

CHAMPS Newsletter

Community Healthy Activities Model Program for Seniors

March 1998

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CHAMPS Workshop Dates

Workshop #9: Exercise Options and Progression

Rain or shine, come join us on:

Wednesday, March 18th
from **2:30 to 4:00 PM**

- Try some new moves with a local folk dance instructor.
- Review safety issues and critique exercise videos available at the public library.
- Determine if your current physical activity program is optimal for reaching your goals.
- Identify ways to increase strength, endurance, flexibility and balance.

Please call by: **✦ Tuesday, March 17th** to sign-up.



Just a reminder...

Workshop #10 is the last workshop in our series. At this workshop we will provide you with your individual physical evaluation scores.

Workshop #10 will be held several times throughout the next few months. **Sign up will occur once your 24-Month Evaluation is complete.** If you have any questions about this workshop, please contact your exercise counselor at the CHAMPS office.

Clinic Lectures

The clinic's Education Department is offering the following lecture:

March 11th: Now Where Did I Put My Keys?
2:30 to 4:30 PM

This lecture will take place in the auditorium. To register call: (xxx)xxx-xxxx.

CHAMPS Headliner



Group A participants may recognize the name of our headliner – *Participant Name*. He was highlighted two years ago for his enthusiasm and dedication to staying fit so that he could keep playing golf.

Now, at a young age of 92, this participant has once again motivated and impressed us all. This fall, he had a tough time with pneumonia. The rains were also making it difficult to get out there and golf. One day he noticed that his watch band was slipping around on his wrist. He said, "I knew I must be getting weak all over and I needed to do something about it."

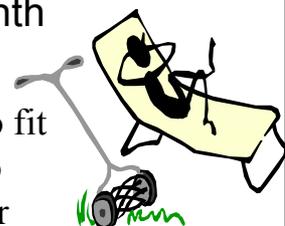
This participant took action and signed up for a Foothill College exercise class - the first exercise class of his life! Now he is using exercise machines for upper and lower body strengthening, plus using the treadmill and stationary bike 3 to 4 times per week. After a workout last week, he still had the energy to go hit a bucket of balls. He'll be ready for golf this season and rumor has it that he'll be showing off some new strong, rippling muscles!

CHAMPS Myth-Buster of the Month

True or False?

If you haven't been able to fit more physical activity into your life by now, it's never going to happen.

See back page for answer



Tip of the Month: The Surgeon General's Recommendations for Physical Activity



Experts agree that for better health, physical activity should be performed regularly. While this is old news for CHAMPS participants, we thought we'd share the recommendations from *Physical Activity and Health, A Report of the Surgeon General, 1996*.

- * You're never too old to exercise.
- * People of all ages should include a minimum of 30 minutes of moderate intensity exercise on most, if not all, days of the week.
- * Greater health benefits can be obtained by taking part in physical activity of more vigorous intensity or of longer duration (as long as medical concerns are addressed).
- * Supplement endurance activities with strength-developing exercises at least 2 times a week. Strengthening exercises help to improve musculoskeletal health, maintain independence in performing the activities of daily life, and reduce the risk of falling.

How can you reach these goals? The Surgeon General's report suggests you start with what you are currently doing and slowly add activity to each of your days. In Aesop's classic fable, it's the tortoise that wins the race; our CHAMPS workshops have emphasized this same "slow but steady" approach to reaching your fitness goals.

Limit your progression to 10% a week. For example, if you now walk 20 minutes a day, try 22 minutes a day next week.

There are four approaches to increasing your activity:

- 1) **Add new activities** (one at a time) to balance your fitness program. Try dance, tai chi, check out a community class, go walking with the Sierra Club. The opportunities are endless!
- 2) **Increase the frequency** of the activity you are currently doing. Moderate level (work effort from 11 to 13) endurance, flexibility and

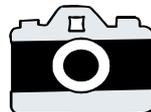
balance activities can be done every day of the week. Strength activities are usually recommended 2-3 times a week (more often is "O.K." if the intensity is light).

3) **Increase the intensity** (work effort) of the activity. For instance, try walking slightly faster. **Check with your physician before progressing to a vigorous effort** (work effort 14 and above).

4) **Increase the duration of the activity**. For example, swim an extra lap or gently hold a stretch a few more seconds.

If you have any questions about increasing your activity, give us a call at the CHAMPS office.

Say "Cheese" for Research!



We need photos or slides of you, your family, or friends involved in vigorous physical activities such as tennis, basket-ball, skiing, hiking, cycling or military exercises to help illustrate one of our staff's research paper on lifetime physical activity. She will present this paper at the annual meeting of the Society of Behavioral Medicine. Your old photos from the 1920's through the 1970's would be especially welcome. Please call the CHAMPS office at 323-0601 as soon as possible. She will make a copy of your photo and return the original.

CHAMPS Myth-Buster of the Month

False!



Research has shown that the amount of progress people make as they follow health promotion programs such as CHAMPS is directly related to how ready they were to make a change at the start of the program. If you felt uncertain about becoming physically active when you joined CHAMPS, it might take you a long time to make beneficial changes. **HOWEVER**, don't give up! Research also has shown a considerable "delayed effect" for health promotion programs. In other words, when you're ready, you'll be able to fit in more activity. Read the **CHAMPS Headliner** for an example of this!