

Prime Time For Seniors

FREE!

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NEWSPAPER

Serving Colorado's Senior Community over 33 years
www.MyPrimeTimeNews.com



Not Just Another New Year's Resolution

As we age, we change – often in unexpected and delightful ways. For me, one of the most profound changes in my life has been my understanding of the word “fitness”. In my twenties and thirties, fitness meant reaching a goal – training for a competition or to fit into an outfit for a date. In my forties, it became something I struggled to even fit into my schedule, as children and work exhausted me too much to even consider running a marathon or attend an event requiring a little black dress. Thankfully, around about the same time the AARP applications started arriving in my mailbox, I had realized that fitness meant more to me than accomplishing some short-term goal.

So, what is fitness and what does it look like in the second half of our lives? We hear that it is important to maintain physical fitness from the “experts”, but, when our priorities in life change, how do we gather the inspiration to continue training for something that lacks a goal with a specific date stamp, like a race day or a wedding? For me, the motivation for continuing my fitness training is learning to accept that short term goals and New Year's Resolutions are not going to cut it anymore.

To those of you reading this who are dismissing your need for physical fitness in your 70s, 80s, 90s, or who have begun the trudge down the less desirable path of chronic pain and age-related illness, it may be difficult to even imagine how you would begin to renew the desire to participate in fitness-related activities. Live 2 B Healthy® brings age-appropriate fitness classes into senior living communities across the country. All of our classes are led by Nationally Certified

Personal Trainers who are experienced in training individuals with various adaptive fitness needs. Our classes range from chair yoga, to one on one personal training, with everything in between. Most important of all is that our goal with our classes is renewal of physical abilities. When we begin a class in a new location, we test all of our class participants to provide them with a baseline to measure their growth by. Our fitness tests measure Balance, Upper and Lower Body Strength and Flexibility. As seniors, maintaining and renewing our balance, strength and flexibility are the goals that will most benefit our longer-term goals of remaining independent.

“Live 2 B Healthy’ absolutely has been helping me! Since my stroke I’m feeling stronger and my medicines have changes for the better, and I think it is in part due to my coming to class

Derek gives me instructions for what I need.”

Laverne H.
Age 90 Kipling Meadows

Not only does Live 2 B Healthy® benefit our class participants by helping them remain physically independent, but the group fitness classes also provide a social benefit as well. A relatively healthy physical body can be handicapped by a neglect of social health as well. On the other hand, seniors who regularly participate in social activities remain more engaged in life and motivated to continue healthy practices. If we are surrounded by other seniors who are active and involved with life, we will remain mentally and spiritually healthier.

“It’s a credit to this L2BH class and our instructor that I have improved over 94% in my lower body strength and 150% in balance. I really enjoy relating to others in class too!”

Sam W. age 82 Brookdale Mtn View

Beginning on January 1st, 2019 local senior living communities in the Denver area will be participating in a month-long contest to be named “The Most Fit Live 2 B Healthy® Community” in the nation. To do this, the winning community will increase their average class participation by the highest percentage during the month of January. Brookdale Meridian Englewood, Brookdale Mountain View, Brookdale Park Place, Five Star Residences of Dayton Place, Kipling Meadows,



St. Andrew's residents enjoying class



Legacy Of Lafayette residents enjoying class



Kipling Meadows residents enjoying class

Legacy of Lafayette, and St. Andrew's Village are welcoming new class participants throughout the entire month and throughout 2019. Please contact Claire Allen (720) 485-4124 to find out more information regarding free classes. Make it a goal to attend every available class during the month of January. As you leave the class every day, notice

how good you feel after having completed it. Remind yourself often of that feeling, especially as you are making the decision to go again the next day. It is our hope that FREE classes will help more Denver area seniors to begin to develop a habit of regular fitness that will endure throughout the remainder of their lives.

Brookdale
Meridian Englewood

Brookdale
Mountain View

Brookdale
Parkplace



A Fresh Take on Senior Living

ST. ANDREW'S
VILLAGE
A WATERMARK RETIREMENT COMMUNITY

The Legacy
LAFAYETTE
An Assisted Living Community

FIVE STAR RESIDENCES
OF DAYTON PLACE
A FIVE STAR SENIOR LIVING COMMUNITY

Live 2 B
HEALTHY.