



Sneaker News



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Flexibility is Your Friend!

What is flexibility?

Flexibility is defined as the range of movement in a joint or series of joints and refers to your range of motion and the ability to perform specific tasks. Being flexible allows for fuller movement and reduced pain in joints so that it is easier to perform daily activities of independent living. The range of motion in a joint depends primarily on bone, muscle, and the surrounding connective tissue's structure and

function. The normal effects of aging often result in loss of tendon flexibility and limits motion. By adding stretching exercises to your daily physical activity routine, you will move with more freedom and comfort.

What are the benefits from increasing flexibility?

- Improved joint range of motion and function
- Decreased joint stiffness

- Improved posture
- Enhanced muscular performance
- Reduced frequency and severity of musculoskeletal injuries

Tips for stretching:

- Stretch slowly and evenly—stop if you feel tension or a pull on the muscles at the peak of the stretch
- Stretch a minimum of two times per week. Stretching daily can yield

(Con't on pg 2)

Special points of interest:

- Aging Gracefully Seminars are FREE to anyone — Sept 23rd 11:30am Managing Pain & Fatigue
- Register for KOHP - learn to help yourself
- 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!
- SilverSneakers® BBQ October 1st 4:30pm Keats

Learn to Cope with KOHP

Are you or someone you know suffering from a chronic condition, such as arthritis, diabetes, or osteoporosis? Are you a caretaker for someone with a chronic condition? If so, you may want to sign up for our latest class, KOHP (pronounced cope).

KOHP stands for Kansans Optimizing Health Program. KOHP is a 6 week class that meets once a week for a

couple hours. We learn how to cope and better deal with our own or someone else's chronic condition. We talk about topics such as working with your healthcare professional, pain & fatigue management, relaxation techniques, and other useful tools to help self-manage chronic conditions.

KOHP will be offered this fall on Wednesday evenings at 5pm at our west Studio location

starting Sept 28th and running through Nov 2nd. There is a small registration fee of \$25. With that you receive six sessions with KOHP leaders, a self-management book, and a relaxation CD for home use.

For more information, or to register, please contact Kari Wallentine, your SilverSneakers® Senior Advisor.



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

Flexibility (con't)

- maximum results!
- Examples of a daily stretch include giving yourself a hug for a back stretch and holding your hands behind your back at the waist and lifting your chest for a shoulder and chest stretch
- Breathe! Controlled, easy breathing is key to relaxing through a stretch
- Follow physician directives for all recommended flexibility exercises

How we can help you!

Starting this fall, we are offering SilverSneakers® YogaStretch classes. Our west location will

start on Tuesday, Sept 20th at 8:30am. Our east location will start Saturday, Sept 24th from 1-2pm. Join Debbie, a new instructor, for this relaxing class and improve your flexibility!

Sources:
 McArdle, Katch and Katch. Exercise Physiology—Energy, Nutrition and Human Performance, 2007.
 Spiriduso, Waneen W. Physical Dimensions of Aging, 2005.
 Jones and Rose. Physical Activity Instruction of Older Adults, 2005.

SilverSneakers® BBQ

Mark your calendars for our 1st annual SilverSneakers® BBQ on Saturday, October 1st at 4:30pm at Keats Park shelter. We started this BBQ tradition last year with an end-of-summer BBQ at Keats. We had so much fun that we thought we'd make it an annual event!

We will provide meat, table service, and drinks. Please bring

a side dish or dessert to share. Please sign up so we have an approx. head count. We'll have some yard games to play, but feel free to bring your own. Prepare for a fantastic good time!

October 1st 4:30pm

Keats Park

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The Aging Gracefully Series

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

Coming up this month...

This month, we are hosting Ginny Barnard, from Riley County Extension. She will speak with us about managing pain and fatigue. If you want to learn all about this important topic, please be sure to attend.

Mark your calendars—you won't want to miss it! **Sept 23rd 11:30am**

- 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.