

# The Hemsworth Wellness Center

July-September 2008



Hemsworth Wellness Center  
11100 Springfield Pike  
Cincinnati, OH 45246  
513-782-4340  
www.mapleknollcommunities.org

Inside this issue:	
- Benefits of Exercise	1
- 14 Super Foods	2
- Exercise your Brain	3-4
- Golf Swing Muscles?	5
- Stay Hydrated	6-7
- Jessi's Summer Recipe	8
- Bits From Beth	9
- Class Descrip-	10-11
- A New Face - Tracy	12
- Massage Therapy	13-14
- Information Board	15

## Benefits of exercise

Just as a proper diet and engaging activities can help you live a more fulfilling life, physical activity will yield a multitude of physical, mental and psychological benefits. Some of the benefits that result from regular exercise:

- **Self Confidence** – Being active and feeling strong will naturally help you feel more self confident and sure of yourself. This improved sense of well being might help your overall mood and attitude about life.
  - **Contentment** – Natural endorphins produced by exercise may actually help you feel better and alleviate sadness or depression.
  - **Social Interaction** – If you choose, exercise can be a great way to meet people and socialize. Joining a class or walking with friends should make the exercise more enjoyable and it can also help you stay connected with others.
  - **Sleep Better** – People who exercise regularly tend to sleep better than those who don't. They usually fall asleep more quickly, sleep more deeply and awake less often during the night. Some fitness experts believe that a very short period of moderate activity in the evening, for example a 10 minute walk after dinner, will help you sleep more deeply at night.
  - **Mental Acuity (Alzheimer's Disease Prevention)** – New research shows that regular exercise can help prevent Alzheimer's disease and dementia. Exercise helps encourage regular brain functions and can help keep the brain active. Exercise can also provide numerous benefits for patients of Alzheimer's including reduced risk of depression and improving memory and circulation.
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# Golf swing muscles? Is there such a thing?

Golf swing muscles? Is there such a thing? You did not think they existed did you? I'm sure when you've gone home after a round of golf with a sore back you were reminded very quickly, you do in fact have golf swing muscles.

Let's break down your main golf swing muscles and their role in the golf swing.

Shoulders: Gives you support at the top of the swing and adds club-head speed.

Upper Back: For ease of turning on the backswing and follow through.

Lower Back: Critical in maintaining golf posture during the swing and putting.

Glutes: Helps maintain flex in hips and also an athletic, "golf squat" position for a powerful swing base.

Quadriceps: Allows for maintaining knee flex and posture for a repeatable swing.

Hamstrings: The KEY muscle group in producing an effective, optimal and repeatable golf posture for eighteen holes.

Core: The engine to the golf swing. Produces maximum power from the pivot. Stored energy from the torque created on the backswing, to unleash into impact.

This is a brief overview of your golf swing muscles. As you can see, if these muscles do not have a higher level of both strength and flexibility, they will not allow you to achieve your true golf potential.

Jon Paul Williamson - Fitness Specialist/Instructor





Hot weather will be here soon. Along with trying to stay cool, be sure to drink enough fluids. People often blame the heat when they start to get headaches, light headedness and fatigue. These are often the first signs of dehydration, even if you are not thirsty.

The warm weather encourages people to be outside - working, exercising or just enjoying the sun. All of these activities speed up the loss of body water, with dehydration close behind. Even minimal dehydration (2% to 3%) can negatively impact your physical and mental performance.

Sweat is a cooling mechanism for the body. As you expel more energy while exercising or when the temperature or humidity has increased to high levels, the body will try to cool itself with an acceleration of sweat. In order for the sweat to work as a cooling mechanism, it must evaporate from the skin. At temperatures above 95 degrees or when the humidity level is high, sweat will accumulate on the skin and not evaporate. When this happens, you are expelling fluids and not getting anything in return. Furthermore, you are running a negative balance in regards to your fluid intake, which will eventually lead to cramps, heat exhaustion or heat stroke.

Many factors can make you dehydrate more quickly than expected. Medications and supplements that promote increase in urination (diuretics) hasten dehydration. Huge amounts of water move out of the body through the skin with sweating, and from the lungs during exercise or illness with fever. Women who are pregnant and lactating require more fluids.

# Stay Hydrated Continued!

Everyone's hydration needs vary, so the standard prescription of eight, 8-ounce glasses per day of fluid may not be enough for you. Rather than count cups of fluid, it's more important to be in sync with your sensation of thirst and to be aware of the early signs of dehydration! During exercise and illness, your fluid needs are likely to increase dramatically

Fluids are considered to be any food or beverage that's liquid at room temperature, such as water, ice, soup, beverages, ice cream, sherbets, popsicles and gelatin. Water is the best fluid for hydration; it has no calories, sugar, salt, carbonation, coloring or preservatives. During activity, avoid drinks with high sugar content, alcohol or carbonation. Alcohol can dehydrate the body and fruit juices, soft drinks and energy drinks are high in sugar which slows fluid absorption by the body

So, drink before you get thirsty. Do not wait for the dry mouth, flushed skin, headaches, lightheadedness or fatigue. By the time you're thirsty you are already dehydrated, so it's important to drink at regular intervals – especially when it is hot outside.

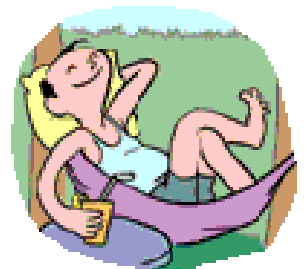
## *Tips for Staying Hydrated*

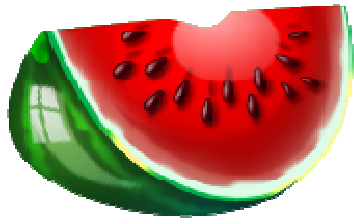
Have a glass of water upon rising.

Keep a glass of water next to your bed.

Enjoy herbal tea in the afternoon or evening.

Carry water!





Summer is here and people are starting to enjoy the fresh fruit the season has to offer. This is one of my favorite summertime recipe.

## **Sesame Chile Chicken with Gingered Watermelon Salsa**

### **Chicken:**

- 2 tablespoons low sodium soy sauce
- 1 to 2 tablespoons chili sauce with garlic
- 1 tablespoon dark sesame oil
- 4 (6 ounce) skinless, boneless chicken breast

### **Salsa:**

- 2 cups diced seeded watermelon
- 1/4 cup diced yellow bell pepper
- 2 tablespoons thinly sliced green onions
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon grated peeled fresh ginger
- 2 teaspoons mirin (sweet rice wine)
- 1 teaspoon fresh lime juice
- 1/8 teaspoon salt
- 1 jalapeño pepper, seeded and minced

**1.** To prepare chicken, combine first 3 ingredients in a large zip-top plastic bag. Add chicken to the bag; seal and marinate in a refrigerator for 1 hour, turning the bag occasionally.

**2.** Prepare grill.

**3.** To prepare salsa, combine watermelon and next 8 ingredients; cover and chill until ready to serve.

**4.** Remove chicken from marinade; discard marinade. Sprinkle chicken evenly with 1/4 teaspoon of salt. Place chicken on grill rack coated with cooking spray. Grill 6 minutes on each side or until done. Remove chicken from grill, let stand for 5 minutes. Cut chicken diagonally across the grain into thin slices, serve with the salsa. Garnish with cilantro sprigs and serve with lime wedges.

**Jessica Barger, BA**

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Ask Yourself:

Is my Nutritional intake  
adequate?

Is my B.M.I. index normal?

Is my Lifestyle balanced?

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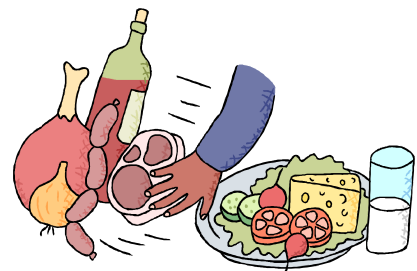
Your body, mind, and spirit are such  
incredible treasures!

It is my joy to offer nutritional facts based  
on the current food guide pyramid. This  
plan is available for all members.

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Please call 782-4340 for an appointment.  
I'll meet you here, or at your cottage to help  
create a more BALANCED you.

Beth Hollaender



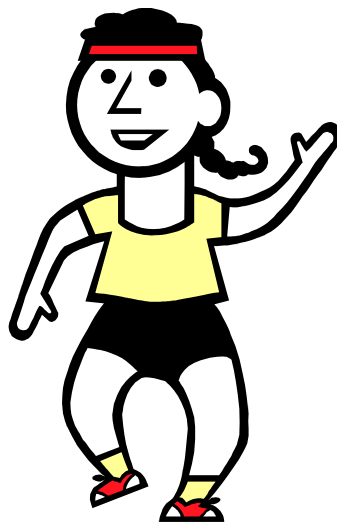
# **A NEW FACE TRACY BRINGKMOELLER**

Hello everyone! I started working at Maple Knoll Village on April 18th, 2008 as a fitness assistant in the Hemsworth Wellness Center. I am already very happy to be apart of the Maple Knoll family.

I am originally from Effingham, Illinois. I have three grown children and on grandson that is two and a half (my pride and joy). In December I will be getting ready for my next grandchild.

I have spent the last five years teaching swimming and water aerobics and very much look forward to working with each and everyone of you.

Sincerely,  
Tracy Brinkmoeller



# **MASSAGE THERAPY**

## **Trigger Points**

Activities of daily life (ADL's) are responsible for much of our muscle pain and soreness-darn it! When we do a movement over and over (repetitive motion), stay in one position too long (our muscles are still contracting to hold us upright) or experience stress (our muscles tighten to be ready for a fight or flight).

We ALL develop tight knots in the muscles. The medical term for *al taut band* in the muscle is Trigger Point (TrP); a bundle of muscle fibers in a hard contraction, never relaxing, deprived of blood circulation. This can be actively painful or may manifest no pain unless touched. In fact, the first sign of a TrP is a lack of range of motion, i.e., the muscle will not stretch as far. In the second stage, called "referred pain" the knot often sends pain to another location. Rubbing the painful area does not seem to send relief. Most make the mistake of assuming the problem is at the site of pain.

Here are the reasons why TrPs begin:

1. **Repetitive movements** - Overuse of the muscle, repeating faulty mechanical active ties of everyday living, improper lifting habits, clenching of teeth.
2. **Holding/Being in one place too long** - Sitting, standing, riding in a vehicle, sleeping in the wrong position, postural stress, or structural imbalances (spine/hips out of alignment).
3. **Stress** - Experiencing a loss or major life change, occupational-induced pressures, small life stresses that pile up. Anxiety or tension.
4. **Accident/Injury** - Wrenching movements, auto accidents, falls, muscle strain, dislocations, or a direct blow to the muscle.
5. **Surgery** - Muscles that have been cut (and must re-grow) or moved out of position, being on the operating table in one position for a long time.

# Trigger Points Continued

Since trigger points will not go away by themselves, they may persist for years if left untreated. The study of TrPs for physicians has both historically been a part of medical education even though the research and subsequent publication on trigger points began in the 1930's by Dr. Janet Travell.

Referred pain from Trps mimics the symptoms of a long list of common maladies, but may be misdiagnosed as the cause of common, everyday pain. Our current medical treatment model seems to be: (muscle relaxers / pain killers) as the primary treatment for muscle pain; and physical therapy. TrPs cannot be seen by an x-ray, CAT scan, or an MRI. They are so minute they can only be seen in a surgically removed tissue sample under an electron microscope. Exercise and stretching muscles with TrPs may be irritating to the body.

Finally, TrPs, if left untreated, will stick around for years (maybe only in a latent form, but ready to become tighter, active, and painful). Until they are released; TrPs affect our muscles, and their ability to move, stretch and ultimately our quality of life.

Special massage techniques release TrPs and are available here from Linda and Cathy at the Wellness Center. Please call 782-4349 or stop in the Wellness Center to schedule an appointment. More suggestions forthcoming in the next newsletter.



Cathy McEneny - Licensed Massage Therapist

## **Class Descriptions**

### **Warm Water Aquatic Classes:**

**Back Strength:** Core training incorporating multiple movements to develop strong abdominal and back muscles. Core training also focuses on improvement of posture and balance.

**Aqua Aerobics:** Get motivated for the day with this cardio plus resistance workout.

**Water Volleyball:** This is a great way to be active and social in the same hour (and a half)!

**Hydrorider:** Bicycling in the water for a workout that is easy on the joints. This fitness option is excellent for building strength in the lower extremities and is a great cardiovascular activity.

**Aqua Combo:** Warm water class designed for individuals with a variety of musculoskeletal limitations. Resistance training, water walking and stretching.

**Joyful Joints:** Designed for people with arthritis. Increase range of motion & strengthen muscles and joints. Warm water class is set to music for an upbeat feeling for those who like to move & groove.

**Fluid Stability:** Ai Chi is a water –based total body strengthening and relaxation progression. Using a combination of deep breathing and slow, broad movements, joint mobility is improved as well as the development of core strength for better balance.

### **Land Classes:**

**Energizer:** Light Cardio, strengthening, & flexibility chair exercises for beginners.

**Circuit Training:** Class focusing on strength training, a great overall full body workout.

**Having A Ball:** Balance, stability and core exercises on an exercise ball. This is an advanced class, but can be modified to accommodate a beginner level member.

**Yoga:** During Hatha Yoga, gentle stretching creates balance in the body. Thus, developing both strength and flexibility, as well as breathing techniques to encourage a calm spirit. Novice – Advanced

**Tranquil Motion:** A combination of gentle, passive stretching with the use of slow, circular movements. This type of exercise is recommended for the improvement of balance and coordination; reducing both fear of falling and falls, improving physical performance.

**Pilates:** The Pilates method is a movement program designed to stretch, strengthen, and balance the body. Mat exercises are focused on skeletal alignment, breath control, abdominal strength, stabilization, flexibility, joint mobility through the complete range of motion of all joints. Focus is on integrating the upper and lower extremities with the trunk. Beginners – Advance

**Balls & Bands:** Try this innovative class combining one of the best ways to strengthen the abs and back together, increasing stability and strength for a better workout with less injury using a stability ball. Add exercise bands to create and improve strength and flexibility for upper body while having fun!

**Salsa Dance Class:** SalsAerobic is a fabulous full body, Latin dance, low-impact, cardio workout that is as fun as it is effective in burning calories and reshaping your body. ANYONE can learn how to salsa dance. This workout is enjoyable no matter what your age or fitness level.

# W - E S - T E R N - C O U N T Y C O M M U N I T Y

Monday <u>6:30 am – 7:00pm</u>	Tuesday <u>6:30 am – 7:00pm</u>	Wednesday <u>6:30 am – 7:00pm</u>	Thursday <u>6:30 am – 7:00pm</u>	Friday <u>6:30 am – 5:00pm</u>	Saturday <u>8:30 am – 12:30pm</u>
<p><u>Land Classes</u></p> <p>9:30 Energize</p> <p>3:00 (New) Basic Yoga</p>	<p><u>Land Classes</u></p> <p>9:30 Circuit</p> <p>12:00 Tranquil Motions</p> <p>5:00 Pilates Mat Work</p>	<p><u>Land Classes</u></p> <p>9:30 Energize</p>	<p><u>Land Classes</u></p> <p>9:30 Circuit</p> <p>5:00 Balls &amp; Bands</p>	<p><u>Land Classes</u></p> <p>8:30 Having a Ball</p> <p>4:00 SalsAerobics</p>	<p><u>Land</u></p> <p>8:30 - 12:30 Independent Work Out</p>
<p><u>Water Classes</u></p> <p>8:30 Back Strength</p> <p>9:30 Aqua Aerobics</p> <p>10:30 Joyful Joints</p> <p>5:00 Aqua Aerobics</p>	<p><u>Water Classes</u></p> <p>11:00 Aqua Combo</p> <p>1:00 H2O Volleyball</p> <p>3:00 Fluid Stability (Balance)</p>	<p><u>Water Classes</u></p> <p>8:30 Back Strength</p> <p>9:30 Aqua Aerobics</p> <p>10:30 Joyful Joints</p> <p>3:00 Basic Yoga</p> <p>5:00 Aqua Aerobics</p>	<p><u>Water Classes</u></p> <p>11:00 Aqua Combo</p> <p>12:00 (New) Tranquil Motions</p> <p>3:00 Fluid Stability (Balance)</p>	<p><u>Water Classes</u></p> <p>9:30 Aqua Aerobics</p> <p>10:30 Joyful Joints</p> <p>3:00 Aqua Combo</p>	<p><u>Water Classes</u></p> <p>Open Swim/ Hydrorider</p>



**\*\*Check out the NEW Wellness Center Message Board**

This message board is located on the right side of the wall once you enter through the automatic doors at the Wellness Center. You will find the times of all of the classes that are offered and updated news on all upcoming classes and events.

The Hemsworth Wellness Center will be distributing a quarterly publication packed with information on how to stay healthy and have fun in the process. Also, we will have a monthly calendar that will be published for all updates on class times and special events. This calendar will provide you with monthly updates. Be sure to stop by the center at the beginning of each month to pick up subsequent monthly updates.

**Please note: All publications are subject to change.** Please call the Wellness Center at 782-4340 for any questions you might have concerning this information. Thank you for your membership and commitment to wellness!

**Wellness Center Membership Information**

**Requirements for All Members:**

1. Be at least 50 years old  
(Arthritis Aquatic members can be <50)
2. Complete health/wellness forms
4. Complete an assessment with our staff
5. Yearly, or 6 Month Membership  
(Please: Cash or Check Only)

"The best trainers serve clients by helping them become independent exercisers,"  
Richard Cotton, National Director of certifications ACSM

*Hemsworth Wellness Center - Hours of Operation*  
*The Pool Closes 30 Minutes Prior to Fitness Room Closing Time*

SUN	MON	TUE	WED	THU	FRI	SAT
Closed	6:30 am - 7:00 pm	6:30 am - 7:00 pm	6:30 am - 7:00 pm	6:30 am - 7:00 pm	6:30 am - 5:00 pm	8:30 am - 12:30 pm