



LIFETIME FITNESS

UNIVERSITY OF MICHIGAN

Give a Little for a Lot

No, it's not easy asking for money. But the truth is, money is necessary for most programs to effectively serve their community. And when you give to a program like Lifetime Fitness, you're saying something about your commitment to your community and your health.

For years, the University of Michigan's School of Kinesiology has sponsored the Lifetime Fitness program. Although tailored with the senior adult in mind, classes are open to all adults, including:

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

As little as \$1 per visit helps Lifetime Fitness pay its great instructors, purchase new equipment, and other materials as needed. (We are thankful to Briarwood Mall for providing space for the program at no cost.) Take a look at the chart below for "much appreciated" amounts to help defray operating costs. Won't you consider

giving a little to get a lot in return? As a special bonus for 2016, those who give \$25-\$99 dollars during the year will receive a travel mug. Those who give \$100 or more will receive a t-shirt with our brand new Lifetime Fitness logo you see at the top of this newsletter.

Attendance (days/week)	1	2	3	4	5
Appreciated weekly amount	\$1	\$2	\$3	\$4	\$5
Appreciated monthly amount	\$4	\$8	\$12	\$16	\$20
Appreciated annual amount	\$48	\$96	\$144	\$192	\$240

Join us on weekdays from 9–10 am in the Macy's corridor at the Ann Arbor Briarwood Mall for the Lifetime Fitness program. The Monday, Wednesday and Friday classes are carefully structured and include a warm-up, pre-aerobic stretch, sitting and standing aerobics, strength exercises, a cool down and a final stretch. Chair yoga is held on Tuesdays when you will learn to strengthen your balance and flexibility. On Thursdays, join us for a Zumba Gold class where you will dance to a fusion of Latin and international music (no experience necessary!) at a modified intensity. It's a fun experience and great workout for all the elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Please check in with the instructor if you are joining the program for the first time so we can get some information on you.

Your donations also qualify for state and federal tax credits. A donation form is on the back page for your convenience. Thank you for your support of Lifetime Fitness!

34 Positive Things to Say to Your Child (even adult child) or Grandchild (or anyone, really)

1. I'm grateful for you.	18. Your opinions matter
2. I trust you.	19. Yes, me too.
3. You are valuable.	20. You are loved.
4. You can say no.	21. We all make mistakes.
5. I know you did your best.	22. I'm so glad you're here.
6. That was really brave.	23. I love your creativity.
7. Nobody is perfect.	24. Watching you grow up is the best.
8. You were right.	25. Being around you is fun.
9. You can say yes.	26. You are interesting.
10. We can try your way.	27. You are beautiful inside and out.
11. You make me happy.	28. I can't wait to hear about it.
12. I learn new things from you every day.	29. I'm listening.
13. That's a great question.	30. You are enough.
14. You make me better.	31. It's good to be curious.
15. I forgive you.	32. I love seeing the world your way.
16. You are very good at that!	33. Don't be afraid to be you.
17. You make my heart full.	34. I accept who you are.

March 6 Starts Sleep Awareness Week

Wake up and pay attention—this is important information!

Just like food and water, sleep is essential to life and well-being. It's so essential that we spend about one-third of our lives getting some *zzzz's*.

Our sleep needs change across our lifespan according to the National Sleep Foundation. Newborns are recommended to sleep 14–17 hours/day. Adults between the ages of 26–64 should sleep 7–9 hours; those over 64 need 7–8 hours.

Unfortunately, many of us are sleep deprived. Following these tips to help you get your best night's rest.

- Get up and go to bed at the same time every day.
- Practice a bedtime ritual: warm bath, warm non-caffeinated drink, reading are good examples. Try to find something calm to do.
- Do you nap too often or too late in the afternoon? Rethink your nap schedule.
- Get daily exercise. Some people do better by not exercising too close to bedtime though.
- Look at your bedroom. The best temperature is between 60–70 degrees. Too much light? Too noisy. Pets bother you too much?
- Invest in a comfortable mattress and bedding.

Happy dreams!

March is National Nutrition Month

The theme for this year's National Nutrition Month is "Savor the Flavor of Eating Right." The Academy of Nutrition and Dietetics draws attention on how to make informed choices when it comes to eating and exercise. Because how, when, why and who we eat with are just as important as what we eat, this year's theme encourages all to appreciate the flavor, social experiences and pleasure of eating. Here are some super easy recipes designed with older adults in mind. You'll find they are chocked full of vitamins and fiber, provide much needed protein, are heart healthy, and just plain taste darn good. And they require just a few ingredients. Enjoy!

Crustless Spinach Pie

- 2 tablespoons butter
- 2 eggs (large)
- 1/2 cup flour
- 1/2 cup milk (1%)
- 2 garlic cloves (minced, or 1/2 teaspoon garlic powder)
- 1/2 teaspoon baking powder
- 4 ounces mozzarella
- 2 cups spinach (chopped, fresh)

Preheat oven to 350 degrees. Melt butter or margarine in an 8-inch baking pan. Beat eggs well. Add flour, milk, garlic and baking powder. Pour into baking pan. Stir in cheese and spinach. Bake for 30-35 minutes or until firm and the cheese is slightly golden brown. Serves 2.

Immune-Boost Soup

- 1 small yellow onion, diced
- 1/2 cup chopped mushrooms (maitake or portabella)
- 1 head escarole, roughly chopped (can substitute with kale or chard)
- 1 can low-sodium white beans (can substitute with lima beans)
- 1 QT organic low-sodium chicken broth/stock
- Salt and pepper to taste

Saute diced onions and mushrooms in 1 TBS of olive oil. Add broth/stock and beans to veggie mix. Bring to a boil and then add escarole. Bring to a simmer, then add salt and pepper to taste.

Roasted Cauliflower

- 1 (2-pound) head cauliflower, green leaves trimmed
- 1/4 cup plus 2 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt
- 2 tablespoons fresh minced chives
- 2 tablespoons fresh grated parmesan

Put oven rack in middle position and preheat oven to 450°F. Lightly oil a 9-inch pie plate or square baking dish. Core cauliflower, leaving head intact,

then discard core and put cauliflower head in pan. Drizzle 2 tablespoons olive oil over top of cauliflower and sprinkle with 1/2 teaspoon salt. Bake until tender, about 1 to 1 1/4 hours. Transfer to a serving dish. In a small bowl whisk together 1/4 cup olive oil, minced chives, grated parmesan and black pepper. Place the cauliflower on a platter and drizzle the chive/cheese/olive oil mixture on top. Serve immediately. Serves 8.

Thank you for your recent Lifetime Fitness donations:

*Elizabeth Heneghan, Janet Rennell,
Janet Spencer, Susan Brown, Lucy Chin,
Nancy O'Connor, Carol Leitch,
Melissa Hubbard, Carolyn Schultz,
Miriam Weaver, Ronnie Shapiro*

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/community-programs>.

Housekeeping the Mess-a-llaneous Way

- Spend 10 minutes with a laundry basket going room to room. Pick up items that don't belong and put them in the proper room.
- Install a plastic or cloth shoe rack at the door. Stop clutter from going past it by putting items in. Then you can take time later to sort.
- Choose the proper size of dust pan with a rubber edge to catch all of the dust.
- Always clean from the top down.
- Use microfiber towels instead of paper. They clean very well and are reusable.
- Rub lemon oil twice a month on glass shower doors to allow water to run off easily.
- Create an attractive lost and found box. Put found items in it like game pieces and buttons. When you need it, you'll know exactly where to find it.

Please give to the instructor or send to:

**Kinesiology Community Programs
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.

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

\$25 \$50 \$100 \$150 \$240 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: _____

Please indicate shirt size for donations of \$100 or more (circle one): S M L XL XXL