

# FIT FOR LIFE: MAY 2014

*RiverWoods Fitness Lifestyle Newsletter, A Publication for Residents*



## Spring Golf Events

**Get ready to swing!**

There are some great golf events planned for the spring, so mark your calendars! You don't want to miss this!



### **May 8th— Meet the new Exeter Country Club (ECC) Golf Pro**

Meet Bill Cassell, new golf pro at the Exeter Country Club. He will be at RiverWoods on Thursday, May 8th from 4:00pm—5:00pm on the Ridge outdoor patio to give a demonstration and answer questions. Wine and snacks will be served. You will hear about special golf packages just for RiverWoods Residents.

### **June 2nd— RiverWoods Spring Scramble**

Join Residents, Administration and Trustees for the RiverWoods Spring Scramble on June 2nd at the Exeter Country Club.

For details, contact:

Woods—George Miller at 772-6980

Ridge—Bob Wentworth at 778-3745

Boulders—Frank Holcombe at 658-7809

Exeter Country Club—772-4752

## **Fitness Schedule Notes**

***Tues, 5/6, BLD 9 AM Chair Yoga-cancelled***

***Wed, 5/7, BLD 10 AM Strength and Balance Cancelled***

***Wed, 5/21 All Boulders Classes Cancelled***

***Mon, 5/26, All Fitness Classes Cancelled for Memorial Day***

## Aqua Yoga with Kathy

**A gentle form of aqua exercise to build strength and balance**

*Aqua Yoga* is a gentle class which combines the principles of yoga with the supportive properties of water for building strength. It is low impact as the buoyancy of the water offers less stress on joints and connective tissue. The water's resistance encourages the building and rebuilding of strength.



Aqua yoga promotes greater range of motion, increase in flexibility and balance (static). With the increase of resistance provided by the warm water the body is able to find optimum stretch. The parasympathetic nervous system is invoked. And, ah, yes, it enhances relaxation! The "relaxation response" has no choice but to be turned on!



The warm water offers uniform resistance for the abdominals and it is also strength training for the diaphragm by resisting

abdominal expansion. Full body breathing is an integral part of each class and the awareness of it

*(Continued on page 2)*

## **Aqua Yoga** *(continued from page 1)*

is developed much more readily than in a land yoga class.

Aqua yoga strengthens and tones as well as being slow deliberate core muscle work from which all fitness levels benefit. Tension is relieved, energy and a sense of vitality renewed and a sense of well being established in each class.

### **AQUA YOGA, Tuesdays, 3:15 PM WOODS POOL**

*This class needs support.*

## **Peggy Cappy Workshop** **Yoga On and Off the Mat**

**Wednesday, June 18<sup>th</sup>, 2-4 PM**  
**RIDGE FITNESS CENTER**  
**\$20 fee, maximum of 20 participants**  
**Call 658-1570 to reserve your spot!**

On June 18<sup>th</sup> we have the rare opportunity for a small group of residents to spend the afternoon with Peggy Cappy. For more than forty years, Peggy Cappy has been practicing and teaching yoga, meditation, and guided relaxation, helping others create greater comfort and ease in body,



Peggy and Heidi at Kripalu



Peggy in Advanced Balance Pose

mind and spirit.

Come listen, learn and experience, as Peggy touches on how to stay safe with the freedom to also challenge oneself in a Yoga practice.

Peggy will share ways to incorporate Yoga throughout the day, both physically and mentally. Breathing

techniques, sun salutations, and morning routines will be demonstrated with opportunities to practice.

You are sure to take away nuggets of Yogic wisdom with life-changing potential from this wonderful class. This workshop will be held in the Ridge Fitness Center

Heidi Savage notes, "As the Fitness Manager at RiverWoods it has been my honor to have Peggy Cappy as a mentor since my first year on staff. I recently served as Peggy's assistant during one of her workshops and she never disappoints. If you want to take your Yoga practice to the next level this workshop is for you."

Space is limited. Please sign up today!

### **"Pickleball Anyone?"**

June 25, 2014

1:30 PM, Gooch Park

*Please mark your calendar and look for more information in the June Newsletter.*

# Chest Press Machine

## A great exercise for “push muscles”

### Benefits

- Chest Press is one of the most effective exercises for targeting the chest muscles.
- Building muscles in the chest can improve your ability to lift and push for activities of daily living (ADLs).

### Set Up Cues

- Adjust the seat so that handles are level with the mid-chest, or slightly below shoulder level.
- Adjust the back pad so that the hands no deeper than the front of your chest.
- Choose a handle grip that feels comfortable for your shoulders. The grip that keeps your arms closer to your sides (the vertical grip) will put less pressure on the shoulders.
- Be sure the back is neutral, feet are flat on the floor, and shoulders are back and down. If feet do not touch the floor you may use yoga blocks under your feet.

### Exercise Cues

- To begin, brace abdominal muscles to stabilize the spine. Keep your head still and straight with eyes focused forward.
- Press the handles forward to straighten your arms, keeping a slight bend in your elbow even at full extension.
- Return to the starting position in a slow, controlled manner, keeping wrists in line with forearm.

### Cautions/Notes

- Do not allow the shoulder blades to come off the backrest during the exercise.



Beth Parmenter, RiverWoods Fitness Contractor, shows good form on the Chest Press machine.

Even at full extension, Beth keeps her elbows slightly bend to prevent locking the joint. In addition, her shoulders stay down even as she presses the handles away.



Beth is showing the horizontal grip position. For less pressure on the shoulders, it is a fine option to use the vertical grip instead.

## Cautions/Notes, continued

- Avoid collapsing or rounding the shoulders.
- Give your muscles 24-48 hours of rest between workouts to avoid injury.

## General Notes

For all weight training exercises it is always best to start light on weight amounts, focusing on form first and power later. Fitness staff can help Residents determine a safe starting weight, as well as review equipment usage, set up and safety. It is also important that you follow any directions you have received from medical professionals.

If you want a Fitness staff member to show you this machine, contact us at 658-7001 or [fitness@riverwoodsrc.org](mailto:fitness@riverwoodsrc.org) to make an appointment.

## Alternative Exercise to Strengthen This Muscle Group—Wall Push-Up

Chest presses can be done against a wall.

1. Begin standing, facing a wall with arms extended at or below shoulder height.



Nancy McDougall, yoga and meditation instructor at RiverWoods, prepares for a wall push-up.

2. Press palms against the wall, keeping elbows slightly bent.
3. Bend at the elbow, and bring your nose toward the wall, keeping your body in a straight line.
4. Only lean in as far as you can keep your body aligned. Keep your abdominals braced.
5. Hold position for 1-2 seconds.
6. Press against the wall, allow your arms to return to the extended starting position.
7. Keep breathing through the entire exercise.
8. If pressing hands against a wall is uncomfortable for your wrists, you can use a barre instead.
9. If this exercise is new for you, start slowly with 10-12 repetitions, rest, then repeat once more. When 10-12 repetitions feel easy,

(Source; ACE Fitness, [www.acefitness.org](http://www.acefitness.org).)



As Nancy bends at the elbow to push into the wall, she keeps her ears, shoulders, hips and ankles in a straight line.

## Rewards of Fitness

### Residents Share Their Fitness Successes

We talk a lot about the benefits of aerobic fitness, strength training and staying flexible, but it is always great to hear about how exercise can improve everyday life. In Fitness, we believe that small improvements over time yield the most impressive results. Here are some achievements from RiverWoods Residents who participate regularly in fitness classes.

- A Resident avoided surgery by strengthening their leg with regular Aqua, Strength & Balance and Yoga classes.
- A RiverWoods couple takes Circuit classes to keep in shape for some serious hiking.
- A Resident reported a quicker-than-expected recovery, confirmed by their doctor, from a hip replacement.
- One Resident reported they no longer need help from grab bars to get off the commode.



"We go to Strength & Balance classes so we can get to these great places." Mike and Cynthia Fields took a spring hike up Mt. Chocorua recently and left a lasting impression on a young couple they met at the top.

- A Strength and Balance attendee can now get up easily from of a low-to-the-sand beach chair where before they would get stuck.
- We frequently hear that exercise classes help Residents increase overall endurance.

## Reiki and Yoga Therapy

### Healing Arts Opportunities



On May 1, 2014 Lisa Rockenmacher will be kicking off a five-week course to train Residents how to practice Reiki, an Asian Healing Arts Therapy that is taking root in many formal health care setting in America. Lisa presents Reiki in a way that anyone can embrace the precepts and still stay grounded in their own personal belief system.

In addition, we currently have Nancy MacDougall, who is officially a RiverWoods Staff member as of May 1, 2014. Nancy is available to offer Yoga Therapy or Reiki at the Ridge Swasey Room under the same rates as our Certified Personal Training.

#### **RATES:**

\$28 for 25 minute session  
\$45 for 50 minute session

Nancy is already working with some residents in this capacity. Healing Arts are wonderful ways to provide relief for many different barriers to wellness. Call 658 -7001 for more information today. Or email [fitness@riverwoodsrc.org](mailto:fitness@riverwoodsrc.org).

## Line Dancing is On For Mondays in May!

Ginny Hartnett is an instructor at RiverWoods who is best known for teaching Zumba Gold. Ginny is also a member of the RiverWoods Fitness Staff. She also teaches Aqua, Tai Chi and Strength & Balance Classes.

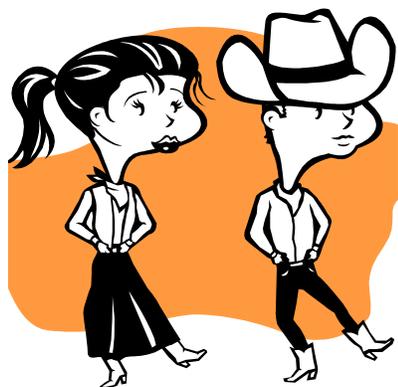
Residents have expressed an interest and desire for a Line Dancing opportunity since Heidi came on staff in 2008. Different times and venues have been tried, but this time around we are moving to the afternoon and to the Woods.

**STARTING Monday, MAY 5, 3:15 PM  
WOODS FITNESS CLASSROOM**

### **LINE DANCING with Ginny Hartnett**

Ginny has worked out some simple line dances with help from residents who were active in a group that danced together prior to 2008, plus she has added some more from her own research. Dances will include some Country, dances done at weddings, and other well-known Line Dances.

Come show off your moves!



## Class Attendance Update

### Current status of endangered classes

RiverWoods Fitness will continue to be flexible and generous in maintaining classes on our schedule. Five-persons is the attendance minimum we have set. We look at the big picture and consistent trends. Here is a summary of class status.

### **CANCELLED CLASSES:**

#### **Boulders**

Thursday, 10 AM Water Walking

#### **Ridge**

Thursday, 3:15 PM, Functional Circuit

**ENDANGERED CLASSES:** *These classes need support in the form of attendance, but will continue at least through May.*

#### **Woods**

Monday, 9 AM, Tai Chi

Tuesday, 3:15 PM, Aqua Yoga

Thursday, 11 AM, Chair Yoga

#### **Ridge**

Wednesday, 11 AM, Swiss Ball

#### **Boulders**

Thursday, 9 AM, Chair Yoga

Friday, 11 AM, Yoga

Your word of mouth is the best way to ensure attendance rises. Please invite your friends and ask them to check in with fitness to join a class. Thank you!