



Sneaker News

Volume 1, Issue 8

October 2010

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Special points of interest:

- Wear your pink to workout this month—support Breast Cancer Awareness month and decrease your risk
- Halloween Party, Friday, October 29th, 11am-noon—Wear your costume and be on hand for Fitness Challenge prize presentation

Think Pink!

October is National Breast Cancer Awareness month. To celebrate, we encourage you to wear the color pink to workout.

Why wear pink to workout? Well, you're not only bringing awareness to breast cancer, its research, and its treatment, but you're also helping yourself prevent breast cancer. Did you know that? You can actually help prevent breast cancer with exercise!

And, men, don't think this is only for the ladies—you are at risk for breast cancer, too. Your breast tissue may appear different, but it's actually the same.

The American Cancer Society recommends adults get at least 30 minutes of moderate to vigorous activity, above usual activities, on 5 or more days of the week; 45-60 minutes of intentional physical activity are more preferable.

Moderate activity is anything that makes you breathe as hard as you do during a brisk walk. During moderate activities, you'll notice a slight increase in heart rate and breathing, but you may not break a sweat.

Vigorous activities generally engage large muscle groups and cause a noticeable increase in heart rate, breathing depth and frequency, and sweating.

Certainly, our SilverSneakers® classes are representative of moderate to vigorous activity. Working out on any of the machines in the gym can also be beneficial. But if you are interested in other ways to increase your physical activity, check out these active substitutions to daily activities:

- Use stairs rather than an elevator
- Walk or bike to your destination
- Exercise at lunch with workmates, friends, or

family

- Take a 10-minute exercise break at work to stretch or take a quick walk
- Walk to visit with co-workers instead of using email
- Go dancing with your spouse or friends
- Plan active vacations rather than only driving trips
- Wear a pedometer every day and watch your daily steps increase

- Join a sports team
- Use a stationary bicycle or treadmill while watching TV

No matter how you fit it in, exercise is good for you in many ways—even in preventing breast cancer. Don't forget to wear your pink!!

Source: www.cancer.org





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Maximize your health for life!

- MSROM classes on **Tuesdays** will focus on correct exercise technique. Join us for Technical Tuesdays!
- MSROM classes on **Thursdays** will focus on exercises aimed at preventing falls and increasing balance.
- **Halloween Party—Friday, October 29th, 11am-noon**
Wear your costumes! Football Frenzy Fitness Challenge prizes will be awarded. Sign up to bring treats!

We're on the web!

www.maximumperformanceonline.net



Breast Cancer Prevention



American Cancer Society recommendations for healthy individual choices

- **Maintain a healthy weight throughout life**
 - Balance calorie intake with physical activity
 - Avoid excessive weight gain throughout life
 - Achieve and maintain a healthy weight if currently overweight or obese
- **Adopt a physically active lifestyle**
 - Engage in at least 30 minutes of exercise 5 or more days a week (see front page for more info)
- **Eat a healthy diet, with an**

emphasis on plant sources

- Choose foods and drinks in amounts that help achieve and maintain a healthy weight
- Eat 5 or more servings of a variety of vegetables and fruits each day
- Choose whole grains over processed (refined) grains
- Limit intake of processed and red meats
- **If you drink alcoholic beverages, limit your intake**
 - Drink no more than 1 drink per day for women and 2 per day for men

Halloween Party!

Don't miss our "fright-tastic" Halloween party coming up on Friday, October 29th, from 11am-noon. This will be after class (10-11am). Sandra will be teaching Zumba Gold for those of you who are interested. It will be mostly from a seated position. But it will still get your heart rate up!

If you are able to come to the party, please sign up to bring treats on the bulletin board. And don't forget to wear your costume! Awards will be given for best costume, most spooky costume, and sweetest costume.



Prizes for the Football Frenzy Fitness Challenge will be presented at the Halloween party! Keep up the hard work, just a few more weeks to go!