



Fit for Life Newsletter

AUGUST 2019

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Welcome to the Dog Days of Summer! An expression we use this time of year when it is hot and sultry outside. This term is really astrological, getting its meaning from the ancient Greek Constellation System with a star that rises and sets with the sun they called the "Dog Star". It was the brightest star and they believed it added heat to the sun's heat to cause hotter summer days.

FOCUS – ROUTINES: These are a sequence of actions that we do repeatedly giving a rhythm to our daily lives that can make a difference to our health and happiness. Understanding our bodies and how our brain works helps us set our routines. There are things we do everyday simply by virtue of being done, then there are regulations we have on our time that making a routine helps us make it through our day with less stress and anxiety.

GOAL: Knowing yourself helps you better understand how you are living right now. Track your routines and listen to your internal clock and instincts.

- ◆ Develop morning routines that you can keep on the weekends.
- ◆ Have a good breakfast every day.
- ◆ Make a list for the scheduled activities of your day.
- ◆ Set alarms for taking medications on time or appointments.
- ◆ Schedule in time to be creative.
- ◆ Schedule in time to be physically active.
- ◆ Switch yourself off at night 20 minutes before going to bed, turn off the TV and all other devices. Read, relax, do some stretches, think of the day and reflect on a good thing you did that day.

Most importantly be disciplined and flexible with your routine. When the unexpected happens and you are out of routine, stay calm and carry on. Looking forward to returning to the calm and security of resuming your routine when possible.

ACTIVITIES CALENDAR:

MONDAY, AUGUST 26TH POTLUCK: Theme - Cool Foods! Let's gather and share the bounty of summer produce and the summer memories you made this 2019. We look forward to seeing everyone again. Bring a friend and receive a coupon for a free ice cream at the Dairy Queen!!

UPCOMING EVENT!! Our September Potluck on September 23rd will feature a guest speaker from the Attorney General's Office informing us about fraud and what to be aware of.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The Lincoln YMCA partnered with the Lincoln community celebrating Kindness Week April 27-May 4 but that doesn't mean kindness ends. We must be aware of how we react toward others around us. There are youth and young adults looking to us to teach them many things including positivity and behavior toward others.</p> <p>When we show kindness it has real health benefits, like lowering blood pressure and increasing energy. When other people see you being kind, they are more likely to be kind. Lori Seibel, Present/CEO of Community Health Endowment stated in a Journal Star article.</p> <p>Caring, Honesty, Respect and Responsibility are the 4 core values the YMCA stands on. Modeling these values has a ripple effect throughout the NE Y, Northeast Lincoln, Lincoln as a whole and so on.</p> <p>Barb Bettin who is our Lincoln YMCA's President and CEO says it this way, "It may seem like a simple principle, but it never hurts to remind each other that kindness matters."</p> <p>How can we show others these values? Saying "Please" and "Thank You" to staff. Listening and watching instructors, smiling, helping others find their way in the building, remembering when you first started at the Y - helping others feel welcome and comfortable are just a few simple ideas to spread the kindness and respect bug.</p>				1 10:55 Delay the Disease	2 11:00 Aqua Arthritis 11:15 Fit for Life Chair Stretch/Yoga 11:55 Enhance Fitness	3
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