



Sneaker News

Volume 2, Issue 10

October 2011

INSIDE THIS ISSUE:

Halloween Party	1
Fall Prevention	1
Aging Gracefully Series	2
Member Spotlight on Sylvia Nelson	2

Halloween Party

Get ready for a spooktacular good time at our annual Halloween party on Friday, October 28th at 11:30am!

Come dressed up as your favorite character! You could dress as a super hero, a Halloween character, your favorite movie character,



cartoon character, or just whatever. We'll be voting on the best costumes so be creative.

We will also have several Halloween games to play so bring your game day spirit!

If you would like to bring a Halloween treat, please sign up at either location. Just treats, please! No tricks!

Mark it on your calendars—**October 28th, 11:30am**—at our **east location** (426A McCall Road).

The party will follow CardioCircuit, which starts at 10:15am. We will not be having MSROM at the west location that day so you can all plan to attend the party!! Be there or be square!

Fall Prevention

Since we've ushered in the fall season, we think it's time to talk fall prevention. We're not talking about preventing fall weather; we're talking about preventing falling down.

Unfortunately, falls are more common than strokes and can be just as serious in their consequences. Falls can lead to problems with daily activities, like dressing, bathing, and walking around. Falls are the most preventable cause of needing nursing home placement.

So where's the good news? Falls can be prevented! To lower

your risk of a fall, follow these 4 steps:

- 1. Get regular exercise**—If you don't already, begin a regular exercise program. If you currently exercise, that's great! Keep it up! Exercise is one of the most important ways to reduce falling. Studies show that balance, flexibility, strength, and mobility not only improve with exercise, but also reduce the risk of falling. Join our SilverSneakers® classes and get exercising today!
- 2. Make your home safer**—About half of all falls occur at home.

To make your home safer, you can remove things that might cause you to trip, put in non-slip mats in the bathtub, and improve lighting in the home to see better. For a more complete home checklist, please ask the front desk at either of our two locations.

- 3. Review your medications with your healthcare provider**—As you get older, the way some medicines work in your body can change. Also, medicines or combination of

Special points of interest:

- Aging Gracefully Seminars are FREE to anyone — Nov 11th, 11:30 am, Beating the Winter Blues
- Non-members can take classes for \$4 each
- Listen to our radio show on 1350am KMAN Tuesdays 4:45pm
- *NEW* YogaStretch classes at both locations!
- Halloween Party—Friday, October 28th 11:30am— Be sure to dress up!



Maximize your health for life!

Classes at BOTH Locations!

So many opportunities to EXERCISE!

- McCall Road—M/W/F CardioCircuit 10:10-11:10am
 T/Th MSROM 10:10-11:10
 Sat YogaStretch 1-2pm
- Anderson and Scenic—M/W/F MSROM 1-2pm
 Tues YogaStretch 8:30-9:30am

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Member Spotlight



Our member spotlight this month is on Sylvia Nelson.

Sylvia was born in

northeast Kansas on July 21st. She is the oldest of 7 children (4 girls, 3 boys). She attended Manhattan schools and graduated in 1949 from Manhattan High School.

She married Frank Nelson on August 26, 1950. They celebrated their 61st wedding anniversary this year! Together they have 3 children—Gary,

Debra, and Laura—8 grandchildren, and 6 great grandchildren.

For 20 years, Sylvia was in retail sales at Sears. Afterwards, she returned to Frank's business (Frank's 66) as a bookkeeper.

Sylvia enjoys reading, card playing, exercise, square dancing, and singing for the choir at her church, Trinity Presbyterian.

To learn more about Sylvia Nelson, please see the rest of her biography at either Maximum Performance location.

The Aging Gracefully Series

The Aging Gracefully Series is composed of several guest speaker events.

Coming up this month...

This month's seminar came early in the month on **Friday, October 7th at 11:30am**. Karen Mayse from the Flint Hills-North Central Area Agency on Aging led a "Medicare 411" seminar, informing us about Medicare. If you have questions about Medicare, please contact the Area Agency on Aging or Riley County Extension office for FREE assistance!

Next month, plan on learning ways to manage the winter blues with psychologist, Barbara Pearson on **Friday, Nov. 11th, 11:30am**. Do you ever feel down and blue during the cold, bitter winter months? Do the shorter days and cloudy weather leave you feeling tired and blah? Then this is the seminar for you! Mark your calendars—don't miss it!

- Location: 426A McCall Road
- Refreshments provided
- FREE to anyone & everyone!

For more information and the rest of the Aging Gracefully schedule, please consult the SilverSneakers® bulletin board or pick up a schedule.

Fall Prevention (con't)

medicines can make you drowsy or light-headed, leading to a fall. Be sure to discuss prescription, over-the-counter, and herbal medicines with your doctor.

4. **Have your vision checked**—You may be wearing the wrong glasses or have a condition that limits

your vision. Poor vision can increase your chances of falling.

Sources: cdc.gov, fallprevention.org, stopfalls.org

