

# Pleasanton Weekly

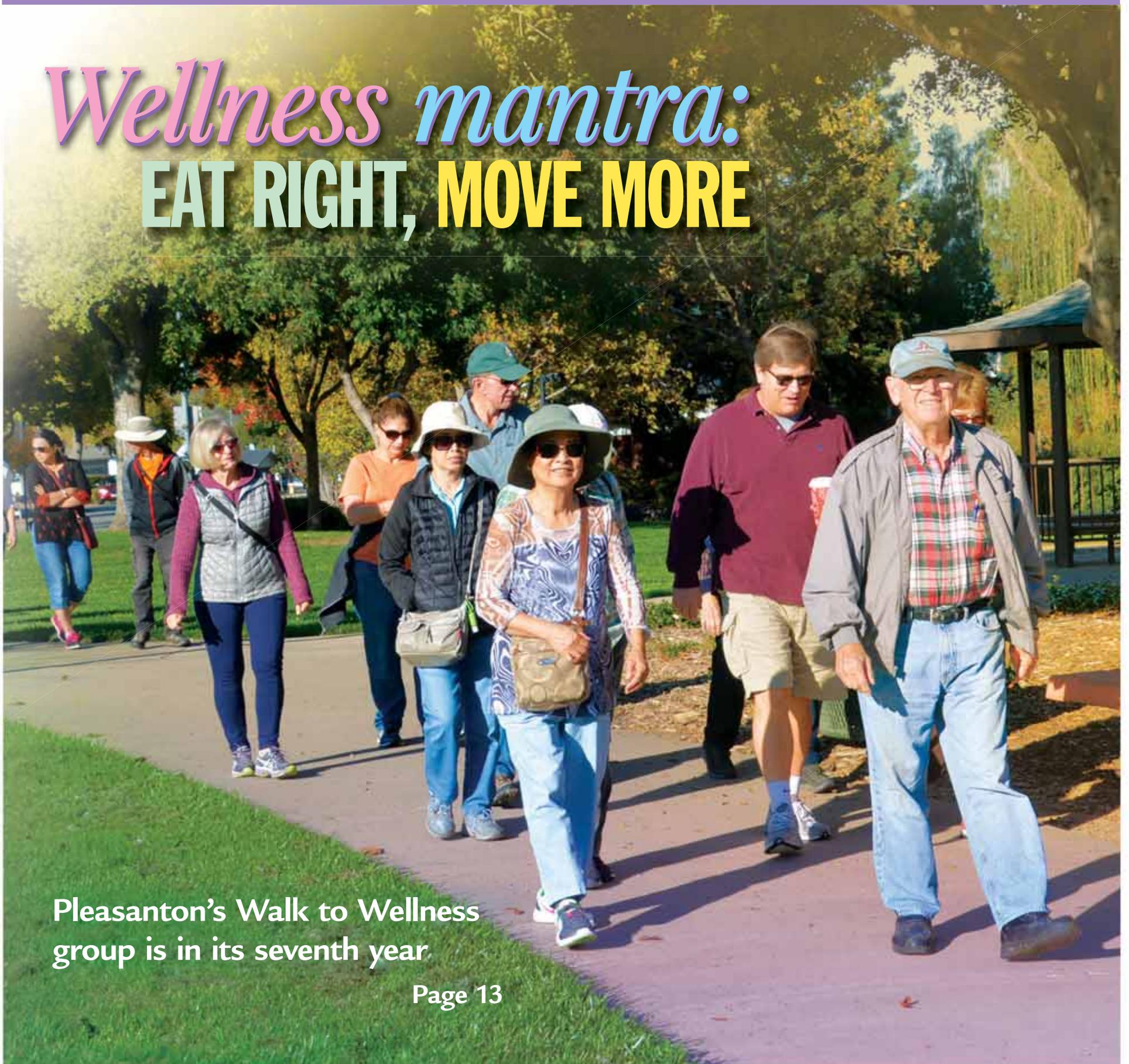
Staying  
**Healthy**  
SPRING 2017

INSIDE THIS ISSUE

VOL. XVIII, NUMBER 11 • APRIL 7, 2017

WWW.PLEASANTONWEEKLY.COM

## *Wellness mantra:* **EAT RIGHT, MOVE MORE**



Pleasanton's Walk to Wellness group is in its seventh year

Page 13

- 5 | **NEWS** County inducts Women's Hall of Fame class
- 11 | **PULSE** PPD announces promotions, new hires
- 18 | **SPORTS** Local lacrosse, golf, baseball and more



**Sanie Zehra, MD**  
Board Certified in Family Medicine  
Board Certified in Geriatrics Medicine



## Come Experience Patient Centric Care!

### Livermore Family Medicine & Geriatrics, Inc.

Call Now to Make an Appointment: 925-344-4450

1050 Murrieta Blvd, Livermore, CA 94550

Care for the Whole Family provided by our Board Certified Physicians!

Visit us @ [LFMGINC.COM](http://LFMGINC.COM)

Our physicians are affiliated with Stanford Health Care – ValleyCare Medical Center

## STAYING HEALTHY — SPRING 2017



CONTRIBUTED PHOTO  
Participants celebrate their fitness test results in February, including (front row, left to right) Regina Wang, Sally Suezaki, Tom Treto, Jean Legall, Dora Gin, (middle row) Maryann Stevens, Cynthia Harris, Lola Bobba, Marge Johnson, Grace Jenner, (back row) Juanita Dennis, Ken Posard, Joan Faith, Harvey Bruischart and Alice Athenour.

## Seniors improve fitness with new program

Creekside Assisted Living opens exercise class to local residents

Creekside Assisted Living in Pleasanton has had good results with residents participating in an onsite fitness program, which is open to any senior living locally.

The program is being run by Live 2 B Healthy. Each participant is given an initial baseline fitness test to assess balance, upper and lower body strength, and stamina. Residents participate twice a week in a 45-minute exercise class, and their fitness is assessed three times per year against their baseline test.

Many studies have shown that regular exercise allows seniors to improve their health and regain control of their daily living activities, according to a statement from Creekside. Live 2 B Healthy has proven just

that, showing improvements in participants' balance, sleeping and eating habits, improved cognitive skills, reduced medication and a reduced number of falls.

Participants look forward to the next fitness testing day to see the proven results of their hard work and dedication. The residents have witnessed various health benefits and enjoy the opportunity to socialize in a fun atmosphere, according to Creekside officials.

Creekside is offering the program to everyone in the community. Any Pleasanton-area senior who would like to join the class should contact Kym G. Peck at 417-0589. The classes are free. ■

—Dolores Fox Ciardelli

## WALK

Continued from Page 13

the Anschutz Health and Wellness Center in Colorado.

"He says to cut 100 calories from your daily meals and add 2,000 steps — that way, it is easy to do," Sutton explained. "It's one of my favorite pieces of advice. He focuses on a doable thing."

Suski remarked how easy it is to spend an hour or two walking with others each Saturday morning — plus it gives her a sense of community. Newcomers are made to feel welcome.

"We have been averaging 15-20 walkers each Saturday," Long said. "At times, we have had three generations of families walking with us, from babies in strollers through grandparents."

Long emails a weekly newsletter that lists each week's destination to more than 600 subscribers.

"Several people have said they read about new places and see pictures that inspire them to go exploring on their own," Long said.

Recently 18 walkers joined the group to explore a section of the Arroyo Mocho Trail in Livermore that has fish ladders — structures that allow migrating fish to pass over obstacles.

"There is always more to learn about our area," Long said.

The walks are led by volunteers that Long calls "Walk Stars," who include Karl Aitken, Charlene Lam, Larry Nova and Bob Pratt.

Dolores Bengtson, former head of Pleasanton's parks department, also leads walks, sharing stories about the creation of the parks and insights about the flora and the fauna, Long said.

"We had 142 walkers for the Halloween visit

that Dolores had for the cemetery," Sutton said, remarking this was the most who had ever joined the walk. "We had three once in the driving rain. That was the fewest we ever had."

The group walks, rain or shine, unless "the rain is blowing sideways."

The weekly walks are mostly in and along Pleasanton parks and trails, but the group has also explored destinations in Dublin, Livermore, Sunol, Danville and even San Francisco. Walkers often have brunch together after the walks at local restaurants, including the Stable Cafe at the Alameda County Fairgrounds.

Four times a year, Nancy and Gary Harrington lead guided tour of local public art, much of it donated to the city by them. The art includes sculptures, murals and decorated bus stops and utility boxes.

"What a wonderful community we live in," Long remarked.

To request the free weekly e-newsletter, email [walks@WorldWalkToWellness.org](mailto:walks@WorldWalkToWellness.org). ■

### Next walks

**Saturday** Two walks are planned for tomorrow: Art Walk South with Nancy and Gary Harrington, starting at City Hall parking lot, 9-11 a.m.; Centennial Park to the eastern end of the Marilyn Murphy Kane Trail, 8:30-9:30 a.m.

**April 15:** Kottinger Park, with optional no-host brunch afterward at Stable Cafe (Alameda County Fairgrounds Gate 12). Walk begins at 8:30 a.m.

**April 22:** Shadow Cliffs Regional Recreation Area, walk led by Dolores Bengtson, 8:30-10:30 a.m.



[www.PleasantonPediatricDentistry.com](http://www.PleasantonPediatricDentistry.com)

Pleasanton Pediatric Dentistry specializes in making your child comfortable during dental procedures.

Our dentists are experts in:

- ★ Infant Oral Care
- ★ Kids, Teens, Young Adults
- ★ Dental Emergencies
- ★ Sedation Dentistry
- ★ Special Needs Children

Make Pleasanton Pediatric Dentistry your child's dental home!

**Pleasanton Pediatric Dentistry**  
1443 Cedarwood Ln, Suite D, Pleasanton  
925-846-KIDS (5437)

Other locations in Alameda & Oakland

