

Prime Fitness

July

August

September

Happy birthday Capital Manor!

In honor of Capital Manor's 60th birthday this August we wanted to explore the trends and share what was happening in the world of exercise 60 years ago.

Chances are you might recognize the man on the right. The Jack LaLanne show was televised for 35-years, the longest running exercise program on television! LaLanne was known for promoting a healthy lifestyle of daily exercise and eating a balanced diet. His presence in the health world reached a great number during the 60s, showing people across America how to exercise at home. He practiced what he preached. LaLanne died at age 96 and didn't miss a day to get his two hours of exercise in, pretty impressive.



"That is the beautiful part about weights: even if you are 100 years old, you can lift something. Maybe it's only a half a pound or two pounds. It will still do something."
-Jack LaLanne

Another trend you might remember from this time was vibrating belts. These were thought to give you the fat reducing results with out exercising. These devices had their popularity through out the 60s and 70s.



Health
is wealth

What to know about staying hydrated as summer approaches

Do you find it hard to drink enough water throughout the day? Well, you are not alone. Research suggests that around 75% of Americans are chronically dehydrated.

As we age it can be difficult to maintain hydration due to several reasons.

- Our bodies naturally hold less water, changing our body composition.
- Medications can cause an increased risk of dehydration
- We have a decreased thirst response.

Now you might be wondering, how much water do I need to drink? According to the National Council on Aging one should drink 1/3 of their body weight in ounces.

Example, if someone was 150 pounds, they should drink 50 ounces of water each day.

Here are some signs of dehydration to look out for:

- Headache
- Dizziness
- Nausea
- Dry mouth
- Confusion
- Urinating less than usual

Contact us:

Wellness Coordinators:
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Upcoming events:

July

- 7/20: Wellness under the tent
- Getting Up Class: Tuesdays at 1:30 (preregistration required)

August

- Mini Golf Outing: 8/25, time TBD)

September

- Off Campus Hike: destination, date and time TBD
- Red Cross Blood Drive: 9/20, 10:00am-3:00pm. By appointment.

