May 2016 Newsletter

Arthritis Awareness

Osteoarthritis Overview

Osteoarthritis (OA) is the nation’s most common form of arthritis, affecting 33.6% of adults age 65+. While the severity of OA varies person to person, it can certainly affect our ability to perform activities of daily living and exercise. To understand how to combat the effects of OA, we must know more about it...

What is OA?

OA is a degenerative joint disease characterized by the breakdown of cartilage & its underlying bone. It can lead to joint pain and stiffness. Associated with joint wear and tear, OA is also linked to low-grade inflammation.

Who is affected by OA?

While adults 65+ are most affected by OA, younger adults can get OA. According to the Centers for Disease Control, OA affects 13.9% of adults age 25+. That's 27 million people in the United States!

How can exercise help those affected by OA?

Exercise can help ease symptoms of OA in many ways!

Inflammation: Research has demonstrated that regular exercise decreases inflammation of our joints, having an anti-inflammatory effect!

Joint Integrity: As we exercise, our muscles get stronger, we develop better functional movement capability, and we decrease our risk of joint injuries. All of these factors work together to make our joints stronger and less prone to injury.

What are the exercise recommendations for individuals with OA?

- Low impact, moderate-intensity aerobic activities are generally the safest and most tolerable for adults with OA. Examples are aqua aerobics, walking, and cycling.
- Muscle strengthening exercises that use various forms of resistance (bands, body weights, free weights and machines) are recommended.
- A good weekly goal is to perform ≥150 minutes of moderate-intensity aerobic exercise and to perform muscle strengthening exercises on at least 2 days per week.

**To learn more about arthritis and exercise, attend our May 18 workshop!**

Yelp if You Love LifeFit!

Thanks to everyone who participated in our Yelp If You Love LifeFit initiative in April! We greatly appreciate your feedback.

If you didn’t get a chance to leave us a review in April, we would still love for you to share your LifeFit experience on our Yelp page. If you’re unsure of how to leave a review, ask us! We'll get you squared away.
Arthritis Awareness

Director's Message - Dr. Ayla Donlin

Dear LifeFit Community,

May is Arthritis Awareness Month at the LifeFit Center @ The Beach.

We have Kinesiology Department Chair, Dr. Jan Schroeder, coming in to speak to us about arthritis and exercise on May 18th – don’t miss it!

Many of us are either dealing with arthritis ourselves or know someone who is. At the LifeFit Center, we are here to provide resources and guidance to help you enjoy your exercise experience as much as possible.

In a 2012 article published by the American College of Sports Medicine, Dr. Lynn Millar makes several recommendations for exercising with arthritis. Here is a brief summary of those recommendations and how they relate to the LifeFit Center.

- Perform aerobic (cardio), resistance training, and flexibility exercise for 30 to 60 minutes 5 days per week to decrease your symptoms. At LifeFit, you can take group fitness classes covering these fitness components 5 days per week. You can also workout on your own on the fitness floor 6 days per week.

- Perform a longer warm up and cool down. Take 10-15 minutes to warm up and cool down rather than 5-10 minutes. Come early before a group class and use a piece of cardio equipment to warm up and then use it again to cool down after class.

- Be sure to use proper form and alignment when weight training. Work with one of our amazing LifeFit personal trainers if you have concerns about your form or technique.

- When performing flexibility work, use gentle stretches and range of motion activities. Take our new Yoga class, our Flexibility, Mindfulness, and Gratitude class, or our IN-TRINITY® class to perform these types of flexibility exercises.

- Participate in Aquatic exercise and Tai Chi. LifeFit offers Aqua Fitness on Mondays, Wednesdays, and Fridays at 12 pm, and the Osher Lifelong Learning Institute (OLLI) offers Tai Chi almost every session.

In Health,
Dr. Ayla Donlin
LifeFit Center Director

Team Member of the Month
Scott Fagan

Scott joined us as an intern in 2015 during the final semester of his undergraduate degree. Since then, Scott has been a wonderful addition to our personal training and Strength for Living team. We appreciate Scott’s creative & thoughtful approach to training. Keep up the good work, Scott!

IN-TRINITY Classes Update!

We are thrilled by how much you have loved our new IN-TRINITY classes, and we’re adding more to our group fitness schedule!

As of Tuesday, May 17th, classes will be offered:
- Tuesdays @ 4:45 pm
- Tuesdays @ 5:30 pm
- Thursdays @ 5:30 pm

Starting Tuesday, May 17th, classes will be fee-based. You will be able to purchase classes in packages at the Service Desk. Packages are good for six months after purchase date. Here’s the breakdown:

- 5 classes: $25 ($5/class)
- 10 classes: $40 ($4/class)
- 15 classes: $45 ($3/class)

Commencement

Commencement 2016 will take place Tuesday, May 17 through Friday, May 20. We do not anticipate that Lot 10A will be impacted, but please be prepared for additional traffic that week. Thank you!