



Stay Active & Independent for Life

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**Fitness is more fun
with Friends!**



Dear SAIL Instructors and Participants:

The days of summer are upon us and the heat is on! Summer is a special time of the year and though the weather may keep us on the porch or in the air conditioning we can always find time for fun. What is so special about summer? Summer holds the day we celebrate the birth of our nation with fireworks and backyard barbeques. Summer is the time when families take vacations to the beach or the Grand Canyon or Grandma’s house. Summer is the time for watermelon, home grown tomatoes and ice cold lemonade. Summer is a time to enjoy the simple pleasures and blessings of life such as watching your grandchildren play in the sprinklers and laughing at the joy of it all.

As always we want to remind you to make time to stay fit even on vacation. Make sure you are taking measures to stay cool when doing any activities outside such as walking. Walk in the cooler part of the day and look for a shady path that shields you from the sun. Don’t forget your water and a wide brimmed hat and consider lessening the intensity or length of your walk. Remember SAIL is year round and takes place inside where it is temperature controlled. In other words you have no excuse for not attending SAIL classes, except when the grandkids are in! Most importantly have fun and enjoy your summer safely.

Inside this issue

- Water Exercise
- Exercise & Fibromyalgia
- Tips to Stay Hydrated
- For the Funny Bone
- Plans to Expand SAIL
- Korean Sauerkraut (Kimchi)
- Benefits of Probiotics
- Featured SAIL Class
- Instructors Corner



Rachel, Cynthia
& Terri

Knox County
Health Department
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Area Agency on Aging and Disability

Water Exercise

Aquatic exercise classes (also called aquatics or water aerobics) are typically done in waist-deep or deeper water, without swimming. All classes offer a very low-impact workout and deep-water classes are non-impact because you wear a flotation device and your feet do not touch the bottom. Most classes are conducted in a group setting with a trained professional teaching. There are many types of water classes, some that focus on just range of motion with gentle stretching and some that offer very intense aerobic conditioning and resistance training. Choose the aquatic class that matches your current fitness level and goals. Many classes use such equipment as water dumbbells, noodles, swim gloves, resistance tubing with handles, bar floats, flotation belts, water ankle cuffs, kick boards, pull buoys and many more.



Modifications

Specific modifications will depend on your joints affected, but you may consider the following.

- Removing a wet swimsuit can be difficult. Special suits that wrap around or use Velcro are available.
- For water walking and jogging, use a normal heel-to-toe progression. Do not walk or run while up on your toes.

Performing exercises or using a kickboard with the arms out straight can be modified by bringing your arms closer in to your body.

Tips

- Water classes are essentially non-weight bearing. You will need to incorporate weight-bearing exercises, such as walking, into your fitness routine to promote bone health.

A warmer pool is usually more comfortable than a cool pool for people with arthritis. A warm-water pool temperature of 83–90°F is recommended.

Progression

- Begin class without the use of resistance equipment and then add these as you tolerate them; a foam noodle or kickboard can provide balance assistance if needed.
- Begin with fewer exercise repetitions and gradually increase as you are able.

Source: www.arthritis.org

Should I Wear Water Shoes?

YES! Water shoes:

- Provide for safety in and out of the pool
- Protect the feet
- Help you get more from your workout by providing traction

Ask our Fitness Expert....



Q. I have fibromyalgia. Is it okay to exercise?

A: As with any exercise, discuss with your physician. Research does show regular aerobic exercise improves pain, function in daily activities and overall quality of life.

Q. I am afraid exercise will make my pain worse. How can I prevent this from happening?

A. Starting very slow with low intensity will help your body to adapt. Pacing yourself is very important. If you have increased pain two hours after exercise, reduce the time and intensity next time.

Q: Does resistance (strength) training help fibromyalgia?

A. Resistance training has not been studied as much but does appear to reduce pain, improve quality of life and increase muscle strength.

Q: How does the SAIL class help with fibromyalgia?

The 6 components of SAIL: warm up, low impact aerobics, balance exercises, resistance training, flexibility and education can be adjusted to the level of the participants. Exercises can be performed seated if needed. Participants are in control of their intensity level. The added social dynamic is also very helpful in dealing with chronic pain. SAIL classes are fun, reduce stress and anxiety and provide a supportive environment.

Q: Are there other types of exercise that might be beneficial?

A. Walking and water exercise are great options. Walk with Ease programs are structured classes to help people learn proper warm up and walking techniques in a group setting. Tai Chi and many yoga classes are slow moving concentrating on deep breathing and mindfulness.

Tips to Stay Hydrated

1. Invest in a reusable water bottle.

There are many different types of water bottles available. Some even have built in filters. BPA free, glass or stainless steel version are best.

2. Infuse with flavor

Try flavoring your water with fruit, herbs or vegetables. A few slices of cucumbers in a glass of water is very refreshing!

3. Stick with water.

Sugary drinks or caffeinated drinks are not the best choices. Water is best!

4. Make a water schedule.

Try to drink water at regular times during the day. Start the morning off with a big glass of water. Then set a goal to drink a glass at regular times thru the day. Be sure to bring water with you when you exercise.

5. Eat vegetables & fruits high in water content.

Foods such as cucumbers, celery, tomatoes, strawberries & watermelon have high water contents

“When you feel thirsty, you are already dehydrated.”



For the Funny Bone

An elderly gent was invited to his old friends' home for dinner one evening. He was impressed by the way his buddy preceded every request to his wife with endearing terms-Honey, My Love, Darling, Sweetheart, Pumpkin, etc.

The couple had been married almost 70 years, and clearly they were still very much in love. While the wife was in the kitchen, the man leaned over and said to his host, "I think it's wonderful that, after all these years, you still call your wife those loving pet names."

The old man hung his head. "I have to tell you the truth," he said, "I forgot her name about 10 years ago."



Plans to Expand SAIL

The Tennessee Commission on Aging and Disability (TCAD), Tennessee's State Unit on Aging (SUA), in partnership with nine Area Agencies on Aging and Disability and other stakeholders applied and has received a federal grant with the Administration on Community Living (ACL). The purpose of the grant is to increase and expand the reach of the SAIL (Stay Active and Independent for Life) program across the state of Tennessee and especially in underserved rural areas. This grant is a three-year project to build upon the existing infrastructure of the SAIL program.

Tennessee is consistently ranked as one of the worst states in terms of the health of older adults. In 2017, Tennessee ranked 43rd nationally in terms of overall older adult health, 42nd for older adults with disabilities, and 33rd for older adult falls. Falls related hospitalizations alone result in over \$835 million in public and private health care spending in Tennessee each year.

Within Tennessee, one group particularly is at risk for falls and falls related hospitalizations are older adults living within rural areas, a population which accounts for 38.8% of all Tennessee's older adult population cross the State. Despite having worse overall health and poor healthcare access, rural older adults see a greater rate of positive change from community based prevention programs than their urban counterparts, making this a key target population for intervention such as the SAIL program.

Tasty Tips Corner

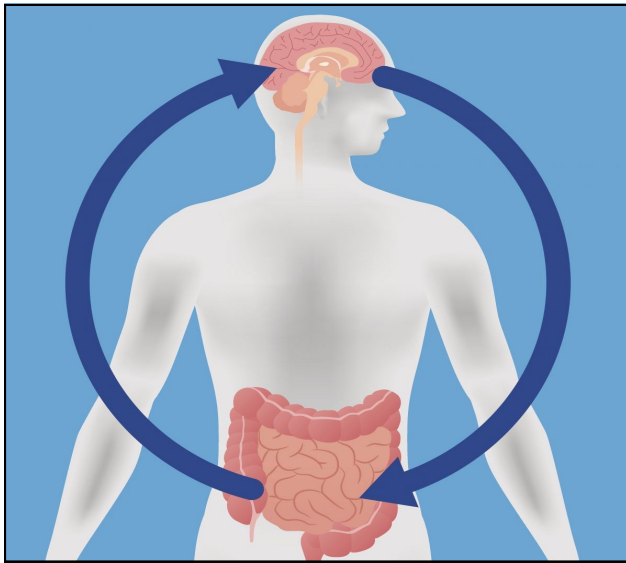
Korean Sauerkraut (Kimchi)

- 1 head Napa cabbage, cored & shredded
- 1 bunch green onions, chopped
- 1 cup carrots, grated
- 1/2 cup daikon radish, grated (optional)
- 1 Tablespoon freshly grated ginger
- 3 cloves garlic, peeled & minced
- 1/2 tsp dried chili flakes
- 1 Tablespoon sea salt
- 4 Tablespoons whey OR an additional 1 Tablespoon salt)



Place vegetables, ginger, garlic, red chili flakes, sea salt and whey in a bowl and pound with a wooden pounder or meat hammer to release juices. Place in a court-sizes, wide-mouth mason jar and press down firmly with a pounder or meat hammer until juices cover the top of the cabbage. The top of the vegetables should be a least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage.

Source: "Nourishing Traditions" by Sally Fallon & Mary G. Enig



Benefits of Probiotics

Probiotics can do more than improve your gut health. They also may indirectly enhance your brain, too.

Research shows that the gut and brain are connected, a partnership called the gut-brain axis. The two are linked through biochemical signaling between the nervous system in the digestive tract, called the enteric nervous system, and the central nervous system, which includes the brain. The primary information connection between the brain and gut is the vagus nerve, the longest nerve in the body.

The gut has been called a "second brain" because it produces many of the same neurotransmitters as the brain does, like serotonin, dopamine, and gamma-aminobutyric acid, all of which play a key role in regulating mood. In fact, it is estimated that 90% of serotonin is made in the digestive tract.

What affects the gut often affects the brain and vice versa. When your brain senses trouble—the fight-or-flight response—it sends warning signals to the gut, which is why stressful events can cause digestive problems like a nervous or upset stomach. On the flip side, flares of gastrointestinal issues like irritable bowel syndrome (IBS), Crohn's disease, or chronic constipation may trigger anxiety or depression.

The brain-gut axis works in other ways, too. For example, your gut helps regulate appetite by telling the brain when it's time to stop eating. About 20 minutes after you eat, gut microbes produce proteins that can suppress appetite, which coincides with the time it often takes people to begin feeling full.

How might probiotics fit in the gut-brain axis? Some research has found that probiotics may help boost mood and cognitive function and lower stress and anxiety. For example, a study published online Nov. 10, 2016, by *Frontiers in Aging Neuroscience* found that Alzheimer's patients who took milk made with four probiotic bacteria species for 12 weeks scored better on a test to measure cognitive impairment compared with those who drank regular milk.

A small 2013 study reported in the journal *Gastroenterology* found that women who ate yogurt with a mix of probiotics, twice a day for four weeks, were calmer when exposed to images of angry and frightened faces compared with a control group. MRIs also found that the yogurt group had lower activity in the insula, the brain area that processes internal body sensations like those emanating from the gut.

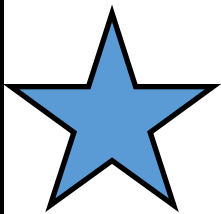
It's too early to determine the exact role probiotics play in the gut-brain axis since this research is still ongoing. Probiotics may not only support a healthier gut, but a healthier brain, too.

Featured SAIL Class:

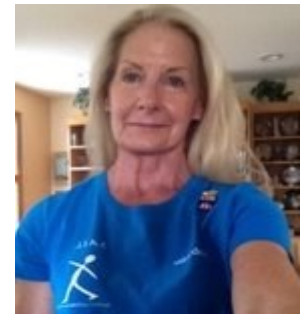
Strang SAIL Class



"When we fearlessly fight for what we believe in and remain hopelessly optimistic about life, love, and the future, we create an authentic connection with all in our path. Most importantly with ourselves."



Instructors Corner—Spotlight on Kat Eldridge



Kat worked at the Oak Ridge National Laboratory (ORNL) for 38 years. The majority of those years were spent in the Waste Management Section Heads office and in later years as a Waste Management Certification Agent. When funding for this DOE program ended; she changed her path and found new funding under the National Nuclear Security Administration (NNSA) in the Technology Technician (IT) field. While at ORNL she also taught classes for in-house programs/applications.

Although Kat's career path steered her into the world of business and technology, her love for physical fitness and wellness was never far from her heart. She has taken various non-credit courses/classes covering health and wellness and has been working out and/or participating in various activities for over 30 years; (5K marathons, aerobic step classes, dance, group walking class, resistance training, Jazzercise, and various team sports). In her spare time she enjoys the creativity of DIY landscaping & other outdoor home improvement projects.

After retiring in 2014, Kat kept her morning workout schedule, but found she missed the social aspect that work afforded her; so she decided to visit her local community center and found S.A.I.L. When asked why S.A.I.L. she responded: *"Although S.A.I.L. is by definition a "fall prevention program" it is so much more. The program's concept of combining aerobic, balance, strength, stretching, and flexibility is perfect for anyone looking to improve their overall well-being regardless of their fitness level. And as a bonus, S.A.I.L. participants also experience the social aspect which is also necessary for a healthy heart and mind!"*