plus additional for garnish
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

Cut squash in half lengthwise. Scoop out seeds and stringy flesh. Place the squash halves, cut sides down, on plastic wrap in microwave. Cook on High 10 minutes or until cooked through. Scoop flesh into medium bowl, stir until smooth, and set aside. Microwave rice according to package directions, omitting butter.

Heat oil in a medium saucepan over medium heat. Add shallot and optional ginger; cook 2 minutes, stirring. Add rice. Alternately stir in squash and broth, ½ cup at a time; wait until each is absorbed before adding more. Remove from heat; stir in ½ cup Parmesan, salt, and pepper. Serve in bowls; garnish with cheese, if desired.

**Pumpkin Ravioli**

The meat and cheese in traditional ravioli can send calorie counts (and saturated fat) through the roof. However, using pumpkin keeps this dish at less than 200 calories per serving. And pumpkin is rich in fiber which also helps in maintaining a healthy heart.

- 1 cup canned pumpkin
- 1/3 cup grated Parmesan cheese
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- 24 Wonton wrappers
- 1 Teaspoon salt
- ½ cup chicken broth
- 1 ½ tablespoons unsalted butter
- Chopped parsley

Combine 1 cup pumpkin, 1/3 cup Parmesan, ¼ teaspoon salt, and 1/8 teaspoon black pepper. Spoon about 2 teaspoons pumpkin mixture into center of each wonton wrapper. Moisten edges of dough with water; bring 2 opposite sides together to form a triangle, pinching edges to seal. Place ravioli into a large saucepan of boiling water with 1 teaspoon salt; cook 7 minutes, and drain in a colander. Place ½ cup broth and 1 ½ tablespoons butter in pan; bring to a boil. Add ravioli, tossing to coat. Sprinkle with parsley.

Reference: www.health.com

**Upcoming Holiday Schedule**

Please note there will be no classes on these dates:

- November 27–28
- December 5, 12, 19, 22–25
- January 1

Best wishes to you and yours!
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 Von Maur 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; but please check in with the instructor if you are coming for the first time to complete a registration form. 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:

Chen family, Nancy Lott, Lawana Sumler-Anderson, Eleanor Shaw Susan Irwin, Fran Dunaj, Jean Wilkins, Glena Lilley, Melissa Hubbard, Dennis Cox, Carol Leitch, Anita McDermott, Thomas Tsai, Lucy Chin, Susan Brown, Daniel Sougstad