Breathing with COPD

My 80 year old mother has Chronic Obstructive Pulmonary Disease (COPD) related to her asthma. Allergens, very cold air and humid conditions can make breathing difficult for her. People with emphysema or chronic bronchitis are also considered to have COPD. Unfortunately, there is nothing that can be done to reverse the effects of these lung diseases. But regular breathing exercises can improve blood flow to your muscles, decrease breathlessness, strengthen your respiratory muscles and help build confidence and quality of life. Here are a couple of exercises to try. Be sure to sit in a posture with neutral spine alignment (just like your mother told you).

**Pursed Lip Breathing:** Breathe in through your nose so the air is warmed, humidified and filtered; then breathe out through your mouth as if you had a straw in it. This will force you to exhale slower and it helps maintain lung pressure.

**Diaphragm Breathing:** Sitting tall in a chair, keep your spine and abdomen relaxed. Place your hands on your abdomen and breathe in through your nose so you feel your belly expand. Exhale with pursed lips so you feel your belly return to rest.

And, of course, maintaining good muscular strength throughout your body is important so you can do your regular daily routines with greater ease.

Summer Safety Tips

Older adults are more prone to suffering heat or sun related incidents than younger people. This is largely due to decreased ability to sweat (which cools us off), and that fat distribution is different in older adults which can lead to problems with heat regulation. Follow these tips to keep you cool as a cucumber all summer long.

- Drink, drink, drink non-caffeinated and nonalcoholic drinks. Seniors don’t feel thirsty as quickly as younger folks, so by the time you feel thirsty you could already be very dehydrated.

- Wear the right clothing. Loose fitting, light colored clothing is best to protect the skin from the sun and allows air flow. Wear a wide brimmed hat and wrap around sunglasses for eye protection.

- Use your air conditioning, especially during hot and humid weather. On a particularly bad day, go to the movies, library or shopping mall if you don’t have AC.

- Plan your outdoor activities for early morning or evening when the temperatures are cooler and the sun is not at its strongest.

- Review your medications with your doctor. Some medications can make you more sensitive to the sun.

- Wear sunscreen (all year round!) with at least a 15 SPF that blocks both UVA and UVB rays.

Lifetime Fitness Contact Information
Sheila Calhoun, Assistant Director
email: sheilacalhoun@umich.edu or u-move@umich.edu
phone: 734.647.9852 or 734.764.1342
One year of past newsletters are posted on our website at http://www.kines.umich.edu/umove/.
Help Us Meet Our Goal (Again!)

Starting November 1 of 2014, we continue our campaign with the goal again to raise at least $5000 by October 31, 2015. As of late June, just over $3200 has been received. If you give $50 or more, you will receive a hot and cold beverage tumbler with Lifetime Fitness printed on it. It includes a lid for hot drinks and a lid and straw for cold ones. Those who donate $25–$49 will receive a mini-backpack. Multiple donations are welcome, however a single gift will be given. The Lifetime Fitness program has been providing quality exercise instruction that’s safe, effective and fun for senior adults (although everyone is welcome) at Briarwood Mall for many years now. And while the program is free to participate, we do rely on donations to cover costs such as instructor wages and smaller operating expenses. Your donations are the only source of funding for Lifetime Fitness. Even as little as fifty cents per session helps us keep the program running. There is a drop-box for on the spot donations. Every little bit helps and is much appreciated!

Make Time for Break Time

It’s now well known that making time for at least 30 minutes a day for moderate physical activity reduces your risk of certain forms of cancer. By participating in the Lifetime Fitness program, you may be reducing your risk of breast or colon cancer by 25 percent, prostate cancer by 10–20 percent, or endometrial cancer by 30 percent.

But now researchers are looking at activity levels outside of “workout” times (or Make Times). Do you sit in the car, at work, or in front of the TV for long periods of time? It seems that if you are sedentary for a large portion of the day, you are still at high risk for certain cancers and other disease even if you get your 30 minute workout in every day. So it is recommended that you take some Break Time and find ways to get moving more frequently throughout the day. Here are some ways you can do that.

- Park at end of parking lots
- Take the stairs instead of elevator/escalator
- Walk to the mailbox down the street
- For every seated hour, get up and move for one to two minutes (think: commercials)
- Walk while on the phone

Source: American Institute for Cancer Research
2 Lifetime Fitness Newsletter July/Aug 2015 Vol 4 Issue 4
Cucumbers to the Rescue

Speaking of staying as cool as a cucumber this summer, here are some delicious recipes. (Source: allrecipes.com) Did you know that the inside of a cucumber can be 20 degrees cooler than the outside air? That’s why slices placed over the eyes can help with swelling and eye fatigue.

The first recorded incident of “cool as a cucumber” was in John Gay’s Poems, New Song on New Similies, 1732: “I ... cool as a cucumber could see The rest of womankind.”

Tangy Cucumber and Avocado Salad

- 2 medium cucumbers, cubed
- 2 medium avocados, cubed
- 4 T chopped fresh cilantro
- 1 clove garlic, minced
- 2 T minced green onions
- 1/4 t salt and black pepper to taste
- 1/4 large lemon
- 1 lime

In a large bowl, combine cucumbers, avocados, and cilantro. Stir in garlic, onions, salt, and pepper. Squeeze lemon and lime over the top, and toss. Cover, and refrigerate at least 30 minutes. Serves 4.

Cucumber Sandwiches

- 8 oz package light cream cheese, softened
- 1/2 cup light mayonnaise
- 1 packet (.7 oz) dry Italian salad dressing mix
- 2 loaves French bread cut into 1 inch slices
- 2 sliced cucumbers
- 1 pinch dried dill

In a medium bowl, mix together the cream cheese, mayonnaise and Italian dressing mix. Refrigerate for at least 6 hours, or preferably overnight. Spread the cream cheese blend onto slices of French bread. Top with a cucumber slice, and sprinkle with dill. You can make as many or few as you like. The cream cheese mixture keeps for about a week in the refrigerator so you can make them over and over again!

Healthy Green Juice

A must-try if you have a juicer!

- 2 green apples, halved
- 4 celery stalks, leaves removed
- 1 cucumber
- 6 kale leaves
- 1/2 peeled lemon
- 1 inch piece fresh ginger

Process all through your juicer. Serves 2.

Cuke Facts

- They are 95% water.
- They are related to watermelon, pumpkin and squash and are actually a fruit.
- It takes 10–20 bee visits per flower to produce a cucumber.
- You can press a slice on the roof of your mouth for 30 seconds to freshen your breath.
- Rinse your hair in cucumber juice for silky and shiny hair.
For years, the University of Michigan’s School of Kinesiology has sponsored Lifetime Fitness through its U-Move Fitness program.

Although tailored with the senior adult in mind, classes are open to all adults.

- Pregnant and post-partum women
- The beginner exerciser
- Parents who have just dropped their children off at school
- Friends wanting to spend time together

Classes meet on Mondays, Wednesdays, Thursdays (Zumba day) and Fridays from 9:00–10:00 am in the Macy’s court of the Briarwood Mall located at the corner of State Street and Eisenhower Parkway in Ann Arbor. Remember: When Ann Arbor Public Schools are closed due to bad weather, Lifetime Fitness is canceled.

Classes are FREE; but please check in with the instructor if you are coming for the first time to complete a registration form. Just come as you are and enjoy a carefully structured class that includes a warm-up, pre-aerobic stretch, sitting and standing aerobics, strength exercises, a cool down and final stretch.

U-Move Fitness takes great pride in proving this invaluable community service. While there is no charge for classes, your contributions help offset the cost of instructor training and wages, sound equipment, music, and other equipment. Your donations also qualify for state and federal tax credits.

A donation form is below for your convenience. Please send to:

U-Move Fitness
401 Washtenaw Avenue
3064 Central Campus Recreation Building
Ann Arbor, MI 48109-2214

Or if you prefer, you may use the drop box at class for on-the-spot donations.

Thank you to the following for their recent donations:

_Melissa Hubbard, Carol Batty, Susan Irwin_  
_Carol Cross, Sylvia Tsai, Jialin Cox_  
_Susan Brown, Janet Rennell, Lessie Lipsey_  
_Geraldine Chaffer, Nancy Lott, Charles Hescheles, Matha Hubbard, Mary Layher_  
_Carolyn Bartle, Elaine Jordan_

---

To support the continued excellence of Lifetime Fitness, I/we pledge the sum of

$25 (Silver Level)  $50 (Gold Level)  $100  $150  $250  $500  Other $________

Method of donation (circle one)

Check  Credit Card

Please make checks payable to University of Michigan

Please charge my gift to (circle one): Visa  MasterCard  Discover  American Express

Account # ___________________  Expiration Date ___________________

Please print name as appears on card _________________________________

Signature: _______________________________

Address: _______________________________

City, State, Zip: _______________________________