It’s never too late to reinvent yourself. That’s one of the reasons Carolyn Worthington created September is Healthy Aging ® Month over 10 years ago. Carolyn is editor-in-chief of Healthy Aging Magazine. She encourages those who are 50+ years to take a look at where you’ve been and thinking about what you’d really like to do when $$$ is no object. Here are some suggested tips to get you started on reinventing yourself.

- Think back to a time when you were younger and had a very good year. How old were you? In your 30s? 20s? Now act that age and see if you don’t feel better about yourself.
- Make a conscious effort to walk like a healthy and vibrant person. Remember to wear good shoes.
- It’s hard to walk vibrantly if you’re not standing up straight! Hold your proud head high, put your shoulders down and back and hold your tummy in.
- Smile, smile, smile. ;) Not only does it keep negative people at bay, it makes people wonder what you’ve been up to. ;) Do you have yellow teeth? Over the counter whiteners work and are much less expensive than seeing your dentist for whitening. Then flash those brilliant whites. Remember, your teeth are often the first people see when they meet you.
- Use September to schedule health screenings, medical and dental appointments. Visit My Health Finder (www.healthfinder.gov/myHealthfinder/) to determine what tests/screens are appropriate for you. And if you’re not sure what Medicare covers, visit medicare.gov.
- Learn something new. Music, how to write or play an instrument, or how to work with clay or wood or fabrics. Washtenaw Community College offers free classes for those over age 65. Take advantage of our local free resources.

Labor Day Holiday
There will be no session held on Monday, September 7 due to the Memorial Holiday. Enjoy the day!

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. The first Labor Day was celebrated in New York City on Tuesday, September 5, 1882.

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One year of past newsletters are posted on our NEW website at www.kines.umich.edu/community-programs/lifetime-fitness.
Low Impact Exercise

Low impact exercise has lots of benefits for people as they age. It develops strength and endurance, reduces stress, helps us sleep better and puts us in good moods. Low impact exercise comes in four basic categories: endurance, strength, flexibility and balance. It’s important you get some exercise within each category. Choose something fun!

Hands down (or perhaps feet down), walking is the most common form of endurance exercise. I have lead a walking group (we are called the Sqwalkers because we squawk as much as we walk) for years. We meet each Saturday and I get to choose the destination. Each of us has discovered some beautiful new park or neighborhood never seen before. Walking only requires a good pair of shoes. Get out and explore! Swimming is another great low impact exercise. Not only are you conditioning your cardiovascular system, you are also stretching and strengthening your muscles. Don’t know how to swim? You can always learn. Check with your local health club or YMCA about lessons.

Lifting weights is a good example of a strength workout. Start with light weights and increase the weight over time. Try to do this at least twice a day with at least one day off inbetween workouts. So you don’t hurt yourself, work with a trainer if you don’t know how to do a movement. No pain is good pain.

Yoga and Tai Chi are both good examples of exercises that improve flexibility. Additionally, you are improving your balance and strength when you practice. If you can’t find a yoga class for older adults, try a beginner class. A good instructor can help with modifications so you get the best benefits. Both also have the benefit of reducing stress.

And almost everything you do (except sleep), requires good balance. Exercises that help retain or strengthen balance include standing with your eyes closed. Try lifting a light dumbbell while standing on one leg or while seated on a stability ball.

Variety is key. Try to mix up your activities but aim for some that fall into each category each week. And remember to choose activities that are fun!

Autumn Safety Tips

It’s been a pretty nice summer, hasn’t it? With autumn just around the corner, here are a few safety tips to keep in mind.

- Make sure your home heating system is in good working order. If it’s time to have it’s annual maintenance check up, schedule it now before it gets cold.
- Soon leaves will drop. Keep your stairways and walkways clear of debris so you don’t trip, especially on slippery wet leaves.
- Be sure to check with your local fire agency about any rules for burning leaves. Don’t burn on windy days.
- Deer activity picks up in the fall. Be on the lookout for them on or near the roadway when driving.
- Be cautious of leaf piles near a curb. Children love to play in them.
- Raking leaves is good exercise. But it can be strenuous. Take frequent breaks. There will always be more leaves to rake!

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 August, just over $3600 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!
Healthy and Delicious (and Cheap)

Nutritious and delicious food doesn't have to be expensive. You can save money by purchasing many items in bulk. When items are on sale, get two. You can always freeze meats to use later. Here are some recipes that fit the pocketbook.

**Lettuce Wraps**
- 1/2 sweet yellow onion, diced
- 1 red bell pepper, diced
- 1 clove garlic, minced
- 2 cups eggplant, diced
- 1/4 cup chopped water chestnuts
- 1 block extra firm tofu, cut into small cubes
- 1/4 hoisin sauce
- 1/4 cup fresh cilantro, chopped
- 1 head iceberg lettuce

Coat a large nonstick skillet with cooking spray and place over high heat until hot. Add onion, pepper, garlic, eggplant and tofu and sauté until soft, about 5 minutes. Add chestnuts and cook another minute. Add hoisin sauce and toss to coat vegetables in pan. Sprinkle with cilantro. Slice lettuce head in half and separate out the individual leaves. Wash and dry leaves. Place two leaves on each plate and fill each with about 1/3 cup of the vegetable mixture. Serves 4. Cost per serving: $1.85 Cost per recipe: $7.39.

**Tomato Basil Frittata**
- 3 eggs + 3 egg whites, whisked together
- 1/2 cup nonfat milk
- 3 Roma tomatoes, seeded and chopped (or 10 grape tomatoes, halved)
- 1/2 cup basil, sliced thin
- 1/4 cup fresh parmesan cheese
- 3 cloves garlic, minced
- cracked black pepper

Preheat oven to 350 degrees. Coat a glass pie pan with cooking spray. Whisk all ingredients together and pour into pan. Bake 25 minutes or until eggs are set. Cool 5 minutes before slicing. Serves 4. Cost per serving: $0.82. Cost per recipe: $3.28.

**Pocket Eggs with Soy-Sesame Sauce**
- 2 tablespoons reduced sodium soy sauce
- 1 teaspoon toasted sesame oil
- 1 1/2 teaspoons rice vinegar
- 1 tablespoon minced scallion greens
- 4 teaspoons canola oil
- 4 large eggs
- 2 teaspoons black sesame seeds (white ok too)
- 1 tablespoon dried basil
- 1/4 teaspoon ground white pepper

Combine soy sauce, sesame oil, vinegar and scallion in a small bowl. Set aside. Heat canola oil in a medium nonstick skillet over medium heat and swirl to coat. Crack 2 eggs into a small bowl; crack the remaining 2 eggs into a second small bowl. Working quickly, pour 2 eggs on one side of the pan and the other 2 on the other side. The egg whites will flow together, forming one large piece. Sprinkle sesame seeds, basil and pepper over the eggs. Cook until the egg whites are crispy and brown on the bottom and the yolks are firmly set, about 3 minutes. Keeping them in one piece, flip the eggs using a wide spatula and cook until the whites turn crispy and brown on the other side, 1 to 2 minutes more. Pour the reserved sauce over the eggs. Simmer for 30 seconds, turning the eggs once to coat both sides with sauce. Serve in wedges, drizzled with the pan sauce. Serves 4 for under five bucks.

This is a popular way to cook eggs in Wuhan, China. Serve over rice or noodles.
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:

Joan Homyak, Katherine Litow, Melissa Hubbard, Kathleen Foyle, Ann DeFreytas

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: ____________________________