

IMPROVE

IMPROVE YOUR GAME, IMPROVE YOUR LIFE

Great River **Health Fitness Newsletter**

SEPTEMBER 2019

Exercise Helps Delay Parkinson's Progression

About 1 million Americans have Parkinson's disease, a brain disorder that affects movement. It is the second most common age-related neurodegenerative disorder after Alzheimer's disease. Early signs include tremors, shuffling and slow gait, stooped posture and overall slowing of physical movement.

Exercise may be one of the best ways of fighting and delaying this incurable disease. But convincing people with Parkinson's to engage in reasonable, safe physical activity often is difficult.

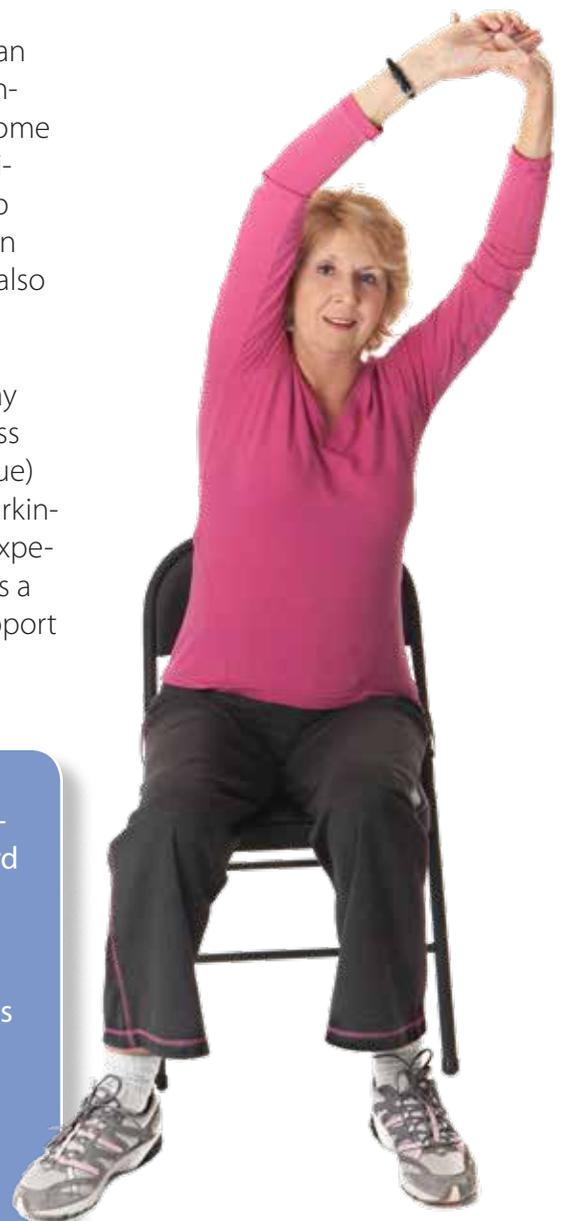
Specific exercises should target gait, balance, flexibility, grip strength and motor coordination. Some activities that can benefit Parkinson's patients are:

- Walking
- Yoga
- Water exercise
- Tai chi
- Strength training

Biking, dancing and running can be done with caution and common sense. Improvement of some of Parkinson's secondary conditions, such as depression, sleep problems and constipation, can occur as a result of exercise. It also can improve well-being.

Great River Health Fitness' Delay the Disease group exercise class (more information is in this issue) is especially for people with Parkinson's. Exercising with people experiencing the same symptoms is a great way to motivate and support each other.

A Parkinson's disease support group meets the third Thursday of every month from 1:45 to 2:45 p.m. in the Blackhawk Room on the lower level of Wellness Plaza. For more information, email [Julie Kirk](mailto:Julie.Kirk).



Meet This **Muscle**

Bicep Brachii (aka biceps)

The bicep brachii is a muscle on your arm that's commonly known as the bicep. Its formal name comes from the Latin phrase "two-headed of the arm," which means it has two points of origin. One point, the short head, starts on top of the scapula (shoulder blade). The long head originates above the shoulder joint. Both parts of the muscle attach at the elbow.

Because it's two-headed, the bicep helps control two joints, the shoulder and the elbow. From complex movements like alternating dumbbell curls to simple actions like unscrewing and pulling out a corkscrew, the bicep is an important muscle to work and stretch out.

Exercises

- Standing barbell curls
- Alternating dumbbell curls
- Incline dumbbell curls
- Preacher curls

Stretches

Standing bicep stretch

1. Interlock your hands at the base of your spine.
2. Straighten your arms and turn your palms face down.
3. Raise your arms as high as you can and hold for one minute.

Wall bicep stretch

1. Press your palm against a wall or a sturdy object.
2. Slowly turn your body away from the wall.
3. Feel the stretch in your chest, shoulder and arm.
4. Repeat on opposite side .

If you are unfamiliar with any of these exercises or stretches, please ask a fitness specialist or personal trainer in the Wellness Gym for a demonstration.



Important **Dates**

Monday, Sept. 2

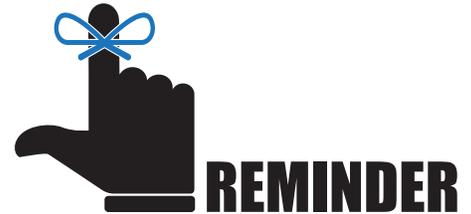
Closed for Labor Day

Tuesday, Sept. 10

Guest Day

Saturday, Sept. 28

Guest Day



September is free enrollment month at Great River Health Fitness! Tell your friends: Join this month and skip the enrollment fee. That's a \$50 savings for an individual membership, \$75 for couples and \$100 for families. Members can receive a \$10 gift card for referring a new member!

Program **Highlight**

Delay the Disease

12:30 to 1:30 p.m.
Tuesdays and Thursdays

Health Fitness is pleased to offer Delay the Disease, an evidence-based program for people with Parkinson's disease. Although there isn't a cure for Parkinson's yet, studies show that symptoms can be greatly improved with regular exercise.

Fitness specialists who are trained to lead Delay the Disease guide participants through strength, flexibility and balance exercises. To learn more, call 319-768-4191.

Exercise Class **Highlight**

Yoga Flow

12:05 to 12:35 p.m. Thursdays
Chief Room

This full-body workout is a mix of yoga- and Pilates-inspired exercises that flow together to strengthen the whole body. Cardio and balance elements add a challenge that's suitable for all fitness levels. For more information about Yoga Flow, call 319-768-4191.



Staff **Spotlight**

Dylan Van Fleet

**Fitness Specialist and
Personal Trainer**

My experience:

I have a Bachelor of Science degree in kinesiology from Western Illinois University. I am pursuing the Certified Strength and Conditioning Specialist designation.

What I do:

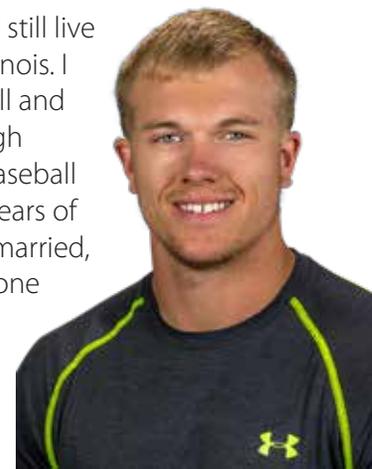
- Conduct personal training with high school and Southeastern Community College athletes
- Teach exercise classes in the gym and Behavioral Health Unit
- Help people use the rock climbing tower safely. I am a certified climbing wall instructor.

I enjoy working at Great River Health Fitness because:

My job doesn't feel like work. We have fun while doing our jobs, making it a great work environment. Initially, I wanted to work only with athletes. While doing my college internship here, I enjoyed all the populations we work with, including cardiac rehabilitation patients, emergency responders and people with Parkinson's disease.

About me:

I am from and still live in LaHarpe, Illinois. I played football and baseball in high school, and baseball the first two years of college. I am married, and we have one son.



Recipe

Tomato Pie

Makes 6 servings

This plant-based recipe combines two favorite ingredients – home-grown tomatoes and cheese!

Ingredients

- 1 9-inch pie shell
- ½ cup chopped onion
- 4 tomatoes
- ½ teaspoon kosher salt
- ½ cup sliced fresh basil (about 8 large leaves)
- 2 cups grated cheese (combination of sharp cheddar and Monterey Jack, or gruyere or mozzarella)
- ½ cup mayonnaise
- 1 teaspoon hot sauce, like Tabasco
- Freshly ground black pepper to taste

Directions

- Preheat oven to 350° F.
- Follow package directions for pre-baking the pie shell, or pre-bake for 8 to 10 minutes (a little longer for a frozen pie shell) until lightly browned.
- Cut tomatoes in half, squeeze to remove excess juice and chop roughly to yield approximately 3 cups of chopped tomatoes.
- Lightly salt the chopped tomatoes and set them in a colander to drain. Using paper towels, squeeze out as much moisture as you can.
- Sprinkle a layer of chopped onion over the bottom of the pre-baked pie crust shell. Spread the tomatoes over the onions. Sprinkle the basil over the tomatoes.
- In a bowl, mix together the grated cheese, mayonnaise, hot sauce and black pepper. Spread the cheese mixture over the tomatoes.
- Bake 25 to 45 minutes until browned and bubbly.



Nutrition information per serving

Calories, 363
Total fat, 28g
Saturated fat, 8g
Cholesterol, 17mg
Carbohydrate, 24g
Sugar, 2.5g
Fiber, 1.9g
Sodium, 359mg
Protein, 4.3g

Source: [Simply Recipes](#)

The truth about cheese

Cheese has benefits and drawbacks. It's a great source of calcium and protein, but it can be high in saturated fat and sodium. Mozzarella cheese has less saturated fat than cheddar cheese. To reduce the fat content in this recipe, you can:

- Substitute reduced-fat cheese
- Use less cheese
- Eat a smaller portion

Kathy Lloyd

I had outpatient physical therapy at Great River Medical Center after a hip replacement and surgery on my triceps last March. I transitioned to Health Fitness with the 30-day courtesy pass I received after completing therapy. Then I became a member.

My inspiration:

I have always been a fitness junkie. I was lucky to have my dream job, much to my dad's chagrin, working in a boarding stable south of Phoenix. To keep up with the boys – not many women were working with horses in that capacity back in the 80s, I had to be physically fit. When I had trouble with my hip and elbow, I found it sometimes hurt too much to exercise, which I didn't like. My ultimate goal is to return to Phoenix, and get back on my horse and ride again.



My workouts:

Since therapy, I go to the gym at least five times a week. I was told to take a day of rest weekly. I perform upper- and lower-body exercises on different cardio and strength-training machines. I also love getting into the pool, where I do stretches.

My results:

My strength and stamina have improved. I still have some pain, but it has lessened since I've been exercising regularly. I will keep doing this. I need to work on my balance, so I am thinking of registering for the **A Matter of Balance** class offered by Health Fitness.

My favorite things about Health Fitness:

It's a very clean facility, and everyone is so friendly. If I have a question or need a machine explained to me, I can always find someone willing to help. I love the combination of old-school and new-school (high-tech) equipment.