

Keeping



A St. Francis Hospital Publication



The Wellness Center now offers Zumba and Zumba Gold exercise classes. Zumba is a dance fitness class that

offers easy-to-follow moves to zesty Latin music, such as salsa, merengue, cumbia and reggaeton. Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of older active participants, as well as those just starting their journey to a fit and healthy lifestyle. To find out which class is right for you, see one of our Exercise Specialists.

Membership at The Wellness Center is on the rise and we are working hard to keep up with our active and inactive members. In an effort to better track our active members, please let us know if you are going to take a break from the gym. If you are going to be out for one month or more, due to illness or other circumstances, please notify us as soon as possible so that we can freeze your membership.

Beginning in March, Keeping Fit will be distributed on a bi-monthly basis. Please visit our website for current schedules and dietary classes. Information can be found at www.wecareforlife.com by clicking on *The Wellness Center* under the *Services* tab.

Thank you for referring your friends and family to the St. Francis Wellness Center. As always, we welcome any comments, questions or concerns.

Stay Healthy!

Tricia Flowers

Wellness Center Coordinator

For the love of cardio, do not make these mistakes...

Many people list cardio as their favorite exercise. While cardiovascular activity is very important for heart health and improving quality of life, many people make the mistake of focusing only on cardio and neglecting other important exercises. Building core strength and flexibility are just as important. Neglecting these exercises can result in weak core muscles which may lead to injury.

Core strength and stretching exer-



While cardio is important, these seniors know that a work out balanced routine is best.

cises that mimic everyday activities improve your quality of life and increase your functional fitness level. Specific benefits include improving balance, core strength, muscle tone, posture and stability. Most importantly, they help reduce the risk of injury and help to maintain healthy body weight. These exercises include bending, lifting and pressing.

If you are intimidated by the blue and red exercise mats, or can't get down or up off of the floor, you can do similar exercises in a chair. The Wellness Center offers specific group classes that incorporate these exercises, so ask an Exercise Specialist which class is right for you. They can also offer tips and tricks for improving core strength and flexibility while exercising on your own. So if cardio is your favorite, keep it up...just don't neglect the rest!

I don't have a problem with caffeine, I have a problem without it!

Most of us know that caffeine is the most potent component chemical in coffee and tea. It gets many of us up and keeps us going. While caffeine has its benefits, it can also contribute to weight gain, diabetes and heart disease. Here are some interesting facts to read while you sip your morning latte:

- Caffeine was first isolated from coffee in the 1820s
- Ten grams of caffeine is considered a lethal dose
- Caffeine is the most popular drug in the world and
- Caffeine is consumed by 90 percent of Americans every day
- Darkly roasted coffee has less caffeine than lightly roasted

If you're trying to eliminate caffeine from your diet you should avoid coffee, tea, colas and chocolates. If you must have caffeine, don't have too much and don't have any after 2 p.m. To learn more about how caffeine can affect your heart, sign up for the Heart Healthy Dietary Class.






St. Francis Wellness Center

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Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 a.m.	Improvement	Improvement	Improvement	Improvement	Improvement
10 a.m.	Initial Conditioning	Initial Conditioning	Initial Conditioning	Initial Conditioning	Initial Conditioning
11 a.m.					
1:30 p.m.	Improvement	Intro to Aerobics	Improvement	Intro to Aerobics	Improvement
3 p.m.	Initial Conditioning	Initial Conditioning	Initial Conditioning	Initial Conditioning	Initial Conditioning
6 p.m.	PowerFlow	Interval Training	PowerFlow	Interval Training	
7:30 p.m.					

Welcome, New members

Cheryl Bailey	Angela Collom	Ray Paris
Melissa Bible	Paul Collom	David Pepperday
Mildred Blackwell	Andrew Crawford	Shirley Perpperday
Neil Block	Jeanette Davis	Geoffrey Prins
Joyce Branch	Willa Graly	Carol Ridley
Karen Brinkley	Scotty Hill	Joyce Romo
Thomas Buck	Mary Illges	Joseph Russell
Joanna Burrows	Margaret Jones	Linda Smith
Hugh Busby	Laura King	Walter Tidwell
Janet Busby	Jackie Klugh	Christine Tyson
Carola Campos	Anne Latimore	Jasper Ward
Julio Campos	Hilda Marcano	Margie Watson
Ron Clemmons	Michael Marzuki	Daniel Willis
	Deborah Newman	

Hours of operation

Monday-Friday 6 a.m.-9 p.m.

Saturday 8 a.m.-1p.m.

Dietary Classes

Heart Healthy Dietary Class

Wednesday, March 2

Wednesday, April 6

Diabetic Dietary Class

Wednesday, March 16

Wednesday, April 20

All classes are from 10-11 a.m.

Register on the sign-up sheet in the gym.