

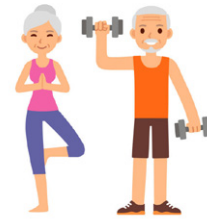
# July 2022

# BSBAC

# Buzz



## How Older Adults Can Get Started with Exercise



Deciding to become physically active can be one of the best things you can do for your health. Exercise and physical activity are not only great for your mental and physical health, but they can help keep you independent as you age. Now, let's talk about getting started.

### How much activity do older adults need?

According to the Physical Activity Guidelines for Americans (PDF, 14.5M) you should do at least 150 minutes (2 ½ hours) a week of moderate-intensity aerobic exercise, like brisk walking or fast dancing. Being active at least three days a week is best, but doing anything is better than doing nothing at all. You should also do muscle-strengthening activities, like lifting weights or doing sit-ups, at least 2 days a week. The Physical Activity Guidelines also recommend that as part of your weekly physical activity you combine multiple components of exercises. For example, try balance training as well as aerobic and muscle-strengthening activities. If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

**Start slowly when beginning exercise.** The key to being successful and safe when beginning a physical activity routine is to build slowly from your current fitness level. Over-exercising can cause injury, which may lead to quitting. A steady rate of progress is the best approach.

To play it safe and reduce your risk of injury:

- Begin your exercise program slowly with low-intensity exercises.

- Warm up before exercising and cool down afterward.
- Pay attention to your surroundings when exercising outdoors.
- Drink water before, during, and after your workout session, even if you don't feel thirsty. Play catch, kickball, basketball, or soccer.
- Wear appropriate fitness clothes and shoes for your activity.
- If you have specific health conditions, discuss your exercise and physical activity plan with your health care provider.

We have many opportunities for you to exercise here at the Center. The classes we offer include Balance & Strength, Zumba, Line Dancing, Ballet Barre, Yoga, and more. Our gym features treadmills, a recumbent bike, an elliptical and nine EGYM weight machines with state-of-the-art technology that provide you with a guided, safe, and effective workout experience. Our Center is the only place in our area to have this equipment. If you need help with any of your exercise goals, please visit with one of our trainers or staff.



<https://www.nia.nih.gov/health/how-older-adults-can-get-started-exercise>.



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## Upcoming Events

**July 4**  
Center Closed for the Holiday

**July 6 @ 10:00am**  
Brunch Bingo

**July 6 @ 1:45pm**  
Book Club

**July 11 @ 12:35pm**  
Bunco

**July 13 @ 1:45pm**  
Arts & Crafts Series:  
Floral Arranging

**July 14 @ 11:30am**  
Christmas in July Potluck &  
Game Day

**July 20 @ 2:00pm**  
Caregiver's Support Group  
w/Hope Hospice

**July 21 @ 1:00pm**  
Peer to Peer Campaign Class

**July 23 @ 11:00am**  
13th Annual Style Show and  
Luncheon

**July 25 @ 12:35pm**  
Bunco

**July 27 @ 1:45pm**  
Cinema at the Center: Top Gun



*Just living is not enough. One must have sunshine,  
freedom, and a little flower.  
~Hans Christian Andersen*

## Note From the Center...



**By Jessica Rosario**

We are halfway through the year and I'm sure most of us are already looking forward to the cooler fall weather. Don't let the heat make you sedentary, come in and join our exercise classes or work out in the gym. There are so many great benefits to staying active as you age, both physical and mental. We have many different classes to suit anyone's needs.

Although we decided to forego a group trip in July, our regular events are scheduled as usual, and we are doing a potluck, ice cream social, and game day to make up for the group trip cancellation. Hope you can join us!

Have you bought your ticket for the 13th Annual Style Show yet? On July 23, enjoy a lunch with your friends while watching our models showcase clothes for local stores. It is always a great time and if you feel extra adventurous, or just want to set your creativity free, sign up to host a table (or two). By hosting a table, you get to decorate it just the way you like. We can even help you sell tickets for your table.

Remember that our Active Aging Health Fair is on October 15. We will have the Mammography bus here, as well as a blood drive, flu shots, produce sales, vendors, a salad truck, and much more. Put it on your calendar today so you don't forget.

August is an important month for the center; it is when we organize our

Individual Giving Campaign (IGC). Throughout the year we receive corporate sponsorships, grants, and some individual donations. During the IGC we promote individual (and corporate) giving, and even have some raffle prizes ready for those who donate.

I usually get asked why you should donate if you're already paying a membership fee. Although we never force anyone to donate, please note that in 2021, we received \$15,417 in membership revenue. During that same period, our electricity bill was \$16,424 which means that your membership fee does not even cover the electricity needed to run the center. Add to this bus expenses, staffing, utilities, food, office supplies, etc., and it's easy to see why we need the additional funding to run the Center.

We never stipulate the amount that you should give, we only ask that you contribute any amount that you consider meaningful. New for this year is a peer-to-peer campaign where we ask for your support to raise money by sharing your love for the center with your friends and family. We are doing an informational meeting regarding this campaign on July 21 and look forward to seeing you there.

As always, I hope you all stay healthy and safe, and that we get to see you in the center again soon!



# July Weekly Activity Schedule



## MONDAY

**9:00am** Library  
**9:00am** Visiting/  
 Socializing  
**9:00am** Ride the Bus  
**10:00am** 42 -  
 (Dominoes)  
**9:00am** Wood Carving  
**10:00am** Men's  
 Fellowship  
  
**11:30am**  
 Fellowship Meal  
  
**12:35pm** Bunco  
 (2nd & 4th Mon)  
**1:00pm** Bridge  
 Foursome  
 (1st & 3rd Mon)



## TUESDAY

**9:00am** Library  
**9:00am** Visiting/  
 Socializing  
**9:00am** Open Games  
**9:00am** Ride the Bus  
**10:00am** Mexican  
 Train - (Dominoes)  
**11:00am** Mah Jong  
  
**11:30am**  
 Fellowship Meal  
  
**1:00pm** Bingo



## WEDNESDAY

**9:00am** Library  
**9:00am** Visiting/  
 Socializing  
**9:00am** Bridge  
**9:00am** Ride the Bus  
**10:00am** Brunch  
 Bingo (1st Wed)  
  
**11:30am**  
 Fellowship Meal  
  
**12:00pm** Poker  
 (Beginner/  
 Intermediate)  
**1:45pm** Book Club  
 (1st Wed)  
**1:45pm** Arts & Crafts  
 Class (2nd Wed)  
**1:45pm** Cinema in the  
 Center (3rd Wed)  
**1:45pm** Karaoke Sing-  
 along (4th Wed)  
**2:00pm** Caregiver  
 Support Group  
 (3rd Wed)



## THURSDAY

**9:00am** Library  
**9:00am** Visiting/  
 Socializing  
**9:00am** Cards  
**9:00am** Ride the Bus  
**10:00am** Canasta HF  
  
**11:30am**  
 Fellowship Meal  
  
**12:00pm** Poker  
**12:00pm** Knitting/  
 Crochet/Sewing  
**1:00pm** Mindful  
 Meditation  
**2:00pm** Table Tennis



## FRIDAY

**9:00am** Library  
**9:00am** Visiting/  
 Socializing  
**9:00am** Ride the Bus  
  
**11:00am**  
 Fellowship Meal  
  
**12:10pm** Bingo



Adaia Engrave  
 Bobbie Strickland  
 Carole Ogden  
 Cheryl Knight  
 Cheryl Arredondo  
 Claudia Selco  
 Dale Wilken  
 David Coones  
 David Owen  
 Deborah Williams  
 Denise Stout  
 Diana Boothe  
 Diane Rankin  
 Donald Wagoner  
 Donna Morris  
 Edwin Serna  
 Eileen Voss

Elizabeth Schwartz  
 Emma Chavez  
 Flora Whitfield  
 Glenda Hendrix  
 Gloria Araiza  
 Jackie Paxton, Sr.  
 James Berardi  
 Joyce Smerick  
 Judy Wilken  
 Julieta Ellington  
 Karen Wagoner  
 Kathleen Thelander  
 Kathy Linares  
 Kay Moncrief  
 Leatine Fasano  
 Linda Byerly  
 Linda Gatlin

Linda Hartman  
 Lindy Sisk  
 Lorrie Hartnett  
 Marcel Trudeau  
 Maricela Brown  
 Marie Zunker  
 Marilyn Hamilton  
 Marlene Carter  
 Martha Paniszczyn  
 Mary Bales  
 Mary Ellen Hernandez  
 Mary Young  
 MaryLou Dresbach  
 Michelle Hoehn  
 Mildred Alcorn  
 Myron Larson  
 Norman Eubank






Patricia Lynch  
 Randy Dacey Jr.  
 Regina Hess  
 Renee Blackwelder  
 Robert Carter  
 Robert Long  
 Ron Schumacher  
 Shirley Baker  
 Shirley Bost  
 Steve Austad  
 Susan Halfhill  
 Thomas Holt  
 Vicki Cash  
 Xavier Elizondo





# July 2022

## Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Sub Sandwiches Salad Dessert
4 	5 Pizza Salad Dessert	6 Taco Salad Dessert	7 Spaghetti Pie Italian Veggies Garlic Bread Dessert	8 Pasta Salad Green Salad Dessert
11 Chicken Strips Green Salad Dessert	12 Hamburgers Chips Fruit Dessert	13 Baked Ziti Green Salad Garlic Bread Dessert	14 Potluck Lunch	15 Three Bean Salad Green Salad Dessert
18 Ham & Cheese Sliders Fruit Dessert	19 Chicken Fried Rice Eggroll Dessert	20 Beef & Cheese Casserole Salad Dessert	21 Frito Pie Fruit Dessert	22 Chef's Choice Dessert
25 Sub Sandwiches Fruit Dessert	26 Beef Tacos Beans Dessert	27 Caprese Pasta Salad Green Salad Dessert	28 Meatloaf Mashed Potatoes Green Beans Dessert	29 Chicken Salad Green Salad Dessert

Fellowship Meal is served Mon-Thurs@ 11:30am, Fri@11:00am  
(LUNCH IS SERVED FOR A 1/2 HOUR IN THE CENTER)  
Suggested Donation \$4 (Donations help make our fellowship meals possible)  
Menus are subject to change



# Games Galore

Sponsored by: Alamo Hospice

## WORD CHANGE

Can you morph one word into another by just changing one letter at a time? We have 4, 5 and 6 letter words to morph with 3, 4 and 5 times that you will need to change a letter.

EXAMPLE:

ANSWERS:

free
best



fort
make



## Fourth of July



### Word Search Puzzle



## Bamboozles

The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent. (Solutions below)

<b>ATUNE</b>	rent rent rent rent	LOOKING  LOOKING
W E R Y	FOUR FOUR FOUR	pigs pigs pigs



- |             |              |            |
|-------------|--------------|------------|
| ADAMS       | FLAG         | LIBERTY    |
| AMERICA     | FOURTH       | MUSIC      |
| BARBECUE    | FREEDOM      | PARADE     |
| CELEBRATION | HOLIDAY      | PATRIOTIC  |
| COLONIES    | HOT DOGS     | PICNIC     |
| CONGRESS    | INDEPENDENCE | REVOLUTION |
| FAMILY      | JEFFERSON    | STATES     |
| FIREWORKS   | JULY         | SUMMER     |

## Commonyms

1. A Ball - A Fish - A Cold
2. A Ball - A Salad - A Coin
3. A Cork - A Question - A Balloon
4. Bottle - Baseball Player - Mushroom
5. A Bell - Mouth - A Shoe
6. Tug of War - Nightly News - A Boat
7. Seventeen - Time - People
8. Basketball Court - Highway - Bowling Alley
9. Fog - A Jack - A Body Builder
10. Hockey Game - Restaurant - Bank

## June Answers

1. They have lobes
2. Crabs
3. Swimming strokes
4. They have trunks
5. They have claws
6. Lines
7. Detectors
8. Lights
9. Doors
10. Taxes

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A member of the Regent Financial Group

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Choose local, choose the  
"Best of the Best," choose Alamo Hospice.

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# July Health & Wellness Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
<b>4</b> 	<b>5</b> 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	<b>6</b> 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	<b>7</b> 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	<b>8</b> 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
<b>11</b> 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	<b>12</b> 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	<b>13</b> <del>8:30am Zumba Toning</del> <del>10:00am Active Aging Strength</del> 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	<b>14</b> 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	<b>15</b> 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
<b>18</b> 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	<b>19</b> 9:30am Zumba Gold 10:30am Ballet Barre 11:00am Balance & Strength* 5:30pm Zumba	<b>20</b> 8:30am Zumba Toning 10:00am Active Aging Strength 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	<b>21</b> 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	<b>22</b> 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
<b>25</b> 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	<b>26</b> 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	<b>27</b> 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	<b>28</b> 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	<b>29</b> 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*

## GYM HOURS

Mon-Thurs: 9:00am - 6:00pm

Fri: 9:00am - 3:00pm

\*Class is FREE for all BSBAC Membes



RenewActive™  
by UnitedHealthcare

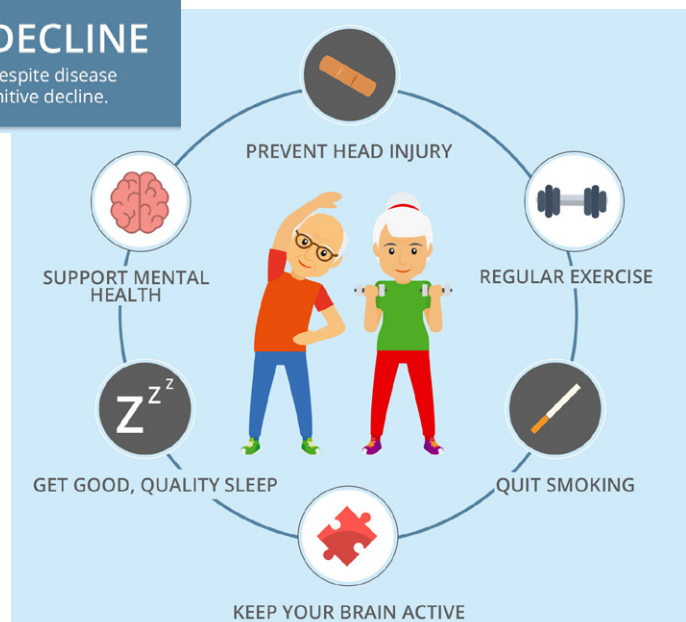


## 6 WAYS TO PREVENT COGNITIVE DECLINE

Despite popular belief, cognitive decline is not a normal part of aging. Despite disease process, there are some things that you can do to slow or prevent cognitive decline.

THE FIRST WEALTH IS  
*health.*

—RALPH WALDO EMERSON



# Health & Wellness Class Descriptions



## ACTIVE AGING STRENGTH

This class helps improve strength. The instructor will take you through a variety of exercises for a complete workout. Get comfortable using circuit equipment as well as resistance bands, medicine balls, free weights, etc.



## BALANCE & STRENGTH

This class is recommended for members with concerns about balance and loss of upper and lower body strength. Focus will be on functional fitness as well as balance and strength. **\*Free to all members\***



## BALLET BARRE

The exercises build gradually, are safe and can be performed by anyone. Muscles become toned and lengthened, posture is improved, and movement becomes more graceful as the student becomes more aware of his/her body.



## CHAIR YOGA

Chair yoga is a gentle practice in which yoga postures are performed while seated and/or with the aid of a chair. Benefits include improved strength & energy, improved flexibility & balance, and improved concentration.



## EASY PACE

Beginner to intermediate aerobics that includes cardio, marching in place, and basic arm and leg movement patterns. Improves muscle strength, flexibility, endurance, coordination, and balance.



## LINE DANCING

Line Dancing is choreographed to a variety of music with repeating series of steps that are performed in unison. Learn some fancy footwork while challenging your mind to memorize these fun sequences.



## RESTORATIVE YOGA

A therapeutic style of yoga which utilizes props to make it easier for the body to get into certain poses. The focus of this class is relaxation, renewal, effortlessness, ease and a completely supportive environment.



## YOGA/YOGA MIXED

Slow flowing class of gentle stretching and physical postures using breath to connect mind and body. This is an excellent way for improving flexibility, balance and great for de-stressing.



## ZUMBA/ZUMBA GOLD

Zumba is a dance-fitness class that is set to zesty Latin music like salsa, merengue, mambo, etc. Zumba Gold modifies the moves and pacing to suit the needs of the active older participant.



## ZUMBA TONING

Zumba Toning is perfect for those who like Zumba, but want to put extra emphasis on toning and sculpting to define those muscles. The challenge of adding resistance by using toning sticks (or light weights), helps you focus on specific muscle groups, so your muscles stay engaged.



*“Exercise not only changes your body, it changes your mind, your attitude, and your mood.”*





# Activity Center Happenings



## BINGO WINNERS

ELDA PALOS  
WAS THE  
PROGRESSIVE  
TUESDAY BINGO  
WINNER  
SPONSORED BY  
INDEPENDENCE  
HILL

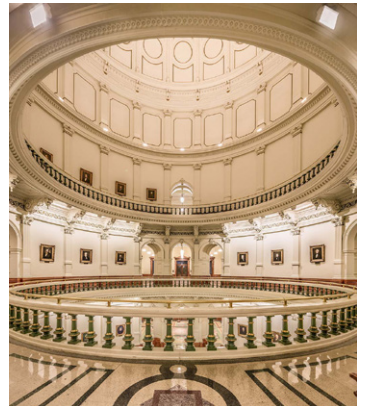


AL CORDES  
WAS THE  
PROGRESSIVE  
FRIDAY BINGO  
WINNER  
SPONSORED BY  
DARLING  
DENTISTRY



### TEXAS STATE CAPITOL DAY TRIPS

Members enjoyed the June Day Trips to the State Capitol in Austin. They learned about Texas history while admiring the statehouse and its surrounding grounds. The walking tour offered a look at some of the Texas State Capitol's principal features along with tales from your tour guide.





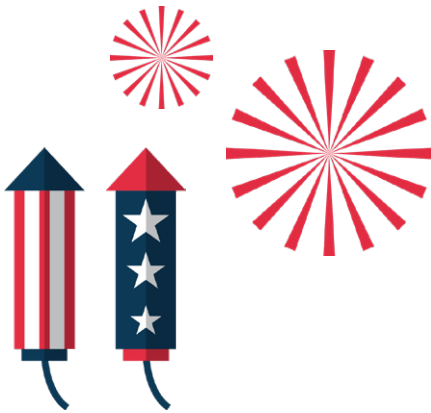


# Activity Center Happenings



## LINE DANCING COMPETITION

Our line dancing group got their groove on in the recent line dancing contest. The participants did a great job teaching their dances to the group!



## YAHTZEE TOURNAMENT

We had a Yahtzee Tournament last month and members had a great time. We had four table winners that won a \$10 gift certificate to be used at the Center. Our final table winner was Joan Mauger. She won a gift card and beach fun gift bag! Thank you to all who came out. We will definitely do this one again!



## BEGINNING GUITAR CLASS

Barbara Masterson, Volunteer, teaching BSBAC members how to play guitar this month.



# July Event Flyers

**BRUNCH BINGO**  
 Wednesday, July 6  
 10:00am

Blueberry-Strawberry  
 French Toast Casserole  
 +  
 Watermelon Wedges

6 Games of Bingo  
 +  
 Brunch

Please sign up in the Front Office by July 1

GOOD BOOKS AND GOOD COMPANY

**BOOK CLUB**

1st Wednesday of  
 Every Month  
 1:45 PM

Contact the Center  
 for monthly book  
 choice

ARTS & CRAFTS SERIES

**Floral Arranging**  
 Instructed by Connie Zulaica

Wednesday, July 13  
 1:45pm

All supplies will be provided.  
 Donations are appreciated.

Please sign-up by Friday, July 8

**CHRISTMAS IN JULY  
 POTLUCK & GAME DAY**

Thursday, July 14  
 11:30am

Join us for  
 lunch & an  
 afternoon of  
 fun...  
 board games,  
 cards, dominos  
 & more!

BRING YOUR  
 FESTIVE SPIRIT  
 &  
 YOUR FAVORITE  
 SIDE OR DESSERT  
 TO SHARE

Please sign up in the Front Office.

**Cinema at the Center**  
 featuring  
*Top Gun*  
 Starring  
 Tom Cruise, Tim Robbins, & Kelly McGillis

As students at the United States Navy's elite fighter  
 weapons school compete to be best in the class, one  
 daring young pilot learns a few things from a civilian  
 instructor that are not taught in the classroom.

Wednesday, July 27, 1:45pm

Come enjoy a movie,  
 snacks & fellowship.

**Be a part of the  
 BSBAC Cookbook!**

Share your favorite recipes to be  
 included in our cookbook!

Submissions are due by July 15th  
 For more details please see DeLisa

**BSBAC  
 MEALS ON WHEELS**

**AMAZON  
 WISH LIST**

[www.amazon.com/hz/wishlist/ls/96ZY3C1OSKQV](http://www.amazon.com/hz/wishlist/ls/96ZY3C1OSKQV)

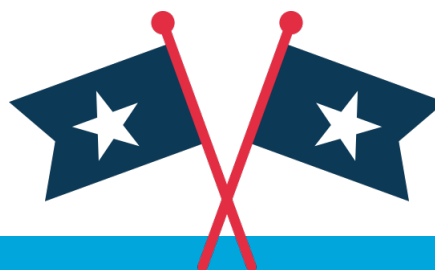
**Membership Corner**

**Let's hear about it!**

Is there an activity, program, etc. that you would  
 like to see at BSBAC? If so, we'd like to hear about it!

The week of June 27-July 1, there will be a "Suggestion Station"  
 in the Front Office where your suggestion can be shared.

We look forward to hearing from you!





# Upcoming Special Events

JULY  
23  
2022  
11AM-2PM

## 13th Annual Style Show and Luncheon

Enjoy a fun, social event with food & fashion as well as creative theme table decor designed by our hostesses.

Fashion stylings provided by local boutiques.

Vendor Fair & Raffle Prizes

TICKETS  
\$25  
PER PERSON



For More Information:  
Reghan Swenson

### IT'S STYLE SHOW TIME!

The 13th Annual Style Show will be held, Saturday, July 23rd! Be sure to join us for a fun social day of friendship, good food, good fashion, and uniquely decorated tables. We will also be having a vendor fair and door prizes. Tickets available for purchase at the Center. If you'd like to be a table hostess or a vendor at the vendor fair, please contact Reghan Swenson at [rswenson@bsbac.com](mailto:rswenson@bsbac.com) or 830-438-3111 with questions. Don't miss out...we are going to have a great time! Check out the pics below of our 2021 event.



## Annual Active Aging Health Fair & Open House



SERVICES AVAILABLE AT THE EVENT:

UHS MAMMOGRAPHY BUS

SOUTH TEXAS BLOOD & TISSUE BLOOD DRIVE

RIVER CITY PRODUCE

SENSATIONAL SALADS & WRAPS

SATURDAY, OCTOBER 15TH

9AM-12PM

30280 COUGAR BEND  
BULVERDE, TX 78163

ONSITE:

WE WILL HAVE A VARIETY OF HEALTH & WELLNESS VENDORS

AN OPPORTUNITY TO VIEW OUR FACILITY

FLU SHOTS BY SPRING BRANCH PHARMACY

### WHO WE ARE?

The Bulverde Senior Center (BSC) dba Bulverde Spring Branch Activity Center (BSBAC) is a non-profit 501 (c) 3 organization that provides services to seniors in the Bulverde/Spring Branch, Texas area. Current programs include Meals on Wheels, Senior Outreach, Social Activities, and Health & Fitness.

### WHAT WE DO

We do many things here at the Bulverde Spring Branch Activity Center as our mission is to facilitate active aging and enhance the quality of life for older adults in our communities. We provide services and resources to seniors, homebound and those in need, through our Meals on Wheels program. We also provide Pet Meals on Wheels to our homebound members. We have many social activities going on all week throughout the Center. These include card games, exercise classes, group games, educational seminars, arts & crafts classes, daytrips, and much more.

Interested in becoming a vendor, please contact Beth Collier

CALL US FOR MORE INFO  
830-438-3111

[bcollier@bsbac.com](mailto:bcollier@bsbac.com)  
[www.bsbac.com](http://www.bsbac.com)





## Get Fit So You Can Do More!



Exercise and be active every day so you can keep doing what's most important to you.

Practice all 4 types of exercise for the most benefits.

### 1 Endurance

So you can



climb steps



dance the night away



### 2 Strength

So you can



lift groceries



carry grandchildren



### 3 Balance

So you can prevent falls and related injuries



TIP: Use a chair or the wall for support.



### 4 Flexibility

So you can



drive



get dressed



Get exercise ideas, motivational tips, and more from the National Institute on Aging at NIH.

Visit [nia.nih.gov/health/exercise](http://nia.nih.gov/health/exercise)

## 5 TIPS

to help you stay **motivated** to **exercise**

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

#### 1 Find ways to fit exercise into your day.

You are more likely to get moving if exercise is a convenient part of your day.



#### 2 Do activities you enjoy to make it more fun.

Be creative and try something new!



#### 3 Make it social.

Find a virtual "exercise buddy" to help keep you going and provide emotional support.



#### 4 If there's a break in your routine, get back on track.

Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



#### 5 Keep track of your progress.

Make an exercise plan and don't forget to reward yourself when you reach your goals.



Visit [www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults](http://www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults) to learn more.



# News You Can Use



OLDER ADULTS

## Physical activity can make daily life better.

When you're active and strong, it's easier to:



Do everyday tasks, like chores and shopping



Keep up with the grandkids



Stay independent as you get older

And it has big health benefits, too.

✓ Less pain

✓ Better mood

✓ Lower risk of many diseases

## How much activity do I need?

### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least  
**150**  
minutes  
a week

AND

### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least  
**2**  
days  
a week



Break it up over the whole week however you want!

## Physical activity can help manage many health problems.

✓ Reduce symptoms of arthritis, anxiety, and depression

✓ Help keep diabetes and high blood pressure under control

## Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.

Mix in stretches and activities to improve your balance, too! Keep your body flexible and help lower your risk of falls.

## And all sorts of activities count.



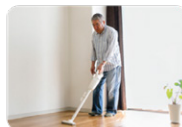
Even things you have to do anyway



Even things that don't feel like exercise

## You can get more active.

No matter your age, you can find a way that works for you.



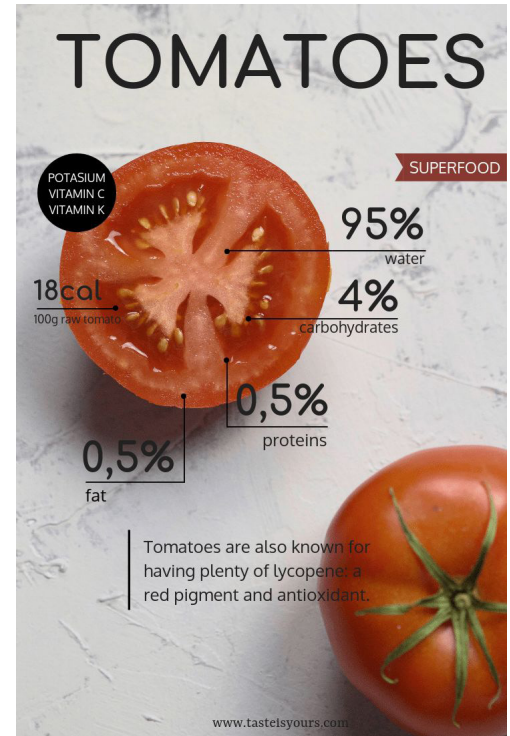


# What's Cooking



Tomato Salad

This simple salad, made with thinly-sliced red onions, fresh herbs, and a drizzle of oil and vinegar, lets juicy summer tomatoes shine.



**YIELD**

Serves 4 as a side dish

**PREP TIME**

12 minutes

**INGREDIENTS**

- 1 small or 1/2 medium red onion, thinly sliced into half-moons
- 1 1/2 pounds heirloom tomatoes (about 3 medium tomatoes)
- 1/4 cup packed fresh herbs, such as basil, cilantro, dill, parsley, or a combination, coarsely chopped
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

**INSTRUCTIONS**

1

Place the onion in small bowl and cover with cold water. Let stand while you prepare the rest of the ingredients, about 10 minutes.

2

Core the tomatoes and slice into 1/2-inch-thick half-moons. Place in a large bowl. Add the herbs, oil, vinegar, salt, and pepper. Drain the onions and add to the bowl. Toss to combine and let stand for at least 10 or up to 30 minutes before serving. Taste and season with more salt, pepper, vinegar, or oil as needed.

**10** Reasons to eat  
**Tomatoes**

1. Helps to keep blood vessels healthy.
2. Rich in lycopene to promote prostate health.
3. Full of vitamin C to keep immune system strong.
4. A good source of beta-carotene for healthy vision.
5. Studies have shown tomatoes help prevent breast cancer.
6. Contains compounds to help lower cholesterol.
7. Rich in potassium for heart health.
8. Full of vitamin E to keep skin healthy and beautiful.
9. The skin is full of carotenoids to promote wellness.
10. Rich in energizing B vitamins to help you stay active.

Actually a fruit,  
it took a ruling by the  
**Supreme Court**  
in 1893 to make  
**the tomato**  
a vegetable.

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*The mission of the Bulverde Spring Branch Activity Center is to facilitate active aging and to enhance the quality of life of older adults in our communities.*



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