



SNEAKER NEWS

Volume 1, Issue 4

May 2010

Maximum Performance Physical Therapy and Fitness

Special points of interest:

- May is Older Americans Month—Join us for a month-long celebration!
- Social—Cinco de Mayo, May 7th
- Speaker—Stress and Weight Management, May 21st
- Exercise at City Park, May 14th, May 25th
- Senior Health and Fitness Day, May 26th

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Age Strong! Live Long!

May is Older Americans Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support you as you enter the next stage in life. Maximum Performance is joining the celebration this month with special activities and events.

This year's Older Americans Month theme—Age Strong! Live Long!—recognizes the diversity and vitality of today's older Americans who span three generations. You have lived through wars and hard times, as well as periods of unprecedented prosperity. You have pioneered new technologies in medicine, communications, and industry while spear-

heading a cultural revolution that won equal rights for minorities, women, and disabled Americans.

These remarkable achievements demonstrate the strength and character of



John F. Kennedy proclaimed May as Senior Citizens Month in 1963. Jimmy Carter changed the name to Older Americans Month in 1980.

older Americans, and underscore the debt of gratitude we owe to your generations that have given

our society so much. But the contributions of older Americans are not only in the past.

Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation—the largest in our nations' history—America's senior population is expected to number 71.5 million by 2030.

While keeping the growing population of older Americans healthy and active will increase the demand for senior services, what is remarkable is the extent to which older Americans are supporting each other. As new generations of seniors become better educated and more (continued on page 3)

May Social—Cinco de Mayo

Cinco de Mayo translates to the fifth of May and is a celebration of Mexican heritage, similar to Oktoberfest being a celebration of German heritage. Traditionally, it consists of food, music, and dancing—three things Americans love as well! So let's put on our sombreros, shake our maracas, and dine on some fine Mexican cuisine.

Our Cinco de Mayo celebration will take place, not on the fifth of May, but instead on the seventh of May. Our fiesta will take place at Maximum Performance in the group fitness area. If you wish to help with decorations or bring Mexican-based food dishes, please sign up on the SilverSneakers® bulletin board.



Cinco de Mayo Fiesta
Friday, May 7th
11 am-noon

Let's Make our Mark on the Park

Spring is upon us! The weather seems to get nicer every day. Let's get out of the gym and take our exercise to the park. We will be having two park excursions this month.

The first park adventure will involve an easy walk around the park, followed by a sack lunch and social time.

The second trip to the park will be a bit more involved. We will have different circuits or exercises to do at different stations. Kari will be bringing exercise equipment to the park for this class session. Again, fitness will be followed

by food (sack lunches).

If you are interested in either Mark the Park sessions, please sign up on the SilverSneakers® bulletin board.

Mark the Park #1

Friday, May 14th

10-11am

City Park

Mark the Park #2

Tuesday, May 25th

10-11am

City Park

Please bring a sack lunch (including drink), water bottle, and lawn chair to each park event.

In case of inclement weather, we will have class as usual at Maximum Performance. If unsure, please call (785/776-0670) and we will direct you where to go.



Let's take our exercise outside!

“The projected population of people 65 and older in 2050 is 86.7 million.”

Did you know??

- In 2006, just 4 short years ago, there were 37.3 million people age 65 and older in the United States.
- The projected population of people 65 and older in 2050 is 86.7 million. People in this age group would comprise 21% of the total population at that time.
- The median income of households of those 65 and older was \$27,798 in 2006. This was up 3.4% from the previous year.
- The estimated number of people 65 and older who are military veterans is 9.1 million. Thanks for serving our country!
- People 65 and older who were in the labor force in 2006 numbered 5.5 million.
- Seventy-six percent of seniors have at least a high school diploma. Nineteen percent have earned a bachelor's degree.
- Fifty-three percent of older Americans are married. Thirty-two percent are widowed.
- Nearly 80% of seniors are registered to vote, with most (71%) actually casting votes in elections.

From: <http://www.marketingdemographics.com/2008/April/Older-American-Statistics.htm>

May Speaker—Dr. Barbara Pearson

We are in for a treat this month! Dr. Barbara Pearson, a psychologist with K-State, will be speaking to us about stress and weight management.

In her words, “stress can make you frazzled, stress can affect your weight.”

Even though summer is a time when things are supposed to slow down, we often have full calendars which can lead to stress. We try to

schedule vacations and trips to see the grandchildren, make time to spend in the garden and attend fitness classes, and still make time for everyday chores and tasks. It can all be overwhelming at times! And to make matters worse, our weight can be affected, too.

Come welcome Dr. Pearson on Friday, May 21st, as she enlightens us about stress and weight management.

Stress and Weight Management

Dr. Barbara Pearson

Friday, May 21st

11am



“Stress can make you frazzled, stress can affect your weight.” -Dr. Barbara Pearson, psychologist

Age Strong! Live Long! (continued)

financially secure than your predecessors, you are spending more time making significant contributions in your communities through civic and volunteer opportunities.

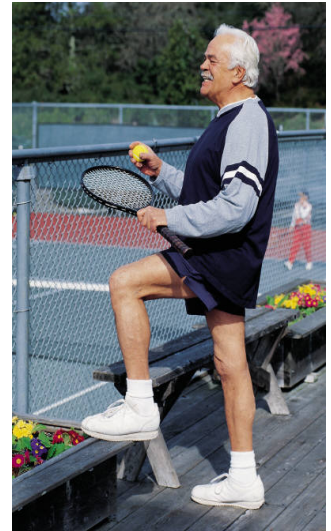
In fact, older Americans are a core component of service delivery to seniors—embodying and modeling the drive to Age Strong! Live Long! You volunteer at group meal sites and deliver food to homebound seniors; you act as escorts and provide transportation for older adults who cannot drive; you help seniors with home repair, shopping, and errands; and

you provide vital counseling, information, and referral services. Your energy and commitment reminds all Americans—not just senior citizens and their caregivers—to do their part to enhance the quality of life for older generations.

The annual commemoration of Older Americans Month is our opportunity to recognize the contributions of older citizens and join you in providing services and support that empower the elderly. Americans of all ages and backgrounds can volunteer with programs that improve

health literacy, increase access to quality health services, offer food and nutrition services, provide financial and housing counseling, sponsor social activities and community engagement, and more.

Maximum Performance is proud of our SilverSneakers® and senior members! We are grateful for your commitment to exercise and healthy living. We hope you continue to maximize your health for life!



Celebrating Older Americans

This month, Maximum Performance is celebrating our senior and SilverSneakers® members.

Every time you come to the gym, to work out or attend a



social/speaker event, you will be entered into a drawing to win a fabulous prize.

The more times you visit the gym, the better your chances are to win.

Don't miss out on this special opportunity!



“Don’t miss this special opportunity! Every time you come to the gym, you are entered into a drawing for a fabulous prize.”

Senior Health and Fitness Day

The last Wednesday of this month, May 26th, is Senior Health and Fitness Day.

To celebrate this day and end the month’s activities honoring older Americans, we will be hosting an open house for all seniors and SilverSneakers® from 10am-2pm.

Bring yourself and bring a friend. We will have door prizes (must be present to win). We will be serving healthy snacks.

Come socialize with other seniors and SilverSneakers® members. Learn about and try our SilverSneakers® classes. CardioCircuit class will be from 10-11am.

Encourage your friends to come check out the SilverSneakers® fitness program.

Our dietician will be on hand for nutrition advice. Our personal trainers and physical therapists will be avail-

able to share their expertise.

We will have several booths with information especially for seniors. We will be offering FREE fitness assessment testing and health screening.

Mark your calendars now! You won’t want to miss it!

Wednesday, May 26th

10am-2pm





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Maximize your health for life.

SilverSneakers® Staff:
 Kari Wallentine, SilverSneakers® Senior
 Advisor
 Melissa Davis, instructor
 Sandra Tyner, instructor

**How to get—and keep—
 yourself moving!**

1. Don't be afraid to be active.
2. Find something you like!
3. Mix it up. Variety is good for you.
4. Know what moderate means for you.
5. Make it social.
6. Reward yourself with something that supports your goals.
7. Warm up and cool down.
8. Practice breath control.

From: American Heart Assoc.
 2010

April Speaker Recap—Injury Prevention

If you missed the speaker event on April 23rd, here is a recap of what we learned.

Scott Johnson, physical therapist and owner of Maximum Performance Physical Therapy and Fitness, gave a very informative talk about injury prevention.

Here are some tips he gave to make your home more safe:

- Remove throw rugs as they may cause trips and falls
- Remove any cords that are in the way of walking

(again, to prevent trips and falls)

- Add grab bars in the bathroom, near the toilet and shower
- Make sure stairs have hand rails
- Be sure of your footing
- Have hands free to catch yourself
- Take extra care when carrying items on stairs

Scott mentioned the need for a good warm-up, whether

working out in the gym or doing daily tasks. A simple warm-up, such as a brisk walk and stretching, gets the body prepared to move and work the muscles.

Several safe lifting techniques were detailed to prevent back injuries:

- Squat
- Lunge
- Power Lift
- Single Leg Squat (“Golfer’s lift”)



Proper lifting technique uses our legs and not our back.