

Living Well
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<http://www.hhp.ufl.edu/places/livi/livi.php>

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BOSU Ball!?!?

Our new BOSU ball is here! View the instructional poster and ask a fitness instructor to show you how it

July Member of the Month!

Diane Hall

Congratulations!!
From your Living Well staff



Living Well

July Newsletter

Aging: How it Affects You and Your Health

As we grow older, our bodies naturally decline in various aspects of physical fitness. Three such aspects are decreases in bone density, muscle strength, and flexibility. The typical sedentary American lifestyle doesn't make matters any better; the "use it or lose it" principle applies to our fitness. An aging person who doesn't exercise has no physiological need for very dense bones or good muscular strength. As a result, he or she could lose significant amounts

of bone minerals, muscle mass, and flexibility. Osteoporosis is a well known bone disease in which bones lose mineral density and structural changes occur due to a decrease in bony material. People with osteoporosis are at a greatly increased risk for fractures. Osteopenia is a less serious disease that involves a reduction in bone mineral density. Both of these bone diseases can be best fought by participating in weight-bearing exercise (such as running or squats) and consuming

enough calcium and vitamin D. Aging also brings a natural decrease in muscle strength and flexibility. Having less functional muscles puts an elderly person at a greater risk for falls, which can cause fractures and seriously disrupt his or her lifestyle. The good news is that stretching and performing resistance exercises a few times per week can significantly improve muscular strength and flexibility for people of any age. So remember, exercise can help minimize some

National Strength and Conditioning Association: Essentials of Strength Training and Conditioning

Spirituality and Health

Health is not purely dependent on the proper functioning of our body's physiological functioning. Optimal health is holistic. All the aspects of health work in a continuum for the best possible wellness. It incorporates physical, social, intellectual, emotional, environmental, and spiritual health although; so much attention is placed on only the tangible components. The word "health" comes from the Anglican word Hal, meaning whole

or holy. Spirituality is closely linked to our physical, emotional, and mental health. There is no separation between the mind, body, and spirit. A recent study of spirituality among college students from 46 diverse universities and colleges indicates that spirituality may play a role in student health, their grades, and other aspects of student life. Spiritual fitness is important at all times in your life. A study was conducted that measured

the effects religious service had on the health among high-functioning elderly. The results indicated that attendance at religious service on a weekly or more frequent basis was associated with better health in older women. In another similar study, it is reported that frequent religious attendance predicted fewer functional limitations over time. Health is holistic. Spirituality should never be left under exercised. Being spiritual doesn't

mean that you have to go to church every Sunday or temple on Saturday. It simply means to be more aware and experience the interconnectedness between you and your surroundings. There is clearly a link between better health and spirituality. Ensuring health to the human spirit is ensuring all aspects of well-being

<http://www.dukespiritualityandhealth.org/>

"The whole is greater than the sum of its parts"

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Plyometrics is a type of exercise training designed to produce fast, powerful movements and improve the functions of the nervous system. Plyometric movements use the strength, elasticity, and innervation of muscle and surrounding tissues to jump higher, run faster, or hit harder.

Plyometric training involves practicing movements to toughen tissues and train nerve cells to stimulate a specific pattern of muscle contraction so the muscle generates as strong a contraction as possible in the shortest amount of time. Plyometric exercises use explosive movements to develop muscular power, the ability to generate a large amount of force quickly. This type of training increases an athlete's power output without necessarily increasing their maximum strength. It is used to increase the speed or force of muscular contractions, often with goals of increasing the height of a jump or speed of a punch or throw.

National Strength and Conditioning Association: Explosive Plyometric Exercise.

Benefits of Plyometric Training

- Increases muscle performance
- Tones muscles
- Improves balance and posture
- Increases flexibility
- Reduces capability for Injury

Safety Considerations with Plyometric Training

Low intensity and low volume for people under the age of 13 or for people who squat less than 1.5 times their bodyweight.

Surface—some degree of softness is needed. Gymnastics mats are ideal, and grass is suitable. Hard surfaces such as concrete should never be used.

Footwear—must have adequate cushioning and be well fitting.

Bodyweight—people who are over 240 lbs should be very careful and low intensity plyometric exercises should be selected.

Technique—most importantly, a participant must be instructed on proper technique before commencing any plyometric exercise. They should be well rested and free of injury in any of the limbs to be exercised.

Group Fitness Class

Schedule for July

Tone and Stretch

5:30—6:45pm M and W

Yoga

5:30—6:45pm T

Total Body

12:00—12:45pm W

Spin

12:30—1:15pm M and F

Electricity Shut Off!

**BEGINNIG JULY 3rd AT 2 PM
LIVING WELL WILL CLOSE AND
REMAIN CLOSED THROUGH JULY
7. LIVING WELL WILL REOPEN AT
5:30 A.M. ON JULY 8. WE
APOLOGIZE FOR THE**

Tips on preventing skin cancer

- Avoid the sun and seek the shade, especially from 10 a.m. to 4 p.m.
- Don't use tanning booths or sunlamps.
- Wear protective clothing and hats.
- Check your skin yourself every month for signs of skin cancer. If you see an area on your skin that looks unusual, ask your family doctor about it.
- Wear *at least* 15 SPF sunscreen and apply every few hours

<http://www.skincancer.org/prevention/scf-tips.html>