

## Senior Fitness - How to get fit and healthy!

We've all heard the expression "use it or lose it." When it comes to senior fitness and using your muscles, that saying is true. Staying active is one of the keys to a healthier life. And it's never too late to start.

No matter what your current level of activity, there are exercises you can do to increase your mobility and freedom of movement. Other benefits of exercise include reducing your fall risk, lowering your blood pressure and cholesterol, lowering your risk of heart disease, reducing stress and creating a feeling of well being



by increasing your endorphins - hormones that make us feel happy.

So how do you get started? First, talk to your doctor who will advise you on what activities you

can safely do. Next, get moving - remember, physical activity doesn't have to be conventional exercise to provide benefits. Fitness for older adults can include many activities such as walking, biking, gardening, housework, playing with children, or pushing a wheelchair.

For a more vigorous workout, try golfing, swimming, tennis or cross-country skiing. Milder intensity activities may include exercises you can do from your chair like foot and arm circles or just getting up and moving around every hour or two.

Stay motivated - find an "exercise buddy" to work out with. Get in short bouts of exercise during your day. Go for a ten-minute walk before lunch. Then find another ten minutes for an activity while dinner is in the oven. Just going about your daily routine can be considered exercise. If you can accumulate 30 minutes of moderate-



intensity activity over the course of a day, you've met the Surgeon General's physical activity recommendation!

If you need help setting up an exercise program, check out the Silver

Sneakers Fitness Program. This program works with your Health Care Provider and is free. To find out more visit [www.siversneakers.com](http://www.siversneakers.com), call 1-888-423-4632 or come to Valley VNA's *Options & Solutions Day* - July 23 (see back for more information) where our nurse will explain how the program works.

**Remember it's never too late to start working out - hope to see you out and about!**

## Celebrating the 4th of July

While we all know July 4th marks the United States Declaration of Independence from Great Britain in 1776, other interesting events have also happened that day. Here's a few:

- In 1826, Thomas Jefferson and John Adams - both who played major roles in the drafting of the Declaration of Independence - died on this day exactly 50 years to the day after the approval of the historic document.
- In 1862, Lewis Carroll tells Alice Liddell a story that would grow into Alice's Adventures in Wonderland and its sequels.
- In 1939, Lou Gehrig, recently diagnosed with Amyotrophic lateral sclerosis, tells a crowd at Yankee Stadium that he considered himself "The luckiest man on the face of the earth" as he announces his retirement from major league baseball.



# Employee Anniversary Dates

--- JULY ---

Donna Goeden      Diane Holz      Ellen Marty      Abigail Peterson      Brenda Scofield

Special thanks for their hard work and dedication!!

## Upcoming Clinics, Support Groups and Events

**FOOT CARE CLINICS - THE COST IS \$21**  
**PLEASE CALL FOR AN APPOINTMENT - 727-5555**

**Valley VNA Senior Services, Neenah – 1535 Lyon Dr.**

9 am-12 pm - Jul 8, 9, 22, 28; Aug 12, 13, 25, 26  
Sep 9, 10, 22, 23; Oct 8, 14, 27, 28;  
Nov 11, 12, 24, 25; Dec 9, 10, 23, 28  
1-4 pm - Jul 27, Aug 24, Sep 28;  
Oct 26; Nov 23; Dec 28

**St. John's Lutheran Church, Oshkosh – 808 N. Main St.**

1-4 pm – Jul 8, Sep 9, Nov 11

**Hearthside Apartments, Neenah – 210 Haylett St.**

9 am-12 pm – Jul 28, Aug 25, Sep 22,  
Oct 27, Nov 24, Dec 22

**Elizabeth Ct Apartments, Menasha – 936 6th St.**

9 am-12 pm – Jul 23, Aug 27, Sep 24  
Oct 22, Nov 19, Dec 17

**Menasha Senior Center – 116 Main St.**

1-4 pm – Jul 1, 23; Aug 5, 27;  
Sep 2, 24; Oct 7, 22; Nov 4, 19; Dec 2, 17

**YMCA, Neenah – 110 W. North Water St.**  
9 am-12 pm – Jul 16, Sep 17, Nov 19

**BLOOD PRESSURE CLINICS**

**YMCA, Neenah – 110 W. North Water St.**  
10:00 am-12 noon – Jul 1, Aug 5, Sep 2,  
Oct 7, Nov 4, Dec 2

**ALZHEIMER'S/DEMENTIA SUPPORT GROUP**

**Valley VNA, Neenah - 1535 Lyon Dr.**  
(Keller Community Center)

6-8 pm – Jul 13, Aug 10, Sep 14, Oct 12  
Nov 9, Dec 14

For more information - Debbie Opperman - 920-232-8686.

**DEMENTIA SUPPORT GROUP FOR SPOUSES**

**Valley VNA, Neenah - 1535 Lyon Dr.**  
(Keller Community Center)

10-11 am – Jul 28, Aug 25, Sep 22  
Oct 27, Nov 24, Dec 22

For more information - Kathleen Albert - 920-727-5541

## FOOT CARE CLINICS CONTINUED

Please mark your calendar and support the  
Alzheimer's Association's Fox Valley  
Memory Walk 2009  
Walk on Valley VNA's team -

Saturday, September 19, 2009 - 8:00am - Fox Cities  
Stadium. Please call Bill Mauthe (Life Enrichment  
Coordinator, Valley VNA Assisted Living) to learn  
more about participating in this important event -  
920-727-5544

**July 23rd is *Options & Solutions* Day**

**Stop by for a FREE blood pressure check.**

Learn about senior issues from our RNs.

July's topic -

**SENIOR FITNESS - HOW TO GET FIT AND HEALTHY!**

**1:00-3:00 pm - July 23rd** (4th Friday of each month)

**Valley VNA - 1535 Lyon Dr, Neenah**

Please use the Lyon Drive entrance.

**Call 920-727-5555 for more information**

920-727-5555 - Fox Cities    920-426-1931 - Oshkosh    866-930-8862 - Toll Free

1535 Lyon Drive    Neenah

[www.valleyvna.org](http://www.valleyvna.org)