

# SilverSneakers® Newsletter

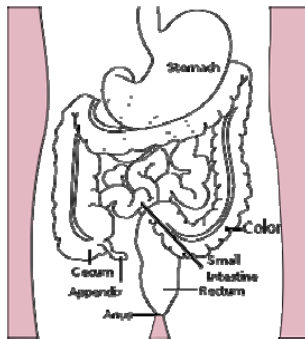


MAXIMUM PERFORMANCE PHYSICAL THERAPY AND FITNESS

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March 1, 2010

## March—Colorectal Cancer Awareness Month



Colorectal cancer affects the tissues of the colon and rectum. It is the 4<sup>th</sup> most common form of cancer in America and the 3<sup>rd</sup> leading cause of cancer-related deaths – 145,000 new cases are diagnosed and 49,000 people die from colorectal cancer each year.

### Risk factors:

**Exercise**—Studies suggest that a sedentary lifestyle may play a role in developing

colorectal cancer. Likewise, those of us who exercise regularly may have a decreased risk of developing it.

**Related conditions of the GI tract**—Polyps are abnormal growths that protrude from the inner lining of the large intestine. These are relatively common in people over age 50. However, most are benign or non-cancerous. Having polyps is considered a risk factor since most colorectal cancer develops within polyps. Therefore, if detected, they are usually removed to help prevent the development of cancer.

Crohn's disease and ulcerative colitis are conditions that cause inflammation of the large intestine. Having either of these conditions may predispose a person to the de-

velopment of colorectal cancer.

**Diet**—There is some evidence that suggests colorectal cancer may be related to the high consumption of red or processed meats and the low consumption of whole grains, fruits, and vegetables. Although more research is needed on this topic, it is best to stick with a well-balanced diet.

**Smoking**—Smoking, especially long-term smoking, may lead to colorectal cancer.

**Age**—Unfortunately, the older we get, the higher our risk of developing colorectal cancer gets. Even though anyone of any age can develop colorectal cancer, the majority of those affected (continued on page 2)

## St. Patrick's Day Party—Luck of the Irish

March 17th is St. Patrick's Day! It is also the day of our March social event!

We will be having a "Luck of the Irish" party from 11 am-noon (after the CardioCircuit class).

Remember to wear GREEN to class. If not, you risk get-

ting pinched!

We will be celebrating with green food! If you would like to bring some green or Irish treats, please sign up in the group fitness area.

Fun St. Patty's activities will be enjoyed by all!

### Event Details:

St. Patrick's Day Party  
Wednesday, March 17th  
Group Fitness area of  
Maximum Performance

11 am-noon  
WEAR GREEN!



### Special points of interest:

- MARCH IS NATIONAL NUTRITION MONTH & COLORECTAL CANCER AWARENESS MONTH
- ZUMBA GOLD OFFERED FRIDAY, MARCH 12TH AT 10AM
- "EATING ON A BUDGET" & COOKING DEMO ON FRIDAY, MARCH 26TH AT 11AM

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## Healthy Eating



Carrie Snyder, RD, LD, NSCA-CPT is the dietitian at Maximum Performance. She provided us with a healthy recipe this month. It combines meat and vegetables for loads of protein and fiber, plus several vitamins and nutrients. Check it out below!

### Irish Lamb Stew

Lamb stew is Irish penicillin: a rich stew full of potatoes, leeks and carrots that'll cure whatever ails you. In traditional fashion, nothing here is browned first, just all stewed

together. To keep it healthy make sure to trim the lamb of any visible fat before you cook it.

8 servings, generous 1 cup each

Active Time: 30 minutes  
Total Time: 8 1/2 hours

#### Ingredients

- 2 pounds boneless leg of lamb, trimmed and cut into 1-inch pieces
- 1 3/4 pounds white potatoes, peeled and cut into 1-inch pieces

- 3 large leeks, white part only, halved, washed (see Tip) and thinly sliced
- 3 large carrots, peeled and cut into 1-inch pieces
- 3 stalks celery, thinly sliced
- 1 14-ounce can reduced-sodium chicken broth
- 2 tsp chopped fresh thyme
- 1 tsp salt
- 1 tsp freshly ground pepper
- 1/4 cup packed fresh parsley leaves, chopped

(continued on page 3)

“THOSE OF US WHO EXERCISE REGULARLY MAY HAVE A DECREASED RISK OF DEVELOPING COLORECTAL CANCER.”

## Colorectal Cancer Awareness (continued)

are over 50 years of age.

That's why doctors recommend getting screened by checking your health before symptoms are observed. The most common method is a colonoscopy. A colonoscopy is a procedure that allows doctor's to visually observe the lining of your colon or large intestine, looking for polyps, cancer, or other conditions.

Other options for screening include: fecal occult blood test, sigmoidoscopy, virtual colonoscopy, double contrast barium enema, and digital rectal exam. Because of screening tests, the rate of colorectal cancer cases is decreasing in this country.

Please visit with your physician about colorectal cancer screening today!

Information from:  
[www.cancer.gov](http://www.cancer.gov)  
[en.wikipedia.org/wiki/colorectal\\_cancer](http://en.wikipedia.org/wiki/colorectal_cancer)

## Exercise Bands



You may have noticed that the SilverSneakers® elastic tubing (bands) are marked with different colored tape near each handle. This is to distinguish our exercise bands (that stay on the rack in the back closet) from those that stay in the group fitness area for other classes.

Please try to use the Silver-

Sneakers® bands for SilverSneakers® classes. If there are not enough, then we can supplement with the group fitness bands. Group fitness bands are marked with a black ring near each handle. No matter which bands you use for class, please return them to where you found them – SilverSneakers® bands to the rack and group fitness

bands to the shelving system. This ensures that our bands stay separate and that there are enough left in the group fitness area for other classes.

Thank you for your cooperation and attention to this matter!

## Getting to know you

One of the suggestions from the surveys in January was to facilitate the learning of each other's names. To that end, Kari has created laminated name tags for each of you. Please wear them to classes, socials, and other SilverSneakers® events. That way we can get to know each other better, starting with names!

If you haven't already, please stop by the front desk to have your picture taken for our computer system! Your contact information has been entered

into our system so we can access it faster in case of an emergency. Your picture is requested to allow our staff to get to know you better.

If you have moved within the last two years, please stop by the front desk and make sure we have your current address and phone number. Thanks!

## Theme Thursdays

Let's celebrate St. Patrick's Day all month long by wearing the color green to classes on Thursdays!

May the luck of the Irish be with you all month long!



## March Speaker—Carrie Snyder, dietitian

We are in for a treat this month—Carrie Snyder, MPH, RD, LD will be discussing “Eating on a Budget” on Friday, March 26th from 11 am-noon (after CardioCircuit class).

Carrie has a lot of experience with matters of nutrition. She is the dietitian on staff at Maximum Performance. She provides grocery store tours

through Ray's Apple Market. She is currently working on her Ph.D. in nutrition.

Carrie will outline ways to shop, plan meals, and eat healthy while sticking to a budget or fixed income.

As an added bonus, she will provide us with a cooking demonstration!

Please plan to attend!

Event details:

“Eating on a Budget”

Presented by:

Carrie Snyder, MPH, RD, LD

Friday, March 26, 2010

Group Fitness area of  
Maximum Performance

11 am-noon

“CARRIE WILL

OUTLINE WAYS  
TO SHOP, PLAN  
MEALS, AND EAT  
HEALTHY WHILE  
STICKING TO A  
BUDGET.”



## Irish Lamb Stew (continued)

### Preparation

Combine lamb, potatoes, leeks, carrots, celery, broth, thyme, salt and pepper in a 6-quart slow cooker; stir to combine. Put the lid on and cook on low until the lamb is fork-tender, about 8 hours. Stir in parsley before serving.

### Tips & Notes

- Make Ahead Tip: Cover and refrigerate for up to 2 days

or freeze for up to 1 month.

- Tip: To clean leeks, trim and discard green tops and white roots. Split leeks lengthwise and place in plenty of water. Swish the leeks in the water to release any sand or soil. Drain. Repeat until no grit remains.
- Equipment needed: 6-quart slow cooker

### Nutrition

Per serving: 266 calories; 7 g fat (2 g sat, 3 g mono); 65 mg cholesterol; 27 g carbohydrates; 23 g protein; 4 g fiber; 427 mg sodium; 803 mg potassium.

Nutrition Bonus: Vit. A (139% daily value), Vit. C (26% dv), Potassium (23% dv), Folate & Iron (15% dv).

1 1/2 Carbohydrate Serving



Exchanges: 1 starch, 2 vegetables, 2 lean meat



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**Having Fun**  
**Staying Active**  
**Maximizing Health**

**MARCH**

**IS**

**NATIONAL NUTRITION MONTH**

- ♣ Check out the bulletin boards in the Men's and Women's locker rooms for some excellent information regarding nutrition from our staff dietitian, Carrie Snyder.
- ♣ Join us for the March speaker event, Friday, March 26th at 11 am. Carrie Snyder will be speaking about "Eating on a Budget" and giving a cooking demo. Don't miss it!



**Our new website is here!**

**[www.maximumperformanceonline.net](http://www.maximumperformanceonline.net)**

**Check it out!**



### Zumba Gold

Come try a new class!

Zumba Gold is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms created in the original Zumba and bring them to the active older adult.

Created to emphasize the basics, this explosive program is so easy to follow that everyone any age can do it! This fun Latin inspired dance program includes Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango, and Rock and Roll.

These programs are guaranteed to provide the partici-

pant with a safe and effective total body workout!

Zumba Gold creates a party-like atmosphere. It is fun, different, easy and effective. It's great for the mind, body and soul of this expanding active older adult population.

Sandra Tyner is one of the new instructors at Maximum Performance. She is currently teaching Zumba on Friday evenings. She is also certified to teach this type of class to older adults.

She will be a guest instructor, teaching Zumba Gold, on Friday, March 12, 2010. This guest-led class will replace

the SilverSneakers® Cardio-Circuit class on that Friday only.

Please plan to attend and try this new and exciting class style!

Event Details:

Zumba Gold class

Led by:

Sandra Tyner

Friday, March 12, 2010

Group Fitness area of  
Maximum Performance

10am-11am



Sandra Tyner will be leading a Zumba Gold class for us on Friday, March 12th. Mark your calendars—you don't want to miss it!