

Heatherwood Lifetime Fitness

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Winter 2009

Winter Exercise

- Walk at an indoor location
- Join a health club
- Create a home gym
- Find stairs!
- Get wet...find an indoor pool
- Visit library for exercise videos
- By staying fit during winter you'll be able to avoid gaining weight and feel better when spring arrives!

Wii Fit

The lifetime fitness department will soon be the proud owners of a Wii and Wii FIT Program that will be used in our Lifetime Fitness Classes. The wii fit program has many activities to improve your overall health. A variety of activities the wii fit offers includes, yoga exercises, muscular strength and endurance exercises, balancing exercises, core workouts, aerobic workouts, and cardio workouts. Also included are various health tips, BMI, weight records, and goal setting.

Wii Fit combines fun and fitness in one product. It can change how you exercise, how you balance, and even how you move. How will it move you?



It a great family activity that will involve the whole family with fun and active times!

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Snowboarding Tips

First thing, make sure you are warm. Some nice breathable, waterproof, light weight Gortex would be nice. However if you don't want to spend the bucks go with the layers.

Next let's talk stance. You need to determine if you are regular-left foot first or goofy foot-right foot first.

Binding angles for beginners are often best when set at 0 degrees for both front and back to ensure good maneuverability. **Finally** don't feel bad about signing up for some instruction. Good instruction can dramatically reduce your learning time; increase your safety and most of all fun!

Keeping Fitness Resolutions!

Parent Corner

1. **Write it down and post it** where you'll see it every day, put it on your refrigerator or computer monitor.
2. **The first thing in the morning, do something to support your resolution.**
3. **Listen to a motivational tape**
4. **Put it in your daily calendar and make it a priority.**
5. **Post inspiring quotes** in your work area or on your refrigerator.
6. **Search out different places or environments** to do your resolution to keep it fresh, interesting, fun.
7. **Ask for help from family members and friends.**
8. **Volunteer to support someone** who is also trying to change their habits. Text messages, e-mails, phone calls are good ways of encouragement.
9. **Start a saving jar or any other reward system**—add a dollar for each day you keep your resolution. Set a goal and reward yourself when you reach it.
10. **Be a good role model for your kids** and work together to all achieve your New Year's Resolution!



**Get Fit
this
New Year**

Sunshine is Good For You

There's finally good news about sunshine! It is healthy for you! As little as 15 to 20 minutes of sun twice a week can make a positive difference in your health.

The key issue that was found in recent studies was the production of vitamin D from the sun. We can get this crucial nutrient from food, but 90% of what we need is absorbed from the sun.

Vitamin D helps to lower blood cholesterol levels thus helping to fight heart disease. It is also necessary for strong bones and teeth since it aids in the absorption of calcium. The presence of this vitamin helps prevent certain cancers including some skin cancers. Sufficient vitamin D also regulates the immune system and could help keep the common cold at bay. A study showed a 70% reduction in colds over a 3 year period in participants who took vitamin D supplements. There is even the suggestion that vitamin D can help slow down the aging process. A

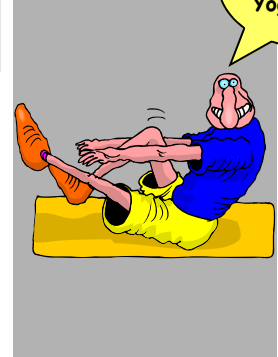
separate study showed that biological markers, called telomeres, were longer (a sign of being biologically younger and healthier) in participants with higher levels of vitamin D.

Sunshine is not a miracle cure by any means and must be taken in moderation. It is absorbed through the skin without sunscreen. The body can only store vitamin D for 60 days so a regular "fill up" is required to obtain maximum health benefits.

After years of being told to hide from the sun, it is exceptionally good news that we can once again enjoy the sun and all the benefits it has to offer.



Pilates...
Yoga....??



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