



GREATER FLEXIBILITY LINKED WITH LONGER LIVES

Can increasing your joint flexibility help you live longer? A recent study suggest it might.

Researchers found that greater flexibility and range of motions of the ankles, shoulders, knees, spine, wrists, hip, and elbows was associated with a lower risk of premature death. Those with limited flexibility were almost twice as likely to have premature deaths compared to those with greater flexibility. Increased flexibility, especially among older adults, may improve mobility, posture and reduce pain, which can keep people active and, in turn, help them live longer.

To improve flexibility, incorporate stretching exercises in your daily routine. Commit yourself to at least 10 minutes of stretches targeting the major muscle groups. Always be mindful of your body posture and any stress or pain when holding each stretch for 10– 30 seconds. Avoid bouncing motions and overstretching as that can cause harm. *Join us for the Stretch & Flex or Chair Yoga classes for a wonderful flexibility & stretching session.

The Fitness Department is working on more wellness opportunities for you to enjoy. We would greatly appreciate your suggestions on the following areas below to help us complete our planning for the year. Please send the fitness staff an email or note with your suggestions on:

- Parks/trails for a Day Hike (9am– 3pm; lunch provided)
- Specific topics of interest for Heart Health (February)
- Wellness activities/topics for Men’s Health (June)
- other preferred Fitness classes

FIT & WELL NEWSLETTER

FITNESS DEPARTMENT

EXT. 2015

JANUARY/FEBRUARY Come Alive in 2025?

Important Dates:

Jan. 1: Holiday (Fitness classes CANCELLED)

Jan. 8: Note Time change for RSB class

Jan. 11: Zumba Gold CANCELLED

Jan. 16: Sit & Be Fit CANCELLED

Feb. 7: National Wear RED Day, don your red for heart health (see posted flyer for details)

Feb. 15: Zumba Gold CANCELLED

Feb. 20: Sit & Be Fit CANCELLED

PUNCHES FOR PARKINSON’S did not reach the 1-million punch goal. However, we appreciate all who contributed to the 632,413 total punch count in 2024.

Come Alive

Whether you set New Year's resolutions or not, 2025 is your time to find your light of full 'aliveness'.

'Aliveness' is the state of having life, living or being active. Aliveness is engagement, continuous learning, participation, perseverance and overcoming obstacles, to name a few.

Are you feeling alive? Are you participating in life or a riding through?

Come Alive in 2025!

Come alive through everything in your life. Live life to the fullest and direct your path in the way you want it to go.

Start now! Come alive with this simple statement.


Fill in the blank:

I come alive through (my) _____ and I will _____.

(Apply this statement to any aspect of your life; Commit to it; and see how you become more ALIVE.)



JANUARY GROUP EXERCISES & FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 HAPPY NEW YEAR ALL FITNESS PROGRAMS CANCELLED	Pickleball 9AM 2 Boot Camp 9AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM Sit & Be Fit 11AM HC Exercise 1:30PM Resident Tap Dance 3PM	Pickleball 9AM 3 Resident Walking Group 9AM Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM	Pickleball 9AM 4 Zumba Gold 11:15AM (w/Leilani) (\$)
Pickleball 9AM 5	Advanced Toning & Sculpt 9:15AM Chair Qigong 10:15AM(w/Ling) (\$) RSB 1:30PM Stretch & Flex 3PM International Folkdance 6:30PM	Pickleball 9AM 7 GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) Chair Yoga 11AM (w/Ling) (\$) Wii Bowling 12PM HC Exercise 1:30PM	Advanced Toning & Sculpt 9:15AM Fitness Combo 11AM *RSB 1:00PM TIME CHANGE	Pickleball 9AM 9 Boot Camp 9AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM Sit & Be Fit 11AM HC Exercise 1:30PM Resident Tap Dance 3PM	Pickleball 9AM 10 Resident Walking Group 9AM Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM	Pickleball 9AM 11 <div style="border: 1px solid black; background-color: #d3d3d3; padding: 2px; text-align: center;"> NO Zumba Gold </div>
Pickleball 9AM 12	Advanced Toning & Sculpt 9:15AM Chair Qigong 10:15AM(w/Ling) (\$) RSB 1:30PM Stretch & Flex 3PM International Folkdance 6:30PM	Pickleball 9AM 14 GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) Chair Yoga 11AM (w/Ling) (\$) Wii Bowling 12PM	Advanced Toning & Sculpt 9:15AM Fitness Combo 11AM RSB 1:30PM	Pickleball 9AM 16 Boot Camp 9AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM <div style="border: 1px solid black; background-color: #d3d3d3; padding: 2px; text-align: center;"> NO Sit & Be Fit </div> HC Exercise 1:30PM Resident Tap Dance 3PM	Pickleball 9AM 17 Resident Walking Group 9AM Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM	Pickleball 9AM 18 Zumba Gold 11:15AM (w/Leilani) (\$)
Pickleball 9AM 19	Advanced Toning & Sculpt 9:15AM Chair Qigong 10:15AM(w/Ling) (\$) RSB 1:30PM Stretch & Flex 3PM International Folkdance 6:30PM	Pickleball 9AM 21 GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) Chair Yoga 11AM (w/Ling) (\$) Wii Bowling 12PM HC Exercise 1:30PM	Advanced Toning & Sculpt 9:15AM Fitness Combo 11AM RSB 1:30PM	Pickleball 9AM 23 Boot Camp 9AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM Sit & Be Fit 11AM HC Exercise 1:30PM Resident Tap Dance 3PM	Pickleball 9AM 24 Resident Walking Group 9AM Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM	Pickleball 9AM 25 Zumba Gold 11:15AM (w/Leilani) (\$)
Pickleball 9AM 26	Advanced Toning & Sculpt 9:15AM Chair Qigong 10:15AM(w/Ling) (\$) RSB 1:30PM Stretch & Flex 3PM International Folkdance 6:30PM	Pickleball 9AM 28 GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) Chair Yoga 11AM (w/Ling) (\$) Wii Bowling 12PM	Advanced Toning & Sculpt 9:15AM Fitness Combo 11AM RSB 1:30PM	Pickleball 9AM 30 Boot Camp 9AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM Sit & Be Fit 11AM HC Exercise 1:30PM Resident Tap Dance 3PM	Pickleball 9AM 31 Resident Walking Group 9AM Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM	

FEBRUARY GROUP EXERCISES & FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Wear RED Day is Friday, February 7, 2025. Together, we can Go RED to help save more women's lives. This year RVP is collaborating with Women of Impact and the American Heart Association in a 9-week campaign. Woman of Impact brings the work of the Go Red for Women movement to life by inspiring others to take action for their heart health and the health of the women they can't bear to live without. Be ready to participate in heart healthy challenges in the month of February and beyond to make a global impact.						Pickleball 9AM 1 Zumba Gold 11:15AM (w/Leilani) (\$)
Pickleball 9AM 2	Advanced Toning & Sculpt 9:15AM Chair Qigong 10:15AM(w/Ling) (\$) RSB 1:30PM Stretch & Flex 3PM International Folkdance 6:30PM	Pickleball 9AM 4 GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) Chair Yoga 11AM (w/Ling) (\$) Wii Bowling 12PM HC Exercise 1:30PM	Advanced Toning & Sculpt 9:15AM Fitness Combo 11AM RSB 1:30PM	Pickleball 9AM 6 Boot Camp 9AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM Sit & Be Fit 11AM HC Exercise 1:30PM Resident Tap Dance 3PM	NATIONAL WEAR RED DAY	
Pickleball 9AM 9	Advanced Toning & Sculpt 9:15AM Chair Qigong 10:15AM(w/Ling) (\$) RSB 1:30PM Stretch & Flex 3PM International Folkdance 6:30PM	Pickleball 9AM 11 GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) Chair Yoga 11AM (w/Ling) (\$) Wii Bowling 12PM	Advanced Toning & Sculpt 9:15AM Fitness Combo 11AM RSB 1:30PM	Pickleball 9AM 13 Boot Camp 9AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM Sit & Be Fit 11AM HC Exercise 1:30PM Resident Tap Dance 3PM	Pickleball 9AM 14 Resident Walking Group 9AM Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM	Pickleball 9AM 15 <div style="border: 1px solid black; background-color: #d3d3d3; padding: 2px; text-align: center;"> NO Zumba Gold </div>
Pickleball 9AM 16	Advanced Toning & Sculpt 9:15AM Chair Qigong 10:15AM(w/Ling) (\$) RSB 1:30PM Stretch & Flex 3PM International Folkdance 6:30PM	Pickleball 9AM 18 GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) Chair Yoga 11AM (w/Ling) (\$) Wii Bowling 12PM HC Exercise 1:30PM	Advanced Toning & Sculpt 9:15AM Fitness Combo 11AM RSB 1:30PM	Pickleball 9AM 20 Boot Camp 9AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM <div style="border: 1px solid black; background-color: #d3d3d3; padding: 2px; text-align: center;"> NO Sit & Be Fit </div> HC Exercise 1:30PM Resident Tap Dance 3PM	Pickleball 9AM 21 Resident Walking Group 9AM Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM	Pickleball 9AM 22 Zumba Gold 11:15AM (w/Leilani) (\$)
Pickleball 9AM 23	Advanced Toning & Sculpt 9:15AM Chair Qigong 10:15AM(w/Ling) (\$) RSB 1:30PM Stretch & Flex 3PM International Folkdance 6:30PM	Pickleball 9AM 25 GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) Chair Yoga 11AM (w/Ling) (\$) Wii Bowling 12PM	Advanced Toning & Sculpt 9:15AM Fitness Combo 11AM RSB 1:30PM	Pickleball 9AM 27 Boot Camp 9AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM Sit & Be Fit 11AM HC Exercise 1:30PM Resident Tap Dance 3PM	Pickleball 9AM 28 Resident Walking Group 9AM Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM	

All classes taught by Fitness Staff will also offer a virtual option via Zoom. Please contact Fitness Staff to acquire about the link to join the Group Exercise class via Zoom.