

Forever Young

NEWSLETTER

Did you know? The top five resolutions for 2019 were: Learn a new skill or hobby; Quit smoking; Read more; Find a new job; Drink less alcohol; Spend more time with friends/family.

IN 2020 MAKE YOUR RESOLUTIONS WORK FOR YOU!

If you're like most people, then you've already starting thinking about some New Year's Resolutions for 2020! While it is something most people try accomplish, only about 8% of people achieve their goals. Here's some ForeverYoung tips on making your New Year's resolutions stick!



MEET A RECREATION STAFF MEMBER!

If you've been to a fitness class, card game or nutrition event at the Westwood Community Center, then you've probably seen Michael, without a doubt the hardest working member of the Westwood Recreation team. From keeping the Community Center in tip-top shape, to setting up events; from painting and maintenance to seasonal planting and décor; from setting up audio/visual equipment to managing sports equipment, if there is a job to do Michael is at the ready. This year, Michael stepped up to assist the Celebrate Westwood Committee during its capstone event in June making sure that the park looked great all day and he continued to be instrumental in literally setting the stage for our Concerts and Movies in the Park as well as many special summer playground events. We know for sure that our busy department would be at loss without him which is why we are so happy he is part of our staff. **Be sure to wish Michael happy holidays when you see him around the Community Center!**



MICHAEL

Michael is a busy parent of two children when he's not looking after us at work!

Monday	Tuesday	Wednesday	Thursday	Friday
	NOVEMBER 2019	30 1:00pm MELT	31 9:30-10:30am Cardio Fitness 10:45-11:45pm Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards 3:30pm Knitting	1 1:00pm Cardio Fitness
4	5 ELECTION DAY! ALL CLASSES CANCELLED	6 1:00pm MELT	7 9:30-10:30am Cardio Fitness 10:45-11:45pm Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards 3:30pm Knitting	8 1:00pm Cardio Fitness
11	12 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 12pm-3pm Pickle Ball	13 1:00pm MELT	14 9:30-10:30am Cardio Fitness 10:45-11:45pm Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards 3:30pm Knitting	15 1:00pm Cardio Fitness
18	19 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45am-12:45 Watercolor Art 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	20 1:00pm MELT	21 9:30-10:30am Cardio Fitness 10:45-11:45pm Yoga 11:45am-12:45 Acrylic/Oil Painting 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards 3:30pm Knitting	22 1:00pm Cardio Fitness
25	26 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45am-12:45 Watercolor Art 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	27 1:00pm MELT	28 HAPPY THANKSGIVING!	29 COMMUNITY CENTER CLOSED
Monday	Tuesday	Wednesday	Thursday	Friday
2	3 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45am-12:45 Watercolor Art 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	4 1:00pm MELT	5 9:30-10:30am Cardio Fitness 10:45-11:45pm Yoga 11:45am-12:45 Acrylic/Oil Painting 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	6 1:00pm Cardio Fitness
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16	17 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45am-12:45 Watercolor Art 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	18 1:00pm MELT	19 9:30-10:30am Cardio Fitness 10:45-11:45pm Yoga 11:45am-12:45 Acrylic/Oil Painting 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	20 1:00pm Cardio Fitness
23	24 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45am-12:45 Watercolor Art 12pm-3pm NO PICKLE BALL 1-3pm Mahjong & Cards	25 MERRY CHRISTMAS! NO CLASSES	26 9:30-10:30am Cardio Fitness 10:45-11:45pm Yoga 11:45am-12:45 Acrylic/Oil Painting 12pm-3pm NO PICKLE BALL 1-3pm Mahjong & Cards	27 1:00pm Cardio Fitness
30	31 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45am-12:45 Watercolor Art 12pm-3pm NO PICKLEBALL 1-3 pm NO MAJONG	January 1, 2020 HAPPY NEW YEAR! NO CLASSES	DECEMBER 2019	

IT'S NEVER TOO LATE TO START EXERCISING!

Reprinted from University of Birmingham (UK) News Release

Older people who have never taken part in sustained exercise programs have the same ability to build muscle mass as highly trained master athletes of a similar age, according to new research at the University of Birmingham.

The research shows that even those who are entirely unaccustomed to exercise can benefit from resistance exercises such as weight training. In the study, published in *Frontiers in Physiology*, researchers in the University of Birmingham's School of Sport, Exercise and Rehabilitation Science compared muscle-building ability in two groups of older men. The first group were classed as 'master athletes' – people in their 70s and 80s who are lifelong exercisers and still competing at top levels in their sport. In the second were healthy individuals of a similar age, who had never participated in structured exercise programmes.

Each participant was given an isotope tracer, in the form of a drink of 'heavy' water, and then took part in a single bout of exercise, involving weight training on an exercise machine. The researchers took muscle biopsies from participants in the 48 hour periods just before and just after the exercise, and examined these to look for signs of how the muscles were responding to the exercise. The isotope tracer showed how proteins were developing within the muscle.

The researchers had expected that the master athletes would have an increased ability to build muscle due to their superior levels of fitness over a prolonged period of time. In fact, the results showed that both groups had an equal capacity to build muscle in response to exercise.

"Our study clearly shows that it doesn't matter if you haven't been a regular exerciser throughout your life, you can still derive benefit from exercise whenever you start," says lead researcher, Dr Leigh Breen. *"Obviously a long term commitment to good health and exercise is the best approach to achieve whole-body health, but even starting later on in life will help delay age-related frailty and muscle weakness.*

"Current public health advice on strength training for older people is often quite vague. What's needed is more specific guidance on how individuals can improve their muscle strength, even outside of a gym-setting through activities undertaken in their homes – activities such as gardening, walking up and down stairs, or lifting up a shopping bag can all help if undertaken as part of a regular exercise regime."

Maneuvering Through the Holidays with a Healthy Diet



On Thursday, November 21st at 12:00 pm, the Westwood Recreation Department will welcome Hackensack Meridian Health Pascack Valley Medical Center's Registered Dietician Meredith Yorkin for a free health seminar.

"Maneuvering Through the Holidays with a Healthy Diet" will focus on the struggles with managing a healthy diet during the holiday season, especially if you are challenged with living with pre-diabetes or diabetes. Strategies on how to eat well while managing your condition will be discussed during the session.

To register for the event, sign-up in the Community Center office.

PLEASE JOIN US
HEALTHY for a
HOLIDAY
BREAKFAST
THURSDAY DECEMBER 5, 10:30 AM

featuring Celtic & Holiday
music by: **Ian Gallagher**
RSVP by
DECEMBER 2

via the sign-up sheet in the Community Center or by calling 201-664-7882

LET'S TALK ABOUT...THE HEALTH BENEFITS OF COFFEE

A study commissioned by the National Coffee Association surveyed 3,000 Americans about their coffee drinking habits. The survey found that **64 percent of Americans drink a cup of coffee every day**, up from 62 percent in 2017, and the highest percentage since 2012. As we age we may become more sensitive to the effects that caffeine has on our body. Older adults may need to keep their consumption to earlier in the day to avoid sleep disruption and should be sure not to over-caffeinate so they don't feel anxious and mildly nauseous. The FDA's limit recommendations is 400 milligrams a day per person, which is about four cups of coffee. If you're an 8-cup a day kind of person, you may want to cut back.

But don't despair! There are some benefits to that morning "cup of joe." **Coffee keeps you alert** Caffeine increases alertness in the brain, helps you pay better attention and reduces the feeling of being tired. **Coffee gives you a performance edge** Caffeine can improve muscle strength, improve training intensity and endurance. **Coffee Boosts your metabolism** Consuming 200mg of caffeine increases your metabolic rate by 7% within three hours of consumption, so you burn more fat. **Coffee contains a beneficial antioxidant** The antioxidants in caffeine play a key role in fighting diseases like adult-onset diabetes, colon and liver cancers, Parkinson's, and Alzheimer's.

(Source: Aegis Living)



Life is short! Enjoy your coffee!

Westwood Recreation ForeverYoung Programs are proudly sponsored by



Charitable Foundation

Thank you Oritani for your continued sponsorship of the
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WESTWOOD RECREATION DEPARTMENT

ForeverYoung NEWSLETTER

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Questions, Comments, Concerns?

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