

PARKER'S PLACE

TOTAL FITNESS

Kevin "eggcellent" Ellis

Top needs for the 40's for women

Fiber, Potassium, Calcium, and nutrient-rich, Low-Cal foods

Why: Your metabolism slows down. What's more cholesterol levels and blood pressure can go up as you get closer to menopause, which sets you up for a greater risk of heart disease and type 2 diabetes. Go for fiber (shoot for at least 25 grams daily and food rich in potassium (aim for 4,700 milligrams per day) like whole grains, fruits, and vegetables. They'll help you feel full on fewer calories, and they're also packed with disease-fighting phytochemicals. Calcium is still important as ever, so keep getting your 1000 mg per day.

Top needs for the 40's for men

Fiber, Potassium, Calcium, Vitamin A, B12, C and E

Why: At this point in your life you are working harder than ever and you are demanding a lot from your body. You may be getting less sleep and working longer hours. You need to give your body a fighting chance to make it thru the day. You will find yourself eating out more often and eating fast food more readily. Watch your food intake

and portion size. Begin to regulate your meals times. Begin to become more consistent while having portion control. A good rule of thumb, if you do not know how much to eat, is one fist size portions. No Bigger!

Top needs for the 50's for women

B Vitamins, Antioxidants, calcium, vitamin D

Why: No matter how great you may look and feel, your body is undergoing big-time changes, thanks mostly to menopause. As estrogen decreases, you're at an increased risk of heart disease, osteoporosis and other age-related health issues. Protect your heart with important micronutrients like vitamins B6 and b12 (aim for 1.5 milligrams of B6 and 2.4 micrograms of B12 per day). They help your body ditch a chemical called degeneration with antioxidant-rich foods.

Want to ease menopause symptoms? Phytoestrogens, or plant-based estrogens, may help ease those hot flashes. They also may lower your risk of breast cancer. That bone-strengthening mineral is more important than ever now, so increase calcium to 1500 mg daily if you're postmenopausal and not on estrogen therapy. Keep it at 1200 mg per day if you're on estrogen. And

because 70 percent of women 51 to 70 don't get enough vitamin D, (vital for calcium absorption), make sure you get at least 400 IU per day, talk to your doctor about taking a supplement.

Top needs for the 50's for men

B Vitamins, Vitamin D, Calcium, Protein, and Potassium

At this point in your life you are not as busy as you were in your 40 but pretty close. You are beginning to have a great daily living program (another way to say a rut) and you are approaching your biggest revenue years and starting to plan for your retirement. You don't want to look like you were 21 but you definitely don't want to look like your father either (alive or dead). At this point you should have a good meal plan that should consist of the following, up top. This will give you the energy you need daily (protein). The ability to keep you strong (Vitamin D, Calcium). Begin to have better muscle recovery (potassium) and a better immune system (vitamin B). Notice how I have said nothing about ALCOHOL.

April 2007

Volume 1, Issue 1

Inside this issue:

| | |
|--------------|---|
| Kevin Cont | 2 |
| Birthdays | 2 |
| Seniors | 2 |
| Pilates | 3 |
| Skumatz | 3 |
| Weight loss | 4 |
| Summer rates | 4 |

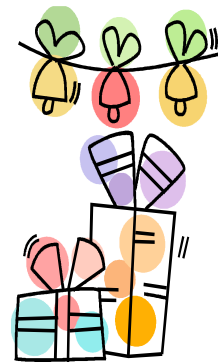
APRIL BIRTHDAYS

Ian B
Amy B
Debbie C
Sandy C
Kim C
Jedidiah D
Fred D
Mitzi F
Vern F
Christine G
Tim G
Joyce H
Jody J.
Cassandra K



Martin L
Dan L
Margaret M
Elaine M
Mark M
Laura M
Ken N
Kirk N
Joan O
Amy P
Sheri P
Peggy P
Christine R
Bryan R

Mary R
Patty R
Janet R
Alan R
Mark S
Jack S
Jessica S
Kenny S
Christopher S
Daniel S
Cathy S
Erin W
James W
Heather W



We're hopping it
was an eggcelant
day for you!

Robert W
Jenny Z

A Senior Moment

Fitness activity to enjoy? Many people start new fitness programs and are doomed to fail. If inactivity has been the norm for you for many years, exercise is a difficult habit to learn. However, there are ways to beat the odds and make fitness a regular habit in your life.

- Find an activity you enjoy
- Find an activity that is convenient
- Find an activity that is affordable (Parker's Place)
- Find an exercise buddy
- Have a checkup
- Write down your goals
- Change your routine

About:senior health

Make sure to join us on Mondays for a total body workout. This is not a class but a gathering and all age groups are welcome to join. We meet in the Pilates room at

11:00am. If joining us please do a warm up of at least 15 minutes of cardio before beginning the class.

This routine is done using the stability ball, weights, step and chairs. its fun and a total body workout...

Senior Schedule

Mondays—Stability ball 10:00am

Tuesdays—Pilates 10:30am

Thursday—Stretch Bands 11:00am

Friday—Medicine ball on the hour

Parker's Place is planning on expanding its senior program and we'd like your help. We'd like to set up seminars and special classes. Is there anything that you are interested in? The 1st seminar we'd like to have is on safety in your community! Please let us know if you are part of a club such as the Red Hat Ladies, Bible study, card games, bowling etc. We'd love to get the word out to as

many community members as possible.

I also think that setting up Buddy Exercising is a fabulous idea. When we have someone working beside us, we tend to be more motivated. If you have any suggestions on how to incorporate this into your membership here at Parker's Place we'd love to hear it.

Finally I want to once again commend the Seniors at Parker's Place you are consistent, motivated and a pure joy to work with! Keep it up, you all are doing a terrific job!

David Viscott: You must begin to think of yourself as becoming the person you want to be.

PLEASE NOTE TIME CHANGE FOR MONDAY'S CLASS

PILATES

Need to strengthen your core? Losing flexibility? Come join our **Summer Pilates** classes for all ages.

This spring we have added some Pi-yo exercises to our classes. These exercises were developed in California and are a combo of Pilates and traditional yoga. Both exercises strengthen your core.



Introduction to Pilates

Wednesday 5:30pm

Intermediate Pilates

Tuesday 9:15am

Wednesday 6:30pm

Mark “Skuman” Skumatz

Summer Activities

Now that summer is just around the corner (I hope) many of you are planning your summer activities. You may begin to come to the gym less often because you think, “I’ll be getting my exercise outdoors and don’t need to go to the club to workout.” For some of you this might be true, but for most of you it will not be enough. You still need to get your heart rate up and challenge yourself physically by getting some sort of aerobic exercise. The definition of aerobic is as follows -

aer•o•bic

Pronunciation: "er-'O-bik

Function: *adjective*

1 : living, active, or occurring only in the presence of oxygen <*aerobic respiration*>

2 : of, relating to, or in-

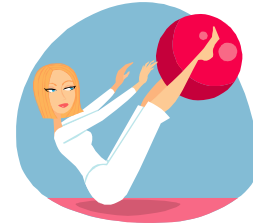
duced by aerobes
3 a : involving, utilizing, or increasing oxygen consumption for metabolic processes in the body <stationary bicycles used for *aerobic conditioning*>
b : relating to, resulting from, or used in aerobics

For those of you who bike, run, or do some other type of activity that gets your heart rate up, you will satisfy this requirement. For those of you who think pulling weeds, planting annuals or trimming the hedge are aerobic activities, think again. Even though you will be spending more time outside, that doesn’t mean you will be getting the required amount of aerobic exercise to keep you in shape. If you plan to take some time off from the gym, please consult with Kevin, Joni, or myself. We would be more than happy to help you incorporate

Gabriele

Senior Pilates

Tuesday 10:30am



Questions? See a Parker’s Place Associate



some type of aerobic activity into your daily routine. Below are some suggested activities to get that heart rate up.

Biking (more than 30 mins)

Running - If you are not a runner, try walking at an above normal rate, then run a block/ walk a block.

Swimming - At most of the local beaches there are areas where you could do some laps.

Hiking - Lapham Peak Park in Delafield has some excellent trails that are quite hilly, or try Devil’s Lake State Park in Baraboo (this is a great day trip, along with some good swimming).

Remember the key is to get your heart rate above normal for an extended amount of time. So take some time and try something that you would not normally do and have some fun. Who knows? You might end up with a new hobby.

TOTAL FITNESS

125 North Fowler
Oconomowoc, WI 53066
262-567-0362

Check us out on the web
www.parkersfitness.com



NEW SUMMER RATES

(new clients only)

STUDENT—SINGLE—FAMILY RATES

AVAILABLE ONLY JUNE - JULY - AUGUST

\$100.00 Student/Single

\$150 Family

2 adults in same household plus any children ages 13- 21 years old

No registration fee's required

Parker's Place Total Fitness Weight Loss Challenge

James Meyer
down 102.8lbs

Vern Frier
down 50.2lbs

Kathleen Brown
down 38.8lbs

Kay Crivello
down 37.4lbs

Rob Davy
down 48.8lbs

Lynn Darnell
down 44.8lbs

Patti Johnson
down 28.2lbs

Marie Lewis
down 53.4lbs

Marcia Dobratz
down 36.4lbs

Patricia Berges
down 31.8lbs

Michelle Miller
own 28.8lbs

Beverly Bartel
down 29.2lbs

Gayla Weber
down 27.8lbs

Jackie Nelson
down 28.8lbs

Laurie Miller
down 20.lbs

Kathy DeMint
down 16.2lbs

Kristen Lewis
down 13lbs

CONGRATULATIONS TO
ALL!
