



LIFE FITNESS NEWS

Start Small | Make 2023 a Good Year | Interesting Articles

Newsletter

- My Plan to Make 2023 a Good Year.
- For Big Success, Start Small.
- Our Agile 4 Life Fitness Inspiration.
- Check out the articles in the Reading Corner.


Birthdays

A Very Happy Birthday to:

Peggy Carter - Dec 13
Moorea Brega - Dec 28
Lori Cable - Jan 2 Instructor
Gloria Burt - Jan 4
Sheila Thorne - Jan 8
Saroj Dubal - Jan 13
Abbe Bum - Jan 15

New Members

Please welcome **Sherry Drobner**. Sherry joined an evening personal training group. She was referred by her friend **Carole Raimondi** who's a regular to Restart Smart.

Congratulations on becoming a grandparent—again: 

♦ **Barbara Rosen**



My Plan to Make 2023 a Good Year

by Joy Fletcher

Happy New Year everyone! Normally, I don't get too excited about a new year. To me, it's typically just another day. But this year, I really am excited to start anew. And that surprised me. So I had to ask myself, "what makes this year so much different?"

The first thing that came to mind was all the new things I want to have in place for you, the members. For instance, Lori and I both want to add some shorter workouts into the content library, as well as some different types of workouts. Plus, I also want to add some how-to-videos.

There's the Standing Strong 12-week program that I'm developing. It's a program for anyone who wants to decrease their risk of falling by working on the specific components which are proven to improve balance.

Then there's the fact that I have a different mindset this year. But I really didn't recognize that until I got a request from Seasons.com (formally SeniorsMatter). They asked me to write about what one new health or fitness habit I think a senior should make for themselves for the new year? No lie, at first I stared at the question like a deer in the headlights. What does a senior who never makes resolutions recommend to someone else?

Bear with me here. I'll answer that question but I'm going to take the long way around.

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The Reading Corner - For Better Health & Fitness

• Article from *EatingWell* 5/7/2021
[Stress Might Be Causing Chronic Inflammation in Your Body—Here's What You Can Do About It](#)

• Article from [Seasons.com](#)
[How Exercise Can Help Seniors Reduce Chronic Inflammation](#)

Fitness Inspiration

Alan Tom is our next fitness inspiration. Alan is one of only two males that jump in to do circuit on a regular basis. And he's been doing that since circuit moved to being online. You'll see him every Monday and Wednesday working hard but always with a smile.

He actually started taking circuit classes at the Y and took to the circuit style of training almost instantly. At one point he even lamented that he wished he had found this class earlier. But since he's added it to his fitness routine, he's made up for lost time!

Over this last year, Alan noted that his posture and balance have definitely improved. In the beginning, the classes even helped him get over a sprained ankle. The mix of cardio and strength training help keep him energized so he can keep up with his busy schedule. And now, along with his weekly volunteering, he's happy to announce that he's helping to take care of his first grandson two days a week.

Personally, I believe being a grandparent or a great-grandparent and being active in your grandchild's life is priceless. So way to go Alan and to all the other grandparents/great-grandparents at Agile 4 Life Fitness. 🌟💖



For Big Successes, Start Small

by Lori Cable

As we all know, making a behavior change and setting a new habit can be challenging. Even if we know it'll be beneficial. But perhaps the New Year has you thinking of making a change. Maybe you want to increase the amount of your exercise, add more stretching, lose weight, eat less sugar, drink less wine, eat healthier foods or stay in touch with friends more often. Sometimes the thought of making these changes though is overwhelming. One reason is, we humans often take an "all or nothing" approach when making a change. Or we think of behavior change as taking something away which causes us to feel deprived. This doesn't have to be the case. In fact, much of the research done on behavior change shows that making small changes can go a long way.

Rather than thinking about what will get taken away, think about what small thing you can add to help make your change. For instance, say you want to lose weight. What small thing can you add to make that happen? You could add more green vegetables, eat more whole grains, drink more water, or even add more exercise. Making these small healthy additions instead of thinking about what you will have to take away, can help prevent you from feeling deprived.

Another method that can be helpful when making a behavior change is to think about it as a SMART goal. That means you want to make sure your goal for the behavior change is **S**pecific, **M**asurable, **A**chievable, **R**ealistic and **T**ime-bound. Let's take the example of drinking more water per day. Staying hydrated, especially in the winter when we don't always feel thirsty, is very important. As we age, our sense of thirst can diminish. Staying hydrated is essential for keeping electrolytes balanced, blood volume normal, aiding in digestion, transportation of nutrients and good kidney function. You might start by deciding to drink one more glass of water each day for 30 days. Perhaps you start by adding a glass of water first thing in the morning or maybe you add it right after you exercise. Once you start feeling good about your efforts, it becomes the motivation needed for sticking with and forming a new habit.

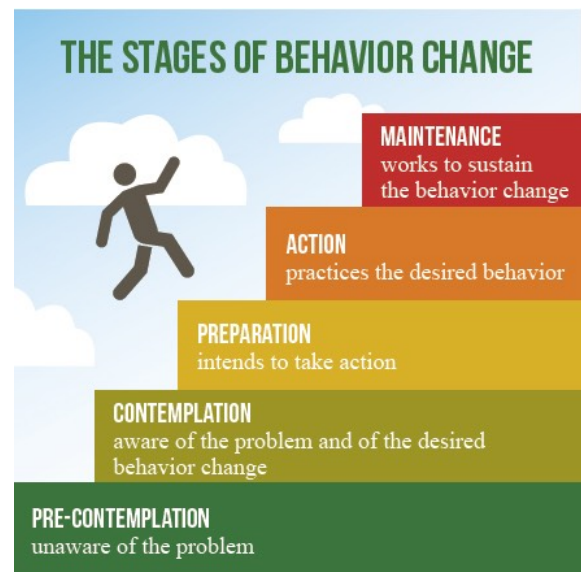
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For Big Successes, Start Small *(continued from page 2)*

The best suggestion when wanting to make a change, is to choose something that makes your mind, body and spirit feel good.

According to the Transtheoretical Model of Behavior Change developed by Prochaska DiClemente in the late 70's, there are six stages of behavior change. The stages are: 1) Pre-contemplation Stage, 2) Contemplation Stage, 3) Preparation Stage, 4) Action Stage, 5) Maintenance Stage and 6) Termination Stage. For our purposes, we'll focus on stages 3, 4 and 5; preparation, action and maintenance.

If you are currently a member of **Agile 4 Life Fitness**, you may have already completed all 3 of these stages. If so, congratulations! But even if you haven't completed stages 4 and 5, joining **Agile 4 Life Fitness** has already placed you well into the preparation stage. Which means you're ready to make changes in your behavior. The action stage will include registering for classes and then showing up. The maintenance stage will be you continuing with weekly classes so you can make improvements to your health.



To acknowledge the new year, Joy and I have decided to offer a little extra challenge this month. We are proposing a 30-day wellness style challenge beginning on January 2nd, 2023. Research shows that it takes 14-30 days to form a new habit, so let's bring in some healthy habits for the new year. The 30-day challenge will include the following three daily activities:

1. Drink 8 eight ounce glasses of water each day.
2. Eat at least one green vegetable a day.
3. Walk outdoors for 15 minutes each day. If that's not possible, try walking around your home (don't forget the music) or using a treadmill for 15 minutes if one's available. If walking isn't an option, include any form of exercise that will get your blood flowing and body moving like dancing.

In addition to the three daily wellness activities, we are also including a calendar of daily optional wellness rituals. You can download the calendar as a PDF from the body of the email or send a request to Joy (joy@agile4lifefitness.com)

Are you up for the challenge?? If so, feel free to email Lori (loricablefitness@gmail.com) and/or Joy (joy@agile4lifefitness.com) to let us know you're joining in the challenge. We'll be your accountability buddies! Good luck, be well, and here's to a happy and healthy new year!

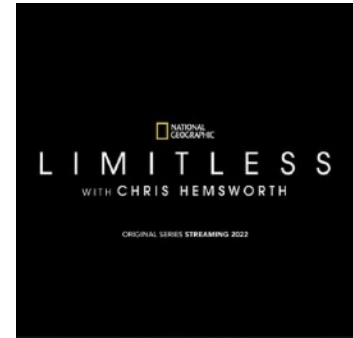
My Plan to Make 2023 a Good Year *(continued from page 2)*

A lot of what led me to this new year excitement was watching *Limitless*, the National Geographic documentary starring Chris Hemsworth (who plays Thor in the movies). *Limitless* is about uncovering the secrets of longevity. You'll find it on Nat GEO channel or Disney Plus, and it's 6 episodes long.

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My Plan to Make 2023 a Good Year *(continued from page 3)*

The first episode is called “Stress-Proof”. During the program they carefully review how uncontrolled stress affects the inside workings of the body. They explained how stress can trigger chronic inflammation in the body which can lower the immune system and lead to heart disease, diabetes, cancers, and auto-immune problems. (See the article *Stress Might Be Causing Chronic Inflammation in Your Body—Here’s What You Can Do About It* in the Reading Corner.)



Of course, at the end of “Stress-Proof” they review different methods that can be incorporated to help calm the brain and decrease stress to prevent the ravages of inflammation. Chris, who’s the star of the show and is probably extremely busy and stressed with his career, makes a vow to make a new habit of actively relaxing.

Although I didn't learn much that was new in that episode, it did make me take a hard look at how I calm my brain and decrease my stress. Technically, I could reason that since I have no chronic diseases stress really isn't a problem. But then I have to remember, the object of trying to live a healthy life is to prevent any chronic problems. That means I need to change a habit before it becomes a problem.

In other words, am I paying attention to the clues my body is sending me? The clues our body gives us to let us know something is not exactly right. It's been proven that stress elevates the heart rate. So what am I going to do with the data my Ōura ring has been collecting? My resting heart rate has been getting slightly higher over this last year. So even though I don't feel like I'm under stress, the data and my body is telling me something different. As I ponder this situation, I realize I'm not very good at relaxing!

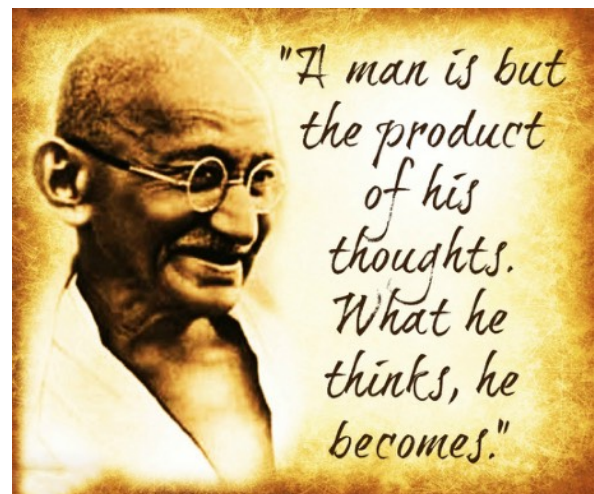
Limitless also talks a lot about brain health and what things we can do to help prevent dementia. Contributors to good brain health are: staying social and connected to friends, doing regular exercise, being out in nature, challenging ourselves, continuing to learn, eating healthy, getting proper sleep, breathing exercises, controlling stress, not smoking, keeping our vitals in-check, and having a positive mindset.

It was this combination that brought me to my answer. What's the one habit seniors should make for the new year? Change their mindset!

It stood out so clearly by the time I finished watching *Limitless*. Everything Chris was challenged with was pushing him to his limit and out of his comfort zone. But his mindset, his ability to convince himself that he could do the task, was the real takeaway for me.

There's a quote credited to Mahatma Gandhi that I believe puts it all into perspective.

“Your beliefs become your thoughts,
Your thoughts become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.”



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My Plan to Make 2023 a Good Year *(continued from page 4)*

If I truly want to have better health, I must change my mindset to change my destiny. As long as I tell myself that I can't do something or that the change would be too hard, I have made my destiny. And those actions will become self-fulfilling, but in a negative way. That's why I'm going with a new mindset and why I'm actually excited about the new year. With a more accepting mindset, I'm going to open up a whole realm of new possibilities, new adventures, and definitely a new destiny.

If I've sparked something in you and you'd also like to try something different, please join Lori and I for her 30-day wellness style challenge. If the challenges she recommends don't fit your needs, feel free to add your own. Everyone has areas in their life they'd like to improve. Join-in by tackling your own challenges and take advantage of the great support system. It's just all about self-care.

One last thing. This has always been something I've wanted to try. I'm going to add 10 pushups a day to my 30-day challenge. If you'd like to join me, these push ups can be: modified, regular, wall, counter push ups, stability ball pushups, or a mixture, it doesn't matter. I just want to see what it does for my strength. And who doesn't want to see if they can get a little stronger?

In case you're not sure what areas would be good for you to work on to improve longevity, here is a list of habits that seem to be where most of the focus is right now for a healthier lifestyle.

Decreasing stress. We should all be actively practicing some sort of meditation, doing yoga or Tai Chi to help decrease our heart rates. Remember, we have recorded yoga classes in the content library and Lori is a very skilled and fantastic instructor.

Intermediate fasting. There are many ways this can be done. The method I feel that makes the most sense is to try and keep yourself to a 12-hour fast in the evenings. As an example, you finish eating by 7:00pm at night and then not eat anything else again until after 7:00am in the morning. I have also seen where all eating should be done between 10:00am to 6:00pm. Again to simulate a fast. This is believed to help brain health, weight loss, improve insulin response, ie. blood sugars, and help with better cell repair.

Staying social. Even though COVID still makes its presence known to us, staying connected with our friends and family is important and helps to keep our brains healthy.

Getting good restorative sleep. It's important that we try and practice a regular sleep routine where we go to bed and wake up at regular times. Also, controlling stress can promote better sleep.

Staying active. The more we can move around and stay active the better. Walking is a great benefit, walking outdoors has even more benefits for our brain health. It's important we keep up with our strength and balance training and any other physical activities that challenge our brains.

Keep learning. Again, better brain health comes from continually learning. That doesn't mean we have to go back to school but taking up a hobby that challenges your brain can be a great addition.

Special message from Joy:

First, I'd like to wish everyone a very Happy New Year. Then I want to say thank you, to each and every one of you, for continuing to workout with Agile 4 Life Fitness. And especially for helping me through 2022 with all its challenges. I'm ready to make 2023 even better so we can enjoy traveling, playing with grandkids, and living a strong active life.