# 10 WAYS TO LOVE YOUR BRAIN



**START NOW.** It's never too late or too early to incorporate healthy habits.





**FOLLOW** 

stroke obesity high blood

pressure and diabetes heafth atively

cognitive decline and dementia

Wear a seat belt and use a helmet when playing contact sports or riding a bike.

**FUEL** 

**UP RIGHT** 

Eat a balanced diet that is

higher in vegetables and fruit

to help reduce the risk of

cognitive decline.

**HEADS UP!** 

Brain injury can raise risk of

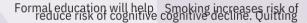
Risk factors for

YOUR HEART



**BUTT OUT** 

not smoked.



Take a class at a local to levels comparable

**Growing evidence** 

indicates that people can

reduce their risk of cognitive

decline by adopting key lifestyle

habits. When possible, combine

these habits to achieve

maximum benefit for the

brain and body.



Engage in regular college, community to those who have cardiovascular exercise center or online. that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



**STUMP** 

YOURSELF Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

### **BUDDY UP**

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



## OF YOUR MENTAL HEALTH ZZZ'S

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress. and thinking.



## TAKE CARE CATCH SOME

Not getting enough sleep may result in problems with memory



# alzheimer's $\Omega$ 5 association

THE BRAINS BEHIND SAVING YOURS:

# FIT & WELL NEWSLETTER

FITNESS DEPARTMENT

EXT. 2015

## MAY/ JUNE

# Come Alive in 2025?

### **Important Info:**

\*Zumba Gold class will now be offered one or two times monthly. Instead of a monthly charge, a \$5 per class rate will apply to partic ipating resident's. All are welcome to enjoy this program.

\*\*Please know classes ed by Ling Hanson will meet via ZOOM during May 5–20.

May 28: National Senio Health & Fitness Day with the Fitness Dept. as we take a trip to Down's Memorial Park for outdoor exercise, hiking and more. Sign up in the trip book.

**Jun. 6: PUNCHES FO PARKINSON'S** 

Jun. 7: Moving Day at UMBC to raise awareness and support our peers in the FIGHT AGAINST PARKIN-SON'S.

Jun. 20: Annual CAR WASH Fundraiser

# National Senior Health & Fitness Day



Wednesday, May 28th celebrates the 32nd Anniversary of National Senior Health & Fitness Day. The significance of this day is to promote the importance of regular physical activity for older adults, encourage the aging population to engage in some sort of an active lifestyle, as well as commend those who make fitness a priority in their lives.

Each year on this day, the Fitness Department commemorates with a number of wellness activities for residents to enjoy. This year, we ask that you join us for a day trip at the historic Down's Park (in Pasadena, MD) for outdoor exercise, hiking, a scenic scavenger hunt and mid-day lunch. If interested, please sign up in the trip book before all the spaces fill up.

### Come Alive in 2025!

We are still attempting to live our lives to the fullest by *Coming Alive in* 2025. In what ways, have you come alive thus far? What other ways can you find yourself *Coming Alive* through the many aspects of your life fitness, social, emotional, etc? Direct your path in the way you want it to go and Come Alive in 2025.

Fill in the blank:

area of your life you actions you will I come alive through (my) want to change take to change and I will

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



Visit alz.org/10ways to learn more.

	MAY GROUP EXERCISES & FITNESS SCHEDULE										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
2025	REGISTRATION IS	S OPEN! ing in please for mo istration of the please for more pleas	rested in participat- this year's MSO, scan the QR code ore details and reg- on information <b>OR</b> It the Fitness staff. 30 sports including ball, track & field ning, bowling, corn- k more.	Pickleball 9AM 1 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 2  Resident Walking Group 9AM  Advanced Toning & Sculpt 9:15AM  Movement & Fun w/JoAnn 10AM	Pickleball 3 9AM  FITNESS 11.					
4 Pickleball 9AM	Advanced Toning 5 & Sculpt 9:15AM  Chair Qigong 10:15AM (ZOOM)  Rock Steady Boxing 1PM (\$)  Stretch & Flex 3PM  International  Folkdance 6:30PM	Pickleball 9AM 6 GYF w/Eccentric Mvmt 9:45AM (ZOOM) Chair Yoga 11AM (ZOOM) Wii Bowling 12PM Walking w/ Rollators 1:30pm	Advanced Toning & Sculpt 9:15AM  Fitness Combo 11AM  Rock Steady Boxing 1PM (\$)	Pickleball 9AM 8 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 9  Resident Walking Group 9AM  Advanced Toning & Sculpt 9:15AM  Movement & Fun w/JoAnn 10AM	Pickleball 10 9AM					
Pickleball 11 9AM Happy Mother's Day	& Sculpt 9:15AM Chair Qigong 10:15AM (ZOOM) Rock Steady	Pickleball 9AM 13  GYF w/Eccentric Mymt 9:45AM (ZOOM)  Chair Yoga 11AM (ZOOM)  Wii Bowling 12PM	Advanced Toning & Sculpt 9:15AM  Fitness Combo 11AM  Rock Steady Boxing 1PM (\$)	Pickleball 9AM 15 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 16  Resident Walking Group 9AM  Advanced Toning & Sculpt 9:15AM  Movement & Fun w/JoAnn 10AM	Pickleball 17 9AM  Zumba Gold 11:15AM (w/Leilani) (\$)					
Pickleball 9AM	Advanced Toning19 & Sculpt 9:15AM Chair Qigong 10:15AM (ZOOM) Rock Steady Boxing 1PM (\$) Stretch & Flex 3PM International Folkdance 6:30PM	Pickleball 9AM 20  GYF w/Eccentric Mymt 9:45AM (ZOOM)  Chair Yoga 11AM (ZOOM)  Wii Bowling 12PM  Walking w/ Rollators 1:30pm	Advanced Toning & Sculpt 9:15AM  Fitness Combo 11AM  Rock Steady Boxing 1PM (\$)	Pickleball 9AM 22 Boot Camp 9AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM NO Sit & Be Fit HC Exercise 1:30PM NO Resident Tap	Pickleball 9AM 23  Resident Walking Group 9AM  Advanced Toning & Sculpt 9:15AM  Movement & Fun w/JoAnn 10AM	Pickleball 24 9AM					
Pickleball 9AM	Advanced Toning26 & Sculpt 9:15AM Chair Qigong 10:15AM(w/Ling)(\$) Rock Steady Boxing 1PM (\$) Stretch & Flex 3PM International Folkdance 6:30PM	Pickleball 9AM 27 GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) Chair Yoga 11AM (w/Ling) (\$) Wii Bowling 12PM	NATIONAL SENIOR HEALTH FITNESS TRIP TO DOWN'S PARK  ALL FITNESS CLASSES CANCELLED	Pickleball 9AM 29 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 30  Resident Walking Group 9AM  Advanced Toning & Sculpt 9:15AM  Movement & Fun w/JoAnn 10AM	Pickleball 31 9AM					

JUNE GROUP EXERCISES & FITNESS SCHEDULE										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
Pickleball 9AM  June 1st National Go Barefoot Day	Advanced Toning 2 & Sculpt 9:15AM Chair Qigong 10:15AM(w/Ling)(\$) Rock Steady Boxing 1PM (\$) Stretch & Flex 3PM International Folkdance 6:30PM	Pickleball 9AM 3 GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) Chair Yoga 11AM (w/Ling) (\$) Wii Bowling 12PM Walking w/ Rollators 1:30pm	Advanced Toning & Sculpt 9:15AM  Fitness Combo 11AM  Rock Steady Boxing 1PM(\$)	Pickleball 9AM 5 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 6 Resident Walking Group 9AM Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM  PUNCHES FOR PARKINSON'S II:00AM	Pickleball 7 9AM  Parkinson's Moving Day  Bus departs at 8:45am for UMBC; Returns by 12:30pm				
Pickleball 9AM	Advanced Toning 9 & Sculpt 9:15AM Chair Qigong 10:15AM(w/Ling)(\$) Rock Steady Boxing 1PM (\$) Stretch & Flex 3PM International Folkdance 6:30PM	Pickleball 9AM 10 GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) Chair Yoga 11AM (w/Ling) (\$) Wii Bowling 12PM	Advanced Toning & Sculpt 9:15AM  Fitness Combo 11AM  Rock Steady Boxing 1PM(\$)	Pickleball 9AM 12 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 13  Resident Walking Group 9AM  Advanced Toning & Sculpt 9:15AM  Movement & Fun w/JoAnn 10AM	Pickleball 14 9AM				
Pick graff 15 9AM HAPPY FATHER'S DAY	Advanced Toning 16 & Sculpt 9:15AM Chair Qigong 10:15AM(w/Ling)(\$) Rock Steady Boxing 1PM (\$) Stretch & Flex 3PM International Folkdance 6:30PM	Pickleball 9AM 17 GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) Chair Yoga 11AM (w/Ling) (\$) Wii Bowling 12PM Walking w/ Rollators 1:30pm	Advanced Toning & Sculpt 9:15AM  Fitness Combo 11AM  Rock Steady Boxing 1PM(\$)	Pickleball 9AM 19 Boot Camp 9AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM NO Sit & Be Fit HC Exercise 1:30PM NO Resident Tap	Resident Walking Group 9AM  NO Adv. Toning  Movement & Frin w/JoAnn 10AM  CAR WASH 10am—3pm	Pickleball 9AM  Zumba Gold 11:15AM (w/Leilani) (\$)				
Pickleball 9AM	Advanced Toning 23 & Sculpt 9:15AM Chair Qigong 10:15AM(w/Ling)(\$) Rock Steady Boxing 1PM (\$) Stretch & Flex 3PM International Folkdance 6:30PM	Pickleball 9AM 24 GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) Chair Yoga 11AM (w/Ling) (\$) Wii Bowling 12PM	Advanced Toning & Sculpt 9:15AM  Fitness Combo 11AM  Rock Steady Boxing 1PM(\$)	Pickleball 9AM 26 Boot Camp 9AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM Sit & Be Fit 11AM HC Exercise 1:30PM NO Resident Tap	Pickleball 9AM 27  Resident Walking Group 9AM  Advanced Toning & Sculpt 9:15AM  Movement & Fun w/JoAnn 10AM	Pickleball 28 9AM Zumba Gold 11:15AM (w/Leilani) (\$)				
Pickleball 9AM	Advanced Toning 30 & Sculpt 9:15AM Chair Qigong 10:15AM(w/Ling) (\$) Rock Steady Boxing 1PM (\$) Stretch & Flex 3PM International Folkdance 6:30PM	BE ON THE LOOKOUT FOR  2025 Summer Series Group Classes (Tai Chi, Cognitive Exercise and more Movement & Fun w/ JoAnn)  September is Fall Prevention Month (Presentation by Everest Wellness)  SAVE THE DATE: SATURDAY, SEPTEMBER 27th—WALK TO END ALZHEIMER'S								