

IMPROVE

IMPROVE YOUR GAME, IMPROVE YOUR LIFE

Great River **Health Fitness Newsletter**

January 2019

Exercise Your Way to Staying Healthy

A new season has taken over – flu, cold and upper-respiratory infection season. Don't rely on luck to keep you healthy.

Exercising can help protect you from winter illnesses. Research has shown that moderate exercise can boost your production of macrophages – cells that attack bacteria. They pass through the body quickly, killing bacteria along the way.

Exercise also raises your body temperature, which can prevent bacterial growth that can cause infections.

David Nieman, DrPH, director of Appalachian State University's Human Performance Lab, found that performing daily exercise is beneficial to your health and immune system. His study showed people who exercised moderately, such as biking, walking, swimming or jogging, had half as many sick days due to cold and sore throats as those who didn't exercise.

If you have a cold without fever, light exercise like walking or biking can be safe. Hold off on intense exercise until after your symptoms gone and you are feeling well. When you're ready to exercise again:

- Clean equipment before and after using it.
- Stay hydrated by drinking plenty of water before, during and after your workout.
- Listen to your body to avoid relapse.

You also can do several things to protect yourself from illnesses:

- Get plenty of sleep. It will put your body's immune system into high gear.
- Get a flu shot. It's not too late!
- Limit alcohol intake. Being dehydrated, which can happen when you drink too much alcohol, breaks down your resistance to bacteria.

- Keep your hands away from your face, especially your mouth, nose and eyes. That's where germs on your hands are likely to enter your body.
- Wash your hands frequently.



Exercise Class **Highlight**

Burn calories doing exercises that are easier in the pool than on land.

Aqua Core

4:30 to 5 p.m. Monday, Wednesday, Friday

Use pool noodles, dumbbells and your body weight to trim your belly, and increase core strength and stability.

Aqua Jog

4:30 to 5 p.m. Tuesday and Thursday

Jog and perform other movements that get your heart pumping while protecting your joints.



Important **Dates**

Tuesday, Jan. 1

Closed

Wednesday, Jan. 2

Free guest day

Monday, Jan. 7

Commit to Fit enrollment deadline

Monday, Jan. 14 to Friday, Feb. 1

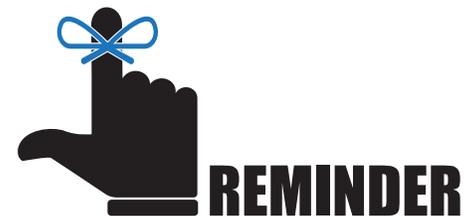
Commit to Fit pre-assessments

Saturday, Jan. 19

Free guest day

Tuesday, Jan. 29

Matter of Balance begins



- January is free enrollment month at Health Fitness – a \$50 savings. Tell your friends!
- Check out our new class schedules below. We have changed the names of some classes, added a few and retired some. We want to see you!