September 2016 Newsletter

Bone Health

Maintaining Bone Health

Our skeletal system is incredibly important. Its key functions include aiding in posture, protecting our organs, and making human movement possible! With a strong skeletal system we can also fight off degenerative bone diseases, such as osteoporosis and osteoarthritis. In order to do that, we need to make sure we maintain a healthy diet and exercise regularly.

A well-rounded diet should include enough calcium, allowing for optimum bone health. We must also consume enough Vitamin D, as it allows the body to absorb calcium more efficiently. The best source of Vitamin D is provided by the sun - the perfect reason to enjoy the last bit of summer outdoors (apply sunscreen if needed)!

When participating in exercise, be sure to include resistance training in your program in an effort to increase or maintain your bone density.

Sample Bone Health Exercises:
- Push Ups
- Bench Press
- Squats
- Lunges
- Plated or Machine Leg Press
- Running
- Jump Rope

Some Foods High in Calcium:
- Milk
- Yogurt
- Cheese
- Dark Leafy Greens
- Nuts
- Legumes
- Fortified Cereals

LifeFit Member of the Month

Sue Read

Our September LifeFit Member of the Month is Sue Read! Originally from the San Fernando Valley, Sue spent 17 years as an administrative assistant in the UCLA Registrar’s Office. She also raised FIVE sons...wow! Sue started exercising regularly in 1996 and was a member Frog’s Fitness, where she met many current LifeFit members! She joined the LifeFit Center in 2012. Sue takes several LifeFit classes per week and works out on the fitness floor. She especially enjoys the friendships she has made here. Be sure to wish Sue a happy birthday - she turns 92 this month! We are constantly impressed by Sue and are very grateful to have her as a member. You inspire us, Sue!

**Remember, LifeFit members with a LifeFit-issued permit can now park in all General Lots. See the map at the Service Desk and attached to the monthly email for details.
September 2016 Newsletter (cont’d)

Bone Health

Director's Message: Dr. Ayla Donlin

Greetings LifeFit Center Members, Staff, and Interns,

I hope the start of the Fall 2016 semester is treating you well. There is always an exciting energy on campus at the beginning of the semester. September is our Bone Health month at the LifeFit Center, and as such, I’d like to invite you to jump up and down...or, at least stomp your feet a little.

Why? Well, other than being fun, exercises that provide high impact are good for our muscles, joints, and bones.

We’ve got a great lineup planned for our Fall lectures and workshops, including Dr. Michelle Alencar’s Bone Health lecture on Wednesday, September 21st at 12 pm.

Recently, one of our members shared an article with me that had some great information about preventing muscle loss and increasing muscle strength from a nutritional perspective, two things that are important for bone health! A couple of key points from the article regarding nutrition were the Institute of Medicine’s recommendation for consuming 600 IU of vitamin D daily until age 70 (and then 800 IU after that), and consuming 0.8 grams of protein daily for each kilogram of body weight until age 65 (and then 1 to 1.2 grams after).

Remember that there are 2.2 pounds in a kilogram, so if you are a 130-pound woman under age 65, you should eat around 47 grams of protein per day (59 grams per day if you are over 65). If you are a 160-pound man, you should eat 58 grams of protein per day if you are under age 65 (73 grams if you are over age 65).

Good food sources of vitamin D: salmon*, yogurt*, milk (fortified)*, sardines*, eggs*, maitake and portobello mushrooms, soy milk (fortified)*, and orange juice (fortified). *=also good sources of protein

Of course, exercise is a key component to preventing muscle loss and increasing muscle strength! We have two LifeFit staff members currently working on a Bone Building small group training program, so please stay tuned for more information! The program will most likely take place in the afternoons (between 2 pm – 5 pm) and will be open to groups of 4-5 people. Start putting your small group together now and let either me or Emily Sopo know of your interest.

In Health,

Dr. Ayla Donlin
LifeFit Center Director

Team Member of the Month

Kristen Hunsuck

Kristen is a great addition to the LifeFit team as one of our Aqua Fitness instructors! We are impressed by the quality of instruction Kristen brings to her classes and by her ability to juggle many commitments - she is currently pursuing her Doctor of Physical Therapy at CSULB! You can catch Kristen in class on Wednesdays & Fridays. Congratulations, Kristen! Thank you for being a part of the LifeFit family.

Interested in a Free Physical & Mental Health Screening?

September 26 & 28 between 1:30-5:30 pm @ the LifeFit Center

CSULB doctoral physical therapy students supervised by Dr. Nina Surber will perform a 60-minute assessment of: strength, endurance, agility, flexibility, skin integrity, cognitive function, & emotional well-being.

To sign up, contact Dr. Nina Surber at 562-985-8106 or nina.surber@csulb.edu.

Sign up today!!

**Participants must be at least 65 years of age.