Director’s Corner

Happy New Year! I trust you all had a wonderful (and active!) holiday season. This year, rather than making a new years resolution, why don’t you make a new LIFESTYLE resolution. Often times people set goals that are unattainable or unrealistic. Remember to ask yourself: “Can I maintain this for life”. Making SMART (as described on page 2) lifestyle goals are imperative to actually keeping and achieving them. The goal you set shouldn’t be a one time deal, but rather a behavior change you would like to adopt and maintain forever. My new year’s resolution this year is to help YOU achieve yours—please tell me how I can help.

~Kellie Walters, M.S.

Member of the Month: Jean Charney

Like many members at Adult Fitness, Jean Charney has been attending Adult Fitness for multiple decades. Jean is often seen during the noon hour session and has recruited many people to join Adult Fitness (Thank You!). Her genuine character and welcoming smile make her a well known member at Adult Fitness.

Jean was born in Denver and attended school at CU Boulder. She works as a freelance editor and transcriber and admits to having a “rich life of mind”. Jean’s hobbies include reading and staying active and her most memorable story about Adult Fitness include trying to recruit her husband to join...

“I spent literally years trying to get my husband to go to fitness. Finally he gave in, just I’m sure to shut me up, and from his first time, he was hooked & would go whether I went or not. And I do think the co-eds were a part of -- but not the entirety -- of why he enjoyed it some much! ”
Mango tango salad

Ingredients
- 3 ripe mangos, pitted and cubed
- Juice of 1 lime
- 1 teaspoon minced red onion
- 2 tablespoons chopped fresh cilantro leaves
- Half of 1 jalapeno pepper, seeded and minced

Directions
- Combine all ingredients in a mixing bowl
- Let stand 10 minutes
- Toss just before serving

Nutrition Information – Serves 6

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Cholesterol</th>
<th>Protein</th>
<th>Sodium</th>
<th>Carbohydrate</th>
<th>Fiber</th>
<th>Total fat</th>
<th>Potassium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>75</td>
<td>0 mg</td>
<td>1 g</td>
<td>10 mg</td>
<td>19 g</td>
<td>2 g</td>
<td>trace</td>
<td>171 mg</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>trace</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11 mg</td>
</tr>
</tbody>
</table>

The Benefits of Yoga and the Incorporation of Physical Therapy

Do you find yourself becoming increasingly stiff and having more pain? You are not alone!

Lack of movement leads to chronic tightness, resulting in shortened connective tissue (fascia). This superficial and deep fascia lies all over your body and surrounds your muscles, tendons, bones, nerves and ligaments. This shortened fascia pulls the bones out of their proper alignment which, in turn, alters the position and mechanics of your joints.

A combination of things can all compromise your body mechanics, such as years of sedentary activity, not stretching and past injuries. When you have any type of strain or sprain, your body will naturally lay down scar tissue to heal the injured area. This is a good thing! The downfall to this natural process is that your body will lay down too much scar tissue in a haphazard formation. Scar tissue needs to be manually reorganized and lengthened through manual physical therapy to regain its proper length and avoid a loss in range of motion.

Once your soft tissue has been reorganized and lengthened, yoga is an excellent way to retrain movement in your body. Since your body has been used to moving in your old patterns, it is important to gain neuromuscular control within these new ranges of motion. In other words, you need to imprint these new movement patterns in the body to train and develop new memory and patterns.

I hear often the common misconception, “I’m not flexible enough to do yoga.” This is simply not true. No matter what your shape, size or flexibility, everyone can benefit from yoga. Yoga has physical benefits that improve balance, flexibility, strength, coordination and joint stability. With decreased stress levels, anxiety and depression, one can also gain an increased sense of calm and peace of mind. I always tell my clients and others asking about yoga, “Yoga is an efficient & comprehensive practice you can learn for life-long self-care to reap physical, mental, emotional and spiritual benefits.”

Yoga can also be applied to Physical Therapy for added benefits. A physical therapy client and yoga student at Evolve writes, “When I broke my ankle nearly two years ago (requiring hardware to be implanted), I had no idea what to expect in terms of treatment and recovery, but I knew one thing, and that was that I wanted to be able to do yoga. I decided to seek out Somer King because of her focus on yoga as a form of physical therapy. Between the manual therapy and yoga therapy she gave me, I have gained both in strength and stability well beyond what I had prior to my accident. An added benefit to the yoga therapy is that I also gained in mindfulness and attentiveness to my physical condition, which aided in my loss of 20 pounds since last December! I would highly recommend this course of treatment to anyone seeking to recuperate from chronic or acute injuries.”

SMART Goals
- S: Specific
- M: Measurable
- A: Attainable
- R: Realistic
- T: Timely

Check us out online!
For more information or to access our newsletter online, please visit the following website:
hes.cahs.colostate.edu/af