

HEALTH AND *Wellness* 2016



MARCH
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SPRING

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Fit for Life P2



HAHRC P3



Strong Women P4

Fitt Loft raises new health opportunities

KIRBY NEUMANN-REA
News editor

Plenty of work went into the newest workout space in town. And, like an individual's workout plan, more testing and flexing will be done before "Fitt Loft" at Hood River Middle School reaches its full potential.

"This is totally in process, as in how do we get kids in here, and needs are being discovered all the time. We know we can't bring 40 of them (students) in here," said Health Teacher Kyle Turner, who has worked with his teaching partner, Stacy Claus, to turn a former storage space over the old gym into a place of healthful activity.

"There are situations where you can get kids who really need (a workout) or kids who miss PE and need to make it up, and we can say, 'meet me in the Fitt Loft and we'll do a workout.'"

Turner and Claus, along with Marge Gale, with whom Claus shares her position, are finding new ways each week to schedule individual students. Wrestlers and other students have come in after school, and a "zero period" schedule for the loft is under consideration to give students and staff more options. The loft also eliminates the need to make arrangements with local gyms to schedule students who needed special attention.

Claus and Turner began transforming the space last May, and the weights and machines have been in use since fall.

Under the teachers' supervision, students lift kettle bells and toss wall-balls, and use cushy floor mats for sit-ups, pushups and other exercises to develop the upper body and core.

Vinnie Schlosser of Hood River (a long-time coach) built a pull-up

rack that will hold four or five people at a time.

For years, the loft was used for Community Ed storage, stocked with everything from basketballs to snowshoes (all since moved off campus or relocated to a storage room next to the locker rooms.) Now, the loft space is visible through wooden frames and a wire enclosure, with the added advantage of more light in the gymnasium.

"We keep cardio (workouts) to a minimum, though we do have the rowing machine and spin machine, but what we mostly focus on is muscle-building, such as abdomen work and building up the core, and endurance," Claus said.

The loft has helped one student work on lower body strength after coming off knee surgery, and a workout partner relationship developed with another student, "a kind of Cross-fit kid," who wanted to focus on his chosen sport, mountain biking, according to Taylor.

The Fitt Loft is one more way the school can meet students' needs by balancing the team sports that are part of the PE activity with individual fitness pursuits, according to Turner.

Instead of transferring out of PE, a student can come in and do a workout while Turner is conducting class in the adjoining MPR gym space, as Claus would be supervising classes in the old gym.

The Fitt Loft also helps students in meeting their individual workout plans that are integral to the Fit for Life curriculum (see sidebar). Students can look at the white-board for a personalized workout, or use a general one written by Claus or Turner, or choose a 5-by-7 card with a specific workout for upper body, core, or general exercise.

Tuesday's assignment called for two repetitions of 15 pullups, 30 sit-ups, 20 pushups, 15 squats, 15



EIGHTH graders Erich Lizama and Chloe Swanson work out in Fitt Loft at HRMS at top, while Ollie Stevenson, left, and Hunter Chamness toss a weighted ball for upper body development. Photos by Kirby Neumann-Rea

ON THE COVER: Hood River Middle School teachers Kyle Turner and Stacy Claus use the pullup bar in the Fitt Loft they created above the historic old gym.

kettlebell swings, and 15 dips.

The prepared regimens help because "not everybody does fitness stuff every day, so without having to think about it they can grab one, based on what they want to work on: core, or upper body, or full body exercise," Turner said.

The teachers have donated their own time on the project, painting, installing the mats, and removing old shelving, but recently they were granted an hour paid time a week to work on the project under the district's program of enabling teachers to work on

professional goals including student performance and community engagement.

Claus said that teachers want to use the loft on weekends, meaning "eventually we need to develop policies, but we've just been cleaning as we go," Claus said.

They plan to make the space available to the community, through Community Ed.

"It would be through us offering classes, and we'll be willing to do that," she said.

'Fit for Life' explained

The holistic Fit For Life curriculum, formulated by Claus over the past 15 years, covers benefits of exercise including

physical, mental, and social benefits, motivators to exercise, areas for health-fitness, and evaluating and improving fitness. Also covered is aerobic vs. anaerobic exercise, building

muscle strength and endurance, and the body's responses to exercise. Students also learn about metabolism and weight management, energy balance (calories in-calories out), healthy

body fat levels and obesity, fitness myths and media brainwashing, nutrition and healthy eating habits, macronutrients, and eating disorders.

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Meditation

3 quick ways

to meditate,
practice
mindfulness
at work, home

KELLI KENNEDY
Associated Press

FORT LAUDERDALE, Fla. (AP) — Setting aside even a few minutes a day for meditation and mindfulness can sometimes feel like just one more thing to do. We asked meditation teachers from various disciplines to share some quick and easy ways to help stay grounded at work, at home or on the go.

Mindfulness At Work from Sharon Salzberg, meditation teacher and author of "Real Happiness"

It's totally private, you don't have to sit cross-legged on the floor and start chanting. No one will know you're doing it, but breathing is a powerful, simple way to come back to yourself and center yourself.

Don't pick up the phone on the first ring. Let it ring three times, stop and breathe and then pick it up. Start to train yourself to use the sound of the phone ringing as a signal and use that time to take a breath and come back. It's a way to cut through crazy momentum of the work day. The same can be done with email. Don't press send right away, just take a few breaths and then read it again.

The M-Word Technique from Emily Fletcher, former Broadway actress and founder of Ziva Meditation

Sit with your back supported and your head free. Check the time then close your eyes. Gently hear the word "one" in the background of your mind. You will have other thoughts and that's OK, simply come back to the word "one" when you notice you are fantasizing about what kind of snack you would like. Don't worry about the tempo, be easy and effortless.

Check the time as often as you like while you train yourself to feel what five minutes feels like. After five minutes has passed, keep the eyes closed and let go of the word inside.

Finish with a few minutes of gratitude. List the three things you are most grateful for right now. Let that bring a smile to your face. This is simple but will give your body rest so you can perform at the top of your game.

Enjoy Chocolate from Andy Puddicombe, a former Buddhist monk and co-founder of the 10-minute meditation app Headspace

Break off a square of really good chocolate. Before you pick it up take a couple of deep breaths, breathe in through the nose and out through the mouth, to allow the body and mind to settle. Take a moment to appreciate the chocolate. Where has it come from? Try and imagine the different ingredients in their natural growing environment, the people who might have grown it.

Before you begin to eat it, pause to notice if there's a feeling of impatience. Is there pleasure and excitement? Or guilt or unease? Take a minute to explore it with your eyes, nose and hands. Look at it closely, smell it carefully and then touch it to see how it feels.

Stride or stroke into spring

on the trail or in the pool



DR. Michael Becker takes his daily run on the Westside Trail where it crosses West May Avenue, part of the network of community trails the Parks and Recreation District has developed in the past 10 years. Photo by Kirby Neumann-Rea

MARCIE WILY
Aquatic Center Supervisor
Hood River Aquatic Center

We are closing in on springtime, and being proactive is a key for good health. Hood River Valley Parks and Recreation District and the Hood River Aquatic Center offer a variety of ways in which you can sprint into spring and get a head start on your fitness and swimming skills.

As the weather gets nicer, spring for a walk or jog on Hood River Parks and Recreation's Indian Creek Trail or Westside Community Trail. Both trails connect to various neighborhoods in the community. The skate park, disc golf course, and our neighborhood parks offer so many outdoor options to get fit this spring. They include adult exercise machines, covered basketball courts, open field space and youth play features. For a full list of classes and parks and trails, visit www.hoodriverparksandrec.org.

If you are interested in the future of parks in our community, the City of Hood River, in cooperation with other agencies, is forming a Parks Working Group. The Group will examine the need for future parks, trails, and open space as our community grows. Stay tuned for more information on this group.

Swimming is a highly aerobic sport. It uses all the major muscles in the body, with little impact on the body. The Hood River Aquatic Center offers swim and aqua classes for all ages and skill levels.

For adults who have had little swimming experience, the Hood River Aquatic Center is now offering Learn to Swim classes for older kids and adults. Class sessions last three weeks and take place on Monday and Wednesday evenings. This class is for middle school aged children through

adults. It focuses on gaining confidence in the water by honing on key skills. These include back and front floats, rhythmic breathing, survival strategies and introduction to stroke basics.

During the month of April, the Aquatic Center will offer five free swim lessons to adults 18 years of age and older in honor of Adult Learn to Swim Month. Stay tuned for more information about this event.

If you already know how to swim and want to increase your skills in the water, as well build more strength, the Aquatic Center offers an adult lap swim class from noon to 1 p.m. every Wednesday. It is called the Power Hour. The class focuses on stroke technique and an introduction to interval training. It also offers plenty of ideas for spicing up a lap swim workout.

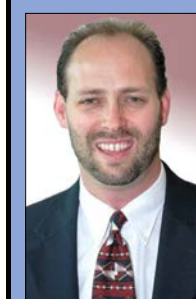
For those looking for aqua exercise, the Aquatic Center offers a water aerobics class Monday through Friday from 11 a.m. to noon. The class helps increase aerobic capacity and

strength through the use of aqua barbells, noodles, and the body's natural resistance in the water.

Swim lessons teach skills for a lifetime of fun in the water. It's never too late to start thinking about making sure children are ready for safe swimming this summer. The Aquatic Center offers youth swim lessons year round, beginner through advanced level classes. Classes are three weeks long and run on Monday and Wednesday evenings. More classes are being added for classes with waitlists.

Healthy Active Hood River County (HAHRC) is our community healthy living coalition. We promote wellness through increased physical activity, healthy eating, tobacco use prevention, behavioral health, prevention of addictions and policy and environmental change. Join us at our next meeting March 22, 11:30 a.m. to 1 p.m. at Providence Hood River Hospital Boardroom.

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STRONG WOMEN

Programs Keep the Gorge Actively Aging

LAUREN M. KRAEMER, MPH
Extension Family and
Community Health Faculty
Oregon State University/Wasco
and Hood River County Extension

We all know a story about an elderly woman who was doing just fine until she fell and broke her hip. Maybe this story is about your own mother, your grandmother, your wife, your neighbor, or the woman you used to see at church. Maybe she was active up to that point, went out with friends, played with her grandkids, volunteered a bit, and was a regular at the senior center. Maybe it was something silly that did it... slipping on the bathroom rug, tripping over the dog, or getting her foot caught in the garden hose. Maybe breaking her hip was the beginning of the end.

For many women it is. According to a Kaiser Permanente Center for Health Research Study funded by the National Institutes of Health, women between the ages of 65-69 who break a hip are five times more likely to die within a year than women of the same age who don't break a hip. The study suggests that it is the hip fracture itself, and not just poor health, that puts these women at higher risk of dying.

The researchers also found women are at the highest risk of dying within the first three months after hip fracture, illustrating that surgery and immobility lead to other complications that ultimately result in their death. This was proven by study findings that showed many of the women started out in excellent health, but the hip fracture was so devastating that many of them didn't recover. So if the hip fracture is the problem, it seems the most successful prevention strategies would help women avoid breaking their hip in the first place.

Among the prevention strategies currently being employed to avoid hip breaks are calcium and vitamin D supplementation, smoking cessation programs, assessments to make sure homes and surroundings are fall-proof, and weight-bearing and balance exercises. This final strategy is the one I would like to emphasize because OSU Extension has a program designed specifically for this purpose—Strong Women.

The Strong Women Program was developed at Tufts University and is based on the research of Dr. Miriam Nelson. Nelson has authored numerous books on strength training and bone health. These volumes, with titles like "Strong Women, Stay Young" and "Strong Women, Strong Bones," outline various exercise routines sprinkled with research to illustrate the importance of weight-bearing physical activity to ensure the maintenance of bone density and bone health as we age. Nelson's research also inspired the development of hundreds of community and Extension Service programs around the nation that teach strength and balance exercises to women (and men) to help prevent bone breaks among aging and elderly individuals.

There are several active Strong Women (and Strong People) programs around the Gorge. See the table below to find more information on a program in your neighborhood.

1) Mondays & Thursdays 8 to 9 a.m.
Lyle Activity Center, Hwy 14 and 3rd Street, Lyle, WA

Contact: Debbie McDonald:
Debbie.McDonald@oregonstate.edu
or 541-386-3343 x38252

2) Mondays, Wednesdays, and Fridays 9:30 to 10:30 a.m.

Mt. Hood Town Hall, 6575 Highway 35, Mt. Hood, OR
Contact: Ann Dow:
anndow@me.com or 503-708-6469

3) Mondays and Wednesdays 12:40 to 1:40 p.m.

Mosier Senior Meal Site,
501 East 2nd Street, Mosier, OR
Contact: Karen Bailey:
dkbailey60@gmail.com



4) Tuesdays & Thursdays 1 to 2 p.m.
Old Wind River Middle School
in Carson, 390 Gropper Rd,
Stevenson, WA

Contact: Rochelle Forrester:
rochelle.forrester@yahoo.com

5) Tuesdays & Thursdays 2 to 3 p.m.
Klickitat County Senior Services,
White Salmon, 501 NE Washington
Street, White Salmon, WA

Contact: Jill Parrott:
jillp@co.klickitat.wa.us

6) Tuesdays & Thursdays
5:30 to 6:30 p.m.

White Salmon Seventh Day
Adventist Church, Fellowship Hall,
531 Tohomish, White Salmon, WA
Contact: Irene Hill:
irene.hill533@gmail.com

These programs are led by local volunteers who have been trained in Strong Women program facilitation. Their on-going success is due to the fact that once the participants become stronger and more active, they are hesitant to let the program end. For that reason, we hold regular Strong Women Leader trainings, so more leaders can be trained to facilitate programs and pitch-in, take-over, or start their own groups. Our next leader training is scheduled for Friday April 8 from 8:30 a.m. to 4:30 p.m. at the Hood River County Extension Office in Hood River. The cost is \$25 for Hood River, Wasco, Sherman, Gilliam, and Wheeler County residents thanks to a local Area Agency on Aging Sponsorship and \$100 for out-of-county residents; the fee includes a Strong Women Leader Manual, as well as meals and snacks. Pre-registration is required and information can be found on-line: <http://extension.oregonstate.edu/hoodriver/strong-women> Please note

that the application deadline is Friday, March 25th.

I hope you will consider joining us. If you want to participate in a program, but don't feel up to being trained as a leader. Please contact me so we can match you with a program closest to you. Lauren.Kraemer@oregonstate.edu or 541-386-3343 x38258.

I'd like to close with another scenario, similar to the one I started with, only this one has a different outcome. In this story, we have a woman who participates in a local Strong Women program. She read about it in the paper, was told by her doctor, encouraged by her kids and grandkids, and attends twice a week with her husband. One day this woman is out gardening and gets her foot tangled in the garden hose.

Because of her regular strength training and balance exercises she catches herself and avoids a nasty fall onto the driveway that would have likely broken her hip months earlier. She is spared the trip to the emergency room, a challenging surgery, a difficult recovery, infection, depression, and possible downward spiral. She merely grumbles at the garden hose, moves it safely out of her way, and takes a moment to feel grateful for her sure-footedness and the Strong Women class that kept her on her feet.

For more information:
<http://share.kaiserpermanente.org/article/elderly-women-who-break-a-hip-at-increased-risk-of-dying-within-a-year/#sthash.9kVSw8FD.dpuf>

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