Fight Falls with Better Balance and Strength

It’s no surprise that older adults are afraid of falling, particularly since more than one in three people age 65 or older fall each year, according to the National Institutes of Health. And that risk continues to increase as we age. Each year, more than 1.6 million older Americans go to emergency rooms for fall-related injuries.

Falls are also the number one reason for fractures—especially of the hips, pelvis, spine, arms, hands or ankle—which causes many to decrease activity and lose their independence. But falling isn’t an inevitable part of aging and doesn’t have to cloud your daily outlook or diminish interests.

One key to preventing falls is to increase physical activity with exercises that strengthen the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms), activities which will improve balance and coordination, and stretches to improve flexibility—leading to increased confidence and less fear of falling.

The Sun Health Center for Health & Wellbeing targets those fears with science-based methods that incorporate the computerized Biodex Balance System™ SD, a leading fall-prevention technology. The Biodex system is a high-tech functional tool that evaluates your balance and risk for falls, and pinpoints areas that need conditioning to improve your balance, agility and strength and muscle tone.

If you are concerned about balance and falling, the Center offers two programs to help you stay upright and independent. The Balance Assessment and Training Program, a six-week series, provides a comprehensive fall-risk assessment and one-on-one, 45-minute training sessions twice a week for four weeks using the Biodex Balance System and personal exercise instruction. In addition, the program features fall prevention information, home exercises and a post-program assessment.

The Balance and Strength Training Program, a 10-week series, focuses on balance, lower body strength, core strength and flexibility training in a group setting. Pre- and post-assessments are done with the Biodex Balance System and other tools, and are given one week before the program’s start and one week after completion. The series also includes a home exercise program.

To register for one of the series, please call 623-832-WELL (9355). Registration and completed paperwork required five business days prior to the class start date.
No Pain: The Benefits of Low-Impact Exercise

The great comedienne Phyllis Diller once said, “My idea of exercise is a good brisk sit.” She had a point. As we age, just the thought of high-intensity exercise makes our bones and joints ache. Yet exercise doesn’t have to be high-octane—or hurt—to be beneficial.

Low-impact exercise can improve aerobic capacity, increase flexibility, strengthen and tone muscles, as well as improve mental health. Plus, anyone can participate regardless of age.

Where should you start? Before beginning any low-impact regimen, it’s important to warm up your body by moving the neck, shoulders, hips, hamstrings, calves and ankles. This increases your range-of-motion and gives you freedom of movement to do the things you actually like doing.

Effective, low-impact activities include dancing, walking, hiking, stationary bicycling, swimming and water aerobics. Likewise, yoga and Tai Chi are easy on the body, can get your heart pumping and have low-risk for injury.

You also can stay seated as an option, as Diller pointed out. Choose a chair that is stable, that doesn’t have wheels and that doesn’t restrict your arms.

Chair exercises can boost blood circulation, improve posture and provide a total body workout. One simple chair exercise is a toe tap: Keep your heels on the ground and bend the toes up toward the ceiling and back to the ground, then lift your heels up and back to the ground; repeat eight to 10 times. This exercise strengthens the muscles in the lower front and rear of your legs, which is useful for going up and down stairs.

To help strengthen postural muscles, pretend you are holding a tray in front of you at waist level with palms up. Elbows should be lightly touching the sides of your body. Now pull right elbow back, then left elbow, squeeze both shoulder blades together and then release; repeat four times.

To learn more about low-impact exercise classes offered at the Center for Health & Wellbeing, see the back of Healthy U for dates and times.

Learn more

Call, Click or Come In!

Our Neighbor Network (ONN) was formed by the Sun City West Community Consortium to help local residents remain independent, safe and healthy.

Our Neighbor Network offers free referrals to nonprofit health, human, and volunteer services that can help you or your neighbor.

Visit OurNeighborNetwork.org or call 623-832-4ONN (4666)
**BRAIN HEALTH**

**Monthly Meditation Practice**
*Wednesday, August 12; 1:30 to 2:30 & 3 to 4 p.m.*

Meditation is commonly used for relaxation and stress reduction, plus a growing body of scientific research supports the health benefits of this activity. Come prepared to practice with us.

Grandview Terrace  
Spiritual Loft, Second Floor  
14515 W. Granite Valley Dr., Sun City West

**Brain G.Y.M.**
*Tuesday, August 18; 9:30 a.m. to noon*

Your brain is so much more than memory! Learn about the different domains of your brain, such as cognition, language and of course, memory. Brain G.Y.M. can act as your ‘personal trainer’ to strengthen the domains that need improvement. Provided in partnership with the Banner Alzheimer’s Institute.

The Colonnade  
Recreation Village  
19116 Colonnade Way, Surprise

**CANCER CARE**

**Peaceful Breath & Relaxation**
*Tuesday, August 4, 9:30 to 10:30 a.m.*

This group focuses on breathing exercises and guided meditations designed to relax and restore the mind. Open to cancer survivors, family and friends. Provided in partnership with the Cancer Support Community Arizona.

Grandview Terrace  
Santa Fe Dining Room  
14515 W. Granite Valley Dr., Sun City West

**Healthy Meal Preparation for Cancer**
*Wednesday, August 12 & 26; 9 to 10 a.m.*

Chef Madelyn Pryor will demonstrate easy and nutritious meals that you can make without too much effort. Each class will include recipes to take home and have a featured topic. Open to cancer survivors, family and friends.

**August 12 – Smoothies • August 26 - Dinner**
*Provided in partnership with the Cancer Support Community Arizona.*

Sun Health Center for Health & Wellbeing  
Betty’s Kitchen  
14719 W. Grand Ave., Surprise

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**BONE & JOINT HEALTH**

**Rheumatology Basics**
*Monday, August 17; 11 a.m. to noon*

Rheumatology is a sub-specialty of internal medicine, devoted to diagnosis and therapy of rheumatic diseases. Join Dr. Solomon from Arizona Arthritis and Rheumatology for a discussion about gout, osteoarthritis, rheumatoid arthritis, and rotator cuff injuries.

La Loma Village Health and Rehabilitation Center  
Community Education Room  
14260 Denny Blvd., Litchfield Park

**Arthritis of the Knee and Acupuncture**
*Thursday, August 20; 9:30 to 10:30 a.m.*

Millions of Americans suffer from knee pain and reduced mobility as a result of arthritis. Join Licensed Acupuncturist Julie Sandschafer as she explores the ways acupuncture can be used to treat this chronic condition.

PORA Headquarters  
13815 Camino Del Sol, Sun City West

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**NOTE:**
Class sizes are limited and walk-ins cannot be accommodated. Events with fewer than 10 reservations are subject to cancellation. If you are not able to make a class you are registered for, contact us within two business days.

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Classes with this icon have an associated fee. Exercise classes are $5 per class. For other classes with a fee, check the session description or call for more information.

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**SPACE IS LIMITED, REGISTER EARLY!**

Register by phone  
Call 623-207-1703*  
*Except where noted

Register Online  
Visit www.sunhealthwellbeing.org and click Education

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Call 623-207-1703*  
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Visit www.sunhealthwellbeing.org and click Education

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Classes with this icon have an associated fee. Exercise classes are $5 per class. For other classes with a fee, check the session description or call for more information.
**DIABETES CARE**

**Diabetes Connection Support Group**
*Thursday, August 20; 3 to 4 p.m.*

This monthly group is a place where individuals who have diabetes can gather together to share and learn. Join us for discussions to assist you in your pursuit of healthy living. The topic this month is managing blood pressure when you have diabetes. **Registration is not required.**

Sun Health Center for Health & Wellbeing
Community Room
14719 W. Grand Ave., Surprise

**Diabetic Self-Management Education**

This eight-week class provides the guidance needed to help prevent diabetic complications and improve overall health status for people with this condition. The series is taught by Tracy Garrett, registered dietitian and certified diabetes educator; and Rhonda Zonoozi, exercise physiologist and certified health and wellness coach.

**Please call 623-832-WELL (9355) to register and inquire about insurance coverage. The fee for this series may be covered by Medicare and other insurance carriers and requires a physician referral. Please register at least one week prior to the start of the series.**

Starts Monday, August 31; 9 to 10:30 a.m.
La Loma Village Health and Rehabilitation Center
Community Education Room
14260 Denny Blvd., Litchfield Park

**HEALTH & WELLBEING**

**Staying Hydrated**
Sun Health’s Registered Dietitian, Margaret Brown will discuss the importance of hydration including general recommendations for adequate fluid intake, signs of dehydration and healthy food and beverage choices to stay hydrated. How caffeine and alcohol affect hydration will also be discussed.

**Monday, August 10; 11 a.m. to noon**
La Loma Village Health and Rehabilitation Center
Community Education Room
14260 Denny Blvd., Litchfield Park

**Wednesday, August 12; 11 a.m. to noon**
Banner Boswell Medical Center
Support Services, Juniper Room
13180 N. 103rd Dr., Sun City

**Tuesday, August 18; 9 to 10 a.m.**
Sun Health Center for Health & Wellbeing
Community Room
14719 W. Grand Ave., Surprise

**The Aging Eye**
*Wednesday, August 12; 1 to 2 p.m.*

In this informative workshop, Arizona Eye Institute’s Dr. Misty Cox explains what happens to our eyes as we age, and how we can proactively maintain our vision health. Dr. Cox will touch on macular degeneration, glaucoma, cataracts, vision impairment from drooping eyelids, as well as dry eye, floaters and routine eye care. Dr. Cox is passionate about empowering members of the public to understand their own eye health.

Banner Boswell Medical Center
Support Services, Juniper Room
13180 N. 103rd Dr., Sun City

**MEMORY CARE**

**Dementia Caregiver Support Group**
*Wednesdays, August 5 & 19; 2 to 3 p.m.*

Do memory care issues affect your family? Sun Health’s support group is specifically for people caring for a loved one with Alzheimer’s disease or any type of dementia. Sun Health’s Memory Care Navigator Marty Finley, M.Ed., leads the group, held on the first and third Wednesday of every month. **Registration is not required.**

Grandview Terrace
Third Floor Admin Conference Room
14515 W. Granite Valley Dr., Sun City West

**NUTRITION**

**Weigh to Go! Weight Loss Series**
*Starts Thursday, August 6; 8:30 to 10 a.m.*

Research shows that nearly two out of three American adults are overweight or obese. This leads to increased risk for high blood pressure, type 2 diabetes, heart disease and stroke, and other chronic diseases. However, even a 5 to 10 percent decrease in weight can reduce those risks and improve health. This 12-week series is designed to help individuals safely lose weight through healthy eating, becoming active and using tools designed for successful behavior change.

**Call 623-832-WELL (9355) to register and inquire about cost.**

La Loma Village Health and Rehabilitation Center
Community Education Room
14260 Denny Blvd., Litchfield Park
Lose Weight, Gain Wellness

Do you want to lose weight and keep it off for good?

“Weigh” to Go! is an evidence-based weight management program that combines nutrition and physical activity in a supportive group setting. This 12-week series, followed by three monthly sessions, is led by a registered dietitian and an exercise physiologist/health coach and incorporates tools designed for successful behavior change.

Call 623-832-WELL (9355)

IN JUST 15 Sessions

WHEN:
Thursdays at 8:30 a.m.
Starting August 6, 2015

WHERE:
La Loma Village Health and Rehabilitation
14260 Denny Blvd.
Litchfield Park, AZ 85340

Full scholarships may be available at this location.

Register today!

PHYSICAL FITNESS

Chair Yoga
Yoga enhances balance, strength and flexibility. Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair! Healthy posture, breath work and relaxation techniques are included in each class.

Mondays, August 3, 10, 17, 24, 31; 8 to 9 a.m.
Wednesdays, August 5, 12, 19, 26; 8 to 9 a.m.
Fridays, August 7, 14, 21, 28; 8 to 9 a.m.

Sun Health Center for Health & Wellbeing
Community Room
14719 W. Grand Ave., Surprise

Tai Chi
Tai Chi is a traditional Chinese martial art shown to improve strength and balance, and help with stress reduction and relaxation. Practiced in a variety of styles, Tai Chi involves slow, gentle movements, deep breathing and meditation.

Mondays, August 3, 10, 17, 24, 31; 11 a.m. to noon
Wednesdays, August 5, 12, 19, 26; 11 a.m. to noon
Fridays, August 7, 14, 21, 28; 11 a.m. to noon

Sun Health Center for Health & Wellbeing
Community Room
14719 W. Grand Ave., Surprise

Strength Training for Health
Tuesdays, August 4 & 18; 3:30 to 4:30 p.m.
Strength training has many health benefits. In this low-intensity class we will use bands, body weight, and other items to train our upper and lower body muscle groups. Beginners are welcome. Exercise Physiologist and Certified Health and Wellness Coach Rhonda Zonoozi will be the instructor.

Sun Health Center for Health & Wellbeing
Community Room
14719 W. Grand Ave., Surprise

Yoga for All Levels
Wednesdays, August 5, 12, 19, 26; 9:30 to 10:30 a.m.
The health benefits of yoga include increased muscle tone, balance, strength and improved mood. Yoga also includes breathing exercises to help improve lung capacity, increase relaxation and help with stress management. This class will use chairs for warmups and cool-downs and will practice standing yoga poses. Participants must be able to stand independently. Please bring a water bottle and wear comfortable clothes.

Sun Health Center for Health & Wellbeing
Community Room
14719 W. Grand Ave., Surprise

Adopting a Mediterranean Lifestyle for Health & Wellbeing
Tuesday, August 11; 10 to 11 a.m.

Following a traditional Mediterranean style of eating is a delicious way to improve your health. Join a Sun Health Registered Dietitian to discuss the benefits of this eating style as well as practical recommendations for going “Mediterranean”.

Sun Health Center for Health & Wellbeing
Community Room
14719 W. Grand Ave., Surprise

SunHealthWellbeing.org
Zumba Gold®
Wednesdays, August 5, 12, 19, 26; 3 to 4 p.m.
This class provides modified, low-impact moves that are easy to follow using the same Latin inspired and international rhythms of the original Zumba program. Perfect for the active adult. Beginners or anyone needing modification for success is welcome. Please wear comfortable clothing and supportive shoes, and bring a water bottle.
La Loma Village Health and Rehabilitation Center
Exercise Room
14260 Denny Blvd., Litchfield Park

Yoga for Optimum Health
Wednesdays, August 5, 12, 19, 26; 4:15 to 5:15 p.m.
The health benefits of yoga include increased muscle tone, balance, strength, and improved mood. Yoga also includes breathing exercises to help improve lung capacity, increase relaxation and help with stress management. It has also been shown to improve posture and promote better sleep. Participants must be able to stand independently and to safely get up and down from the floor unassisted. Please bring a yoga mat or beach towel, water bottle and wear comfortable clothes.
La Loma Village Health and Rehabilitation Center
Exercise Room
14260 Denny Blvd., Litchfield Park

Circuit Training
Tuesdays, August 11 & 25; 3:30 to 4:30 p.m.
Stations will be set up around the room featuring resistance bands, small hand weights, stability balls, a step and more. Please wear comfortable clothing and shoes, and bring a water bottle. Beginners are welcome. Instructor is Rhonda Zonoozi, exercise physiologist and certified health and wellness coach.
Sun Health Center for Health & Wellbeing
Community Room
14719 W. Grand Ave., Surprise

Add Strength to Your Routine
Muscles are the engines of our body. As we get older, we tend to lose muscle tissue, which can decrease our physical fitness and contribute to health problems. This informative class will present the benefits of adding strengthening exercises to your routine.
Wednesday, August 12; 11 a.m. to noon
La Loma Village Health and Rehabilitation Center
Community Education Room
14260 Denny Blvd., Litchfield Park

Monday, August 24; 9 to 10 a.m.
Banner Boswell Medical Center Support Services
Juniper Room
13180 N. 103rd Dr., Sun City

Thursday, August 27; 3 to 4 p.m.*
Sun Health Center for Health & Wellbeing
Community Room
14719 W. Grand Ave., Surprise

*Please note that Sun Health is planning to film this class to make the content available online at a later date. The filming will take place primarily from the back of the room.

Sun Health Center for Health & Wellbeing’s Exercise Physiologist Receives Senior Fitness Specialist Certification
Rhonda Zonoozi, Exercise Physiologist and Certified Health and Wellness Coach at the Center for Health & Wellbeing, has recently received her certification as a Senior Fitness Specialist. She attended a workshop to gain a better understanding of the aging process and to incorporate program modifications for seniors based on their goals and fitness assessments.

Rhonda currently teaches a variety of exercise classes at the Surprise, Sun City and Litchfield Park locations, including Circuit Training and Strength Training for Health. She also works closely with clients to develop personalized exercise plans to deliver maximum benefit.

Appointments
To schedule an individual exercise consultation or a Senior Fitness Test with Rhonda, please call 623-832-WELL (9355).
## AUGUST 2015 CLASSES AT A GLANCE

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
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</table>
| 3   | Chair Yoga 8 to 9 a.m.  
     | Tai Chi 11 a.m. to noon | Chair Yoga 8 to 9 a.m.  
     | Yoga 9:30 to 10:30 a.m.  
     | Tai Chi 11 a.m. to noon  
     | Dementia Caregiver Support 2 to 3 p.m. | Chair Yoga 8 to 9 a.m.  
     | Tai Chi 11 a.m. to noon | Weigh to Go! Weight Loss Series (1 of 12) 8:30 to 10 a.m. | Chair Yoga 8 to 9 a.m.  
     | Tai Chi 11 a.m. to noon |
| 10  | Chair Yoga 8 to 9 a.m.  
     | Tai Chi 11 a.m. to noon  
     | Staying Hydrated 11 a.m. to noon | Chair Yoga 8 to 9 a.m.  
     | Healthy Meal Preparation 9 to 10 a.m.  
     | Yoga 9:30 to 10:30 a.m. | Add Strength to Your Routine 11 a.m. to noon  
     | Tai Chi 11 a.m. to noon  
     | Monthly Meditation Practice 1:30 to 2:30 & 3 to 4 p.m. | Zumba Gold® 3 to 4 p.m.  
     | Yoga for Optimum Health 4:15 to 5:15 p.m. | Chair Yoga 8 to 9 a.m.  
     | Tai Chi 11 a.m. to noon |
| 17  | Chair Yoga 8 to 9 a.m.  
     | Rheumatology Basics 11 a.m. to noon | Staying Hydrated 9 to 10 a.m.  
     | Brain G.Y.M.  
     | 9:30 a.m. to noon | Strength Training for Health 3:30 to 4:30 p.m. | Chair Yoga 8 to 9 a.m.  
     | Yoga 9:30 to 10:30 a.m.  
     | Tai Chi 11 a.m. to noon | Zumba Gold® 3 to 4 p.m.  
     | Yoga for Optimum Health 4:15 to 5:15 p.m. | Chair Yoga 8 to 9 a.m.  
     | Tai Chi 11 a.m. to noon |
| 24  | Chair Yoga 8 to 9 a.m.  
     | Add Strength to Your Routine 9 to 10 a.m. | Circuit Training 3:30 to 4:30 p.m. | Chair Yoga 8 to 9 a.m.  
     | Healthy Meal Preparation for Cancer 9 to 10 a.m. | Yoga 9:30 to 10:30 a.m. | Zumba Gold® 3 to 4 p.m.  
     | Yoga for Optimum Health 4:15 to 5:15 p.m. | Chair Yoga 8 to 9 a.m.  
     | Tai Chi 11 a.m. to noon |
| 31  | Chair Yoga 8 to 9 a.m.  
     | Diabetic Self-Management Education (1 of 8) 9 to 10:30 a.m. | Bone & Joint Health  
     | Diabetes Care  
     | Nutrition  
     | Brain Health  
     | Health & Wellbeing  
     | Physical Fitness  
     | Cancer Care  
     | Memory Care  
     | Dementia Caregiver Support 2 to 3 p.m.  
     | Yoga for Optimum Health 4:15 to 5:15 p.m. | Chair Yoga 8 to 9 a.m.  
     | Tai Chi 11 a.m. to noon |

Registration is required. You may reserve your space in two easy ways:

- **Register by phone**  
  Call 623-207-1703*  
  *Except where noted  
  - **Register online**  
    Visit www.sunhealthwellbeing.org and click Education.
All the Right Moves

August is Senior Fitness Month, a chance to celebrate the importance of staying physically fit and active. Get moving in the right direction by visiting the Sun Health Center for Health & Wellbeing, which offers several classes and programs designed to help you jump-start a fitness plan tailored to your health status and exercise goals.

Senior Fitness Test
Make an appointment with our exercise physiologist, who will provide individual fitness and exercise consultation based on your history, preferences, current activities, age and testing guidelines, and make recommendations for an appropriate exercise plan.

Balance and Strength
Help prevent falls by building strength, balance and flexibility in our personalized, one-on-one 6-week series, or our 10-week group training program (see page 1 for more information). Both programs incorporate pre- and post assessments using the Biodex Balance System™ SD.

Variety of Exercise Classes
From Chair Yoga and Tai Chi to Zumba Gold and Circuit Training, we offer a range of low-impact physical fitness classes to help you breathe, reduce stress, burn calories, and build overall strength and conditioning for optimal health.

Massage Therapy and Acupuncture
Reward your hard work and ease sore muscles with a relaxing massage or acupuncture service performed by our licensed therapists. Massage and acupuncture are both recognized for their health benefits. Massage can lower stress, increase immune function, manage pain and improve mental health. Acupuncture aids in healing digestive disorders, respiratory issues, headaches, neurological and muscular disorders, urinary complications, post-surgery pain and the effects of stroke and fibromyalgia.

Call 623-832-WELL (9355) for more information.
Advanced registration is required for these services and classes.