

# Wellness Works!

*A seasonal source for fitness, health and wellness information.*

The Enrichment Center of Lee County - 1615 S. Third St., Sanford, NC 27330 919-776-0501

## 2014 Senior Games and Silver Arts of Lee County

This year's competitions will be held May 13th thru May 23rd. Registration is thru April 30th. We are happy to announce that people age 50 or better are eligible to participate this year!! That's right folks! Anyone who will turn 50 on or before December 31, 2014 may participate in the 2014 Senior Games and Silver Arts of Lee County! We have something for everyone so come give it a try! Join us, be a part of the fun and invite your friends! Share your talents and enter the competition this year!

Contact Lee County's Senior Games Coordinator Jimmy Solomon with any questions. He can be reached at 919-776-0501 ext. 2007 or via email at [jsolomon@leecounty.gov](mailto:jsolomon@leecounty.gov).



## Water Aerobics Begins In June!

### Are YOU Ready?



With summer just around the corner now is the time to start thinking about water aerobics. It's a good choice for a cardiovascular workout and it will improve muscle toning and flexibility too. The water feels great! It helps to cushion the joints, and it's appropriate for all fitness levels. You do not have to get your head wet or be a swimmer to participate! Water about waist to chest deep is the best for water aerobics. Stand wherever you feel most comfortable.

Sign up will begin in May with classes running June, July & August. We will hold both day and evening classes. Remember to bring your water bottle and a towel. Water shoes, sunglasses & a visor or hat will offer added protection. See the front desk for more details.



# UNLEASH THE POWER OF AGE!

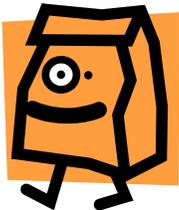
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## **7 Ways to Snack Smarter**

Are you choosing your snacks wisely? Would you like to 'upgrade' your snacks in the interest of healthier eating? It is smart to pay a little extra attention when we want a between meal bite but be careful, many foods that seem to be a great choice actually aren't. Here are 7 tips for smarter snacking:

1. **Go for the Grain.** Whole grain snacks give you energy with staying power. Try high fiber, whole grain cereals, or whole grain, low salt pretzels or tortilla chips. 
2. **Bring Back Breakfast.** Many breakfast foods can do double duty as a nutritious snack later in the day. Low-sugar granola or whole grain toast topped with low-sugar jelly or jam make a great filling snack.
3. **Try a Hi-Low Combination.** Combine a small amount of something with a healthy fat, like peanut butter or almond butter with a larger amount of something light like an apple or celery sticks.
4. **Go Nuts.** Unsalted nuts & seeds make a great snack but keep the portions small because they have lots of calories. Peanuts, almonds, roasted pumpkin seeds etc. have lots of beneficial nutrients and are likely to leave you feeling full.
5. **Snack Mindfully.** Don't eat your snack while you are distracted with other things like watching TV, or working at your desk, or driving. Instead stop what you are doing for a few minutes and eat your snack like you would a small meal.

6. **Mix It Up.** Try eating more than one macronutrient at each snack. For example, have a few nuts (protein & fat) along with some grapes (carbohydrates) or some whole grain crackers (carbohydrates) with some low fat cheese (protein & fat). Balanced snacks like these help keep you feeling full & satisfied.
7. **Take It With You.** Plan ahead! Keep a small bag of healthy snacks in your pocket or purse to avoid those impulsive trips to the vending machine. Choose snacks that will keep you full longer instead of chips or cookies. 

Avoid empty calories and make healthier choices. Studies show that a good diet in our later years reduces the risk of osteoporosis, high blood pressure, heart diseases and certain cancers.

## **BE A SMART SNACKER!!**

### **Recipe Idea — Skinny Shake**

3/4 cup Almond Milk  
 About 15 ice cubes  
 1/2 tsp Vanilla  
 1-2 Tbsp.  
 unsweetened cocoa powder (according to taste...)  
 1/3 of a Banana...  
 Blend well and enjoy!! It tastes great and it's healthy too. Very refreshing!!



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### **Staying Healthy Over 50**

Staying healthy and feeling our best is important at any age. We all want to live our lives to the fullest and feel young. That doesn't change as we get older but we do experience more major life style changes in our senior years. **How we adapt is the key to staying healthy.** Healthy aging means finding new things to enjoy, staying physically and socially active, feeling connected to others and keeping a positive outlook as changes occur. Here are some tips to help maintain physical and emotional health in our golden years.



1. **Coping with change.** Focus on the things you're grateful for, enjoy what you have & stop taking things for granted. Accept the things that you can't change. Instead focus on things you *can* control, and face problems and limitations with dignity and a sense of humor.
2. **Find meaning & joy.** Take time to nourish your spirit and do things that you enjoy. Spend time with friends & loved ones, try something new, join a club, travel or volunteer. The possibilities are endless!
3. **Stay connected.** Staying connected isn't easy as we age. The older we get the more friends we inevitably lose.

Make an effort to meet new people. Try to befriend people younger than you, call or email loved ones more often, seek out support groups and stay involved.

4. **Boosting vitality.** Growing older doesn't automatically mean not feeling well. Aging does involve physical changes but many challenges associated with aging can be overcome by taking better care of ourselves. Stay well hydrated & eat well. Load up on high fiber fruits, veggies & grains. Make exercise a priority; start slow & stick with it. Get plenty of rest too. Turn off the TV & computer an hour before bed & keep your bedroom quiet, cool & dark. Turn in earlier whenever you feel more tired than usual. Pamper yourself!
5. **Keep your mind sharp.** Keeping your brain active may help prevent cognitive decline & memory problems. The more you sharpen your brain, the more benefits you'll see. Try doing something new each day. Take a different route to the store, try challenging puzzles or crosswords, read, learn a new hobby or take a class on a new subject. Is there something you've always wanted to try but never had the time? Now's your chance. Go for it! *Healthy aging means continually reinventing yourself. You're stronger than you think!!*



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**Our Fitness Programs Rock!**

**Come Try a Class for FREE!**

**Low Impact Aerobics & Toning Classes**

\$10 per month.

Tuesday/Thursday 9:00 a.m.

Monday/Wednesday 5:30 p.m. \*

**Stretch & Tone**

Tuesday/Thursday 11:00 a.m. No Charge.

**The Fitness Room\*\***

Monday—Thursday 7:30 a.m. – 8:00 p.m.

Friday 7:30 a.m. – 5:00 p.m.

\$1.00 per daily visit – Equipment orientation required. See front desk for appointments.

**Walking Trail** – ¼ mile around the perimeter of the property. No Charge.

**Fitness Yoga**

Mondays 8:30 a.m. **OR**

Tuesdays 5:30 p.m. **OR**

Fridays 8:30 a.m.

\$15 per month/one class per week

\*Water Aerobics held June, July & August at O T Sloan Pool)

(\*\*Fitness room is open to Boomers & Seniors. All adults are welcome to fill available class spaces)

**Exercise Idea!**

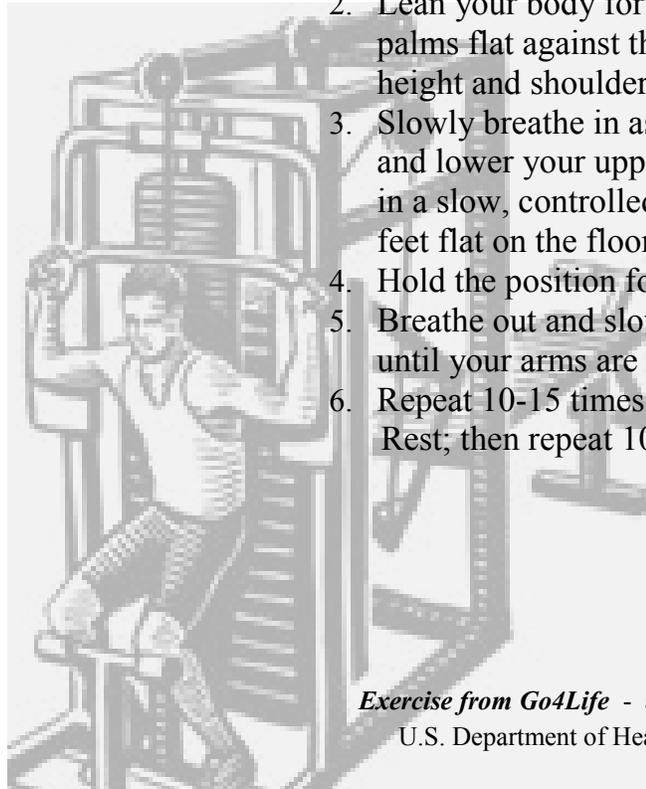
**Wall Push Up**



**Instructions:**

These push-ups will strengthen your arms, shoulders, and chest. Try this exercise during a TV commercial break.

1. Face a wall, standing a little farther than arm's length away, feet shoulder-width apart.
2. Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Slowly breathe in as you bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Keep your feet flat on the floor.
4. Hold the position for 1 second.
5. Breathe out and slowly push yourself back until your arms are straight.
6. Repeat 10-15 times. Rest; then repeat 10-15 more times



*Exercise from Go4Life* - a registered trademark of the U.S. Department of Health and Human Services

**Have a question, program idea or exercise class request?  
Please let us know at the front desk. We value your input!**