Six Fitness Keys for the 50+

As we age, staying fit can become even more difficult, but the benefits are even more rewarding. Here are six keys that seniors should keep in mind as they are looking into a fitness program:

1. Frequency: How often you exercise is an important factor in a program. Try to do something everyday.

2. Intensity: How hard you push yourself is also important. Seniors don’t necessarily have to push themselves too hard. The “no pain, no gain” mentality is not necessary for good results.

3. Duration: A good target for aerobic exercise is 30 minutes a day. Even 10 minute session 3 times a day shows results.

4. Stretching: As we age, most lose some flexibility in their joints. A few minutes of every day stretching exercises can help regain flexibility which is extremely beneficial.

5. Warm-up: warming up loosens your muscles before your workout. Warming up is something everyone should do before any type of exercising, even stretching. A few calisthenics is all that is needed.

6. Cool Down: Is pretty much the opposite of warming up. Many people overlook this step. Exercising increases your heart rate and blood flow; you need to slow everything back down afterwards. Do some movements to slowly bring your body back to a more normal level before you completely stop.

The All Important Hamstrings

They are called the hamstrings and run from the back of your knee up to your buttocks. There are three major muscle groups that make up the hamstrings (see image below) and their primary roles allow you to bend your knee and extend your hip—important for the basic life function of walking. Here are some simple exercises you can do at home for your hamstrings.

Chair Stands: In a seated position with good posture and feet flat on the floor, cross your arms over your chest or hold a ball with both hands at chest level. Keeping your weight on your heels, stand up, using your hands as little as possible or not at all. As you bend slightly forward to stand up, keep your back and shoulders straight. Take at least 3 seconds to sit back down. Repeat 8 to 15 times or as many as you can comfortably do with good form. Rest. Do another set of 8 repetitions. (con’t on page 2)
Hamstrings (con’t from page 1)

Rear Leg Extension: Begin by standing behind a chair with the right leg slightly in front of the left, holding on to the back of the chair for balance. Keeping your back straight and leaning slightly forward, lift the left foot a few inches off the floor or as high as you comfortably can, squeezing the buttocks as you do this. Do not arch your back. Lower the leg back down and repeat the movement 8 to 10 times. Switch sides to work the other leg. Rest briefly. Do another set of 8 to 10 repetitions for each leg.

Standing Hamstring Stretch: Place one foot on a chair or table and bend forward at the hips. It’s very important to keep your chest up and back straight during this stretch. Hold 30 seconds and then do the other leg. Repeat.

Why Fido is Good for You

There are many reasons why having a pet can be good for you. They offer companionship because they are always there for you. Pets’ needs require you to have a routine which gives you structure and daily purpose. Who can be stressed when a happy dog greets you with a wildly wagging tail? Having a pet means you get out: to the vet, the groomer, on walks. You might develop new interests as a pet owner. For example, hospitals and care centers often have programs for pet owners to bring their animal in for patient comfort. Perhaps your children are grown and out of the house. Taking care of another living thing adds purpose and satisfaction to your life. And, of course with dogs, they need exercise just like you do!

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!

Fruits and Veggies--More Does Matter

September is Fruits & Veggies—More Matters® month sponsored by Produce for Better Health Foundation of the Centers for Disease Control and Prevention. A good way to get more of these nutritional powerhouses into your diet when you eat away from the house is to ask your waitperson to concoct a special dish from their vegetables of the day. Or substitute chips or fries with a salad or other vegetable.

You can learn more information and tips on http://www.fruitsandveggiesmorematters.org/.

Peter Kentes leads exercise on Mondays, Wednesdays and Fridays.
I had planned to write about how fitting lean meat into your diet can be healthy. But then I remembered I had one of my favorite bean cookbooks in my office. So instead, we’ll focus on the bean which can be an important meat substitute. Beans are a good protein source, have lots of fiber, come in so many tasty varieties, can be eaten for any meal (or snack), are not as costly as meat and can help with weight control. Hurray for haricot! Kudos to kidney! Bravo to black-eyed peas! Plaudits for pintos!

Bean Basics
- You can almost always used canned beans in a recipe instead of soaking dried ones. Just rinse first.
- Almost all beans will absorb all the moisture they can in four hours of soaking time.
- Change the soaking water a few times to remove the complex sugars which can cause gas in some people.
- Don’t add salt to the soaking water because it toughens the skin and prevents water absorption.
- Cooked beans can keep up to a year in your freezer.

Warm White Beans with Basil, Tomatoes & Cheese
- 4 medium red, ripe tomatoes, peeled, seeded and chopped course
- 2 tsp minced garlic
- 3/4 cup chopped fresh basil
- 1 tsp salt
- 1/2 tsp black pepper or more to taste
- 1 small jalapeno or hot red pepper, seeded, deveined and chopped fine
- 1/2 cup light olive oil
- 2 cans (15 oz each) cannellini beans, undrained
- 1/2 cup grated Parmesan cheese
- 1/2 lb Italian fontina cheese, diced fine

In a bowl combine the tomatoes, garlic, basil, salt, pepper, jalapeno and oil. Allow to stand at room temperature, mixing occasionally, for 2 to 3 hours. Pour the beans and their liquid into a saucepan, add 1/2 cup water and slowly heat through, covered, over moderately low heat. Drain beans and rinse under hot running water. Transfer to a serving bowl. Add the two cheeses and toss gently until cheeses begin to melt. Add tomato mixture and mix through. Serve warm or at room temperature instead of pasta. (This is especially delicious with summer tomatoes!)

Kidney Bean and Fresh Coriander Spread
- 1 1/4 cups canned kidney beans, drained and rinsed
- 1/2 tsp ground cumin
- 1 tsp minced garlic
- 1/2 tsp Tabasco sauce
- 2 T vegetable oil
- 1 1/2 T wine vinegar
- 1 heaping tablespoon chopped fresh coriander leaves (cilantro).
- Salt and pepper to taste

Puree all ingredients in a food processor or blender to a coarse spread. Makes 1 cup. Great on toasted pita pieces and as a spread for chicken or roast beef sandwiches.

and for dessert . . .

Lemony Garbanzo Bean Cake
- 1/2 cup evaporated milk
- 2 cups canned chick-peas, drained and rinsed, any loose skins discarded
- 4 eggs, separated
- 1 cup sugar
- 1/2 tsp baking powder
- Grated zest and juice of 1 lemon
- Confectioners’ sugar

Puree beans with the milk. Add yolks, sugar, baking powder and zest. Pulse to combine. Beat egg whites until soft peaks form. Fold bean batter gently into whites. Pour into angel food cake pan and bake in 350 degree oven for 1 hour and 10 minutes. Test with knife before removing from oven to rack to cool. Remove from pan when cool. Squeeze lemon juice over cake and sprinkle with confectioners’ sugar. You can add raisings, glazed fruits or nuts to batter if desired.
LIFETIME FITNESS
SERVING THE ANN ARBOR COMMUNITY

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; 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

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 __________________

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