



JANUARY 2019

Senior Adult Wellness Newsletter

The FUNdamentals of Fitness



Join the Fitness Frenzy

January is a great time to get back to taking care of yourself. The hectic holiday season wraps up allowing an opportunity to focus on your health. Whether you like the concept of "New Year's Resolutions" or not, it's still important to make a conscious effort to plan physical activity and good nutrition. The research is clear, physical activity promotes optimal health, is integral in the prevention and treatment of many medical conditions, and should be regularly assessed and included as part of health care. Let Foothills help get you on track! Sign up for the Fitness Frenzy at any of our facility front desks. Details call: 303-409-2114.

Active Options, SilverSneakers® & Silver&Fit® participants - you receive free Drop-in Fitness & Cardio/Weight Room, however, the Fitness Frenzy still benefits you. Use the FREE 5-visit card for Mind-Body drop-in classes such as Yoga, Pilates Mat or Tai Chi. If you have any questions about your benefits or haven't already done so but would like to schedule your complimentary Senior Adult Fitness Test please contact 303-409-2264 or anns@fhprd.org.



Let Foothills help you . . .
Get back to the FUNdamentals of Fitness.
Come and Try us for Free!

Sign up for the Frenzy at any of our facilities & receive:

- ▶ FREE Registration into our "FUNdamentals of Fitness" Challenge & Classes!
- ▶ FREE 5-visit card good for:
 - Drop-in Fitness, Mind-Body, or Crosstraining Classes
 - Cardio/Weight Room Use

Ages 15+ • Visits MUST be used by JAN 31, 2019.
Card not valid for pool use.

303-409-2114



Did you know that not getting enough physical activity can result in the same kinds of

health problems caused by smoking and being overweight?

For starters, moving more often:

- Lowers risk of heart disease, stroke, high blood pressure, Type 2 diabetes, several kinds of cancer & weight gain
- Helps keep your mind sharp as you get older and lowers your risk of dementia and Alzheimer's
- Improves your mood and sleep
- Slows the effects of aging
- Increases your energy and simply makes life better

Inactive people who start moving get the biggest bang for their buck. Even if you can't be as active as experts say you should, any physical activity is a good thing. The more time you spend sitting, the more you increase your risk of heart problems and death.



Types of Physical Activities

Aerobic: rhythmic, continuous activity that increases heart rate & breathing for better stamina & heart health. Goal: 30min, moderate intensity, 5 days/week.

Strength Training: use your body, machines, hand weights or resistance tubing to get stronger, healthier & make ADLs (activities of daily living) safer & easier. Goal: 10 exercises for all major muscle groups, 10-15 repetitions at medium or hard effort 2-3 days/week. Register for a [Strength Training Orientation](#) or work with a [Personal Trainer](#) for individualized help. Details: 303-409-2263

Flexibility: stretch major muscles 2-7 days/week to point of feeling tightness, hold 30-60sec. Try Stretch classes at Lilley Gulch or Fieldhouse.

Balance: i.e.-tandem stance, stand on one foot, walk on a line or use a balance board; have counter or chair for support/safety.

Active & Senior Adult Updates

All programs are at Peak Community & Wellness Center
—unless otherwise designated.

FITNESS HIGHLIGHTS & LINKS

New Schedules

pick up at any of the front desks.

Drop-in Land & Aqua Fitness NEW offerings

- **SilverSneakers® Circuit** - beginner level - standing, low impact choreo alternated with standing upper body strength
- **Zumba® in the Circuit** - all levels - Latin-inspired dance combined with circuit strength training

Mind-Body Drop-in updates

- **Pilates Mat** - build core strength; body weight, floor exercises w/controlled breath

REGISTRATION CLASSES -new sessions begin JAN 2
Click links below for class details & registration.

Strength Training Orientations - learn to use equipment & receive base strength program

Strength Training for Senior Adults - group weight room class led by a personal trainer

Pilates Orientations - learn basics of Pilates-principles & foundations, proper form & core engagement

Pilates Reformer - exercises to build control & balance the body, while increasing strength

Intro to Tai Chi - 1.5 hour session to learn the basics - improve strength, balance & flexibility through slow-controlled movements of Tai Chi

Beginning Tai Chi - 6-week workshop is the 2nd step after taking the Intro to Tai Chi.

Body and Brain Healing Yoga - 5-week workshop; 5-step energy practice with unique flexibility, balance & strength exercises to help quiet your mind

Yin Yoga and the Enneagram: A Study of Self - 6 week exploration of yoga philosophy, deep stretching, meditative practices and self-study

FREE Health Talks

SAT 10-11am 1/19

Nutrition 101 by Natural Grocers

Learn the right tools for total body health—balanced energy, mood, sleep, metabolism, brain function and more!

EXCURSIONS

Trips include transportation & depart from Peak. NO refunds after deadline dates; registrations are possible as long as it is open/available to register. Register for the waitlist for full trips!

Ride-n-Lunch Mondays: NEW in 2019

Explore “As Seen on TV” area restaurants. Includes transportation only; lunch is on your own.

- Cherry Cricket
- Steubens Food Service
- Maria Empanada
- Denver Biscuit Company
- Highland Tavern

Dillon Ice Castles :

Date, time, pricing TBD
The time will most likely be a weekday, 2-10pm. If you're interested, please add yourself to the waitlist & patrons will be contacted in order for registration when the date, time, price is set.

Thank you for your patience!



Xanadu (Garner Galleria): W 6-10:45pm 2/27

Based on cult classic movie starring Olivia Newton-John & Gene Kelly - hilarity on wheels. The journey of a magical & beautiful Greek muse; she descends from the heavens of Mount Olympus to Venice Beach, CA in 1980 to inspire a struggling artist to achieve the greatest artistic creation of all time – the first roller disco. (Hey, it's 1980.)

EVENTS & ACTIVITIES

Registration required for FREE events!

AARP Driver Safety Program

FRI 1/11 or 4/12, 12:30-4:30pm

Celebration Luncheon

MON 12:30-2pm 1/21 \$6(ND: \$8)
AO/SS/S&F: 20% discount



2019 FREE Lunch-n-Learns- M 12:30-2pm 1/28

Hearing Health by **Connect Hearing**

Learn how to optimize your personal hearing health.

CLUBS Monthly fee: \$5 (ND: \$7)

Bridge **Knit & Crochet** **Mahjong**