

ACTIVE & AGELESS

CHIPPEWA FALLS YMCA ACTIVE & AGELESS NEWSLETTER AUGUST 2023

I stumbled upon an interesting article a few weeks ago titled "Resistance Training can alleviate Alzheimer's disease symptoms" published July 8, 2023. The possible explanation for these findings is that there is an anti-inflammatory impact of resistance exercises. The article was published in the journal *Frontiers in Neuroscience* by research from the University of Sao Paulo, Brazil. The researchers conducted experiments on mice with a mutation responsible for the buildup of beta-amyloid plaques in the brain. After just 4 weeks of resistance training, their brain tissue showed a decrease in the formation of plaques. Alzheimer's disease is partially characterized by

these amyloid plaques in the brain, which lead to problems with brain function as they build up a fatty membrane surrounding the nerve cells. They also tested the corticosterone levels (human equivalent is the hormone *cortisol*) of the mice before and after the 4-week training program which also decreased. High levels of cortisol in humans is linked to faster cognitive decline.

The lead researcher of the study, Henrique Correia Compos states "Physical activity can reverse neuropathological alterations that cause clinical symptoms of the disease" he goes on "resistance exercise is increasingly proving an effective strategy to avoid the appearance of symptoms of sporadic Alzheimer's (not the kind caused by a genetic mutation, which is also the least common type) The main possible reason for the effectiveness is the anti-inflammatory action of resistance exercises" Not only can resistance training prevent cognitive decline, it can also improve cognitive dysfunction, memory deficit and behavioral issues in current dementia patients.

It is not new information that benefits of exercise go much deeper than the physical results. We always hear about how great exercise is for your heart/ metabolic syndrome, the actual structural workings of the brain can be added to that list. The saying "you can't out exercise a bad diet" is accurate, but an interesting outcome of exercise is that it will often lead to additional healthy choices. Additionally, just raising your heart rate to promote increased blood flow to your entire body is incredibly healing.

What I am really getting at is the YMCA is awesome and will help you get active and achieve all your goals, even if that goal is as simple as moving and extra 30 minutes a few times per week. All movement is beneficial and good for you!

Have a great August and keep going!

Kara

*Idea for something fun for the Active & Ageless group to do this summer?
Email me! I'll try to get it organized! Kgoossens@ymca-cv.org*



Kara Goossens



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Chippewa Falls YMCA

611 Jefferson Avenue

Chippewa Falls, WI 54729

www.ymca-cv.org

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact: Kara Goossens
Chippewa Falls YMCA
Active & Ageless Coordinator
kgoossens@ymca-cv.org



INSTRUCTOR OF THE MONTH: KATE KIRCHEN

How long have you been at the Y and how did you get started? I've been going to the YMCA since the early 2000's attending Summer Day Camp and after-school program at Parkview Elementary. Around 2013 I started attending boot camp and my parent's spin classes while working part-time at the Leinie Lodge and going to school at UW-Stout for Graphic Design. From there, I began instructing Indoor Cycling at lunch on a regular basis in the Spring of 2018!

What's your favorite part about Group Fitness? In case you already didn't know, I'm the daughter of the coolest parents ever – James & Jill Kirchen. So honestly, my favorite part is seeing my parents on a weekly basis as they kick my butt in almost every class ☺. Other than seeing my actual folks, I'd say seeing my "extended family"/ the regulars who frequently attend noon classes always brighten my day!

What is the best piece of fitness advice you have ever received? Everyone's fitness journey is different, find what you ACTUALLY ENJOY when it comes to fitness or working out – make it fun and not a chore!

What classes do you teach and what can members expect when they attend? I typically teach Indoor Cycling at 12:10pm on Mondays, sometimes swapping with my dad, James, for Thursday spin class at lunch. You can find me every once in a while teaching a strength class, but no doubt we'll be playing some kind of workout game if I'm teaching strength! As for spin, I always like to say "This is your class, you can go as fast as you want, as much tension as you want and I'll have no idea, I'm just happy to see you!" Typically I create a playlist that will guide us through the 45min class and literally cycle through warm-ups, jumps, sprints, hills, pick-ups, cool down, and more. Feel free to check out & try my Spotify spin playlists here: <https://open.spotify.com/user/katekirchen?si=ced07d329c634c6c>

Is there anything fun/unique we would be surprised to learn about you? I'm marrying an out-of-towner in August 2024, my fiancé, Taylor Porrier is originally from Vermont. My best friend without a doubt is my miniature dachshund, Lucy "the Goose". Lastly, my parents just got me my 1st adult bike since my *actual* 1st bike without training wheels... I'd ride my older brother's when I was younger and now as an adult, I've been afraid of "real" biking because I'm so short (5ft) so it's hard for me to stop & go, but I'm finally getting the hang of it!



The YMCA Golf Outing was a success! Thanks to all the participated and donated to this great cause!



RECIPE OF THE MONTH:

Picked at it's Peak!

Local, fresh grown veggies are at their prime growing season. In fact, you can find many of them right here at the YMCA parking lot every Monday from 8-1pm!

Beet Juice Summer Mocktail

Ingredients:

- Beets
- Apples
- Pears
- Lime
- Carrots
- Ginger

To Make:

1. Add all ingredients to juicer after washing and chopping. Make sure to use at least one of every juice type. (Quantity of each item is flexible. Try using what is in season or on hand).
2. Adjust to taste.

*If you don't have a juicer a blender will work too. You may want to soften beets by boiling them slightly. Also use a blender to strain the pulp.



During an Info Session on High Blood Pressure at the Chippewa YMCA Farmer's Market Grand Opening, our dietetic intern, Emily Rose, made Beet Juice for participants. She explained they are high in nitrates which are converted to nitric oxide during digestion. Nitric oxide dilates blood vessels which helps decrease blood pressure. Researchers have found that people who consume one glass of beet juice per day see a significant reduction in blood pressure.

*If you are currently taking medication for high blood pressure, please talk to your doctor before using beets daily to decrease your blood pressure.

Did you know?

August 16 is National Tell a Joke Day! Share a few of these with your gym buddy during your next workout:

- Did you hear about the banana gymnast? She was great at splits!
- Why did the rooster keep going to the gym? He was working on his pecks!
- I've found running is a great way to meet new people. Unfortunately, they're normally paramedics!

YMCA DEDICATION AWARDS

Dedication Awards recognize members that exhibit a commitment to their health by regularly visiting the YMCA. It was AMAZING to see how many 55+ members checked in more than 26 times in the month of June! Great job everyone!

JUNE winners are:

Hieu Phung
Linda Kolbrak
Lauire Royce
Michelle Martineau

Please stop by the front desk to claim your prize!

How to win:

Must be a YMCA member 55+ (members may only win once every 365 days, employees not eligible). Remember to swipe your card every time you workout!

YMCA360

Enjoy live or on-demand group exercise classes, explore nutrition classes, youth enrichment, fitness options, and more.

YMCA360 offers both on-demand and live classes through the YMCA360 website and mobile app. Now, the YMCA can be accessed any time from anywhere!

Learn more about this FREE member benefit at:

WWW.YMCA-CV.ORG/YMCA360



WALK FOR YOUR WELLNESS WEDNESDAYS

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Join Member Service Director Kristin Anderl for a friendly chat and stroll around the park!

Rain or Shine!

When: Every Wednesday
Time: 4:00 PM
Where: Irvine Park
Park: By the Splash Pad



Open to the Community!

Email kanderl@ymca-cv.org with questions.



LEINENKUGEL'S PURE WATER DAYS RACES

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**SATURDAY, AUGUST 12, 2023
CHIPPewa FALLS YMCA**

Pure Water Days is a weekend-long festival for the entire family, which is held each year in Chippewa Falls. The Pure Water Days festival events begin on Friday and end Sunday afternoon. The Leinenkugel's Pure Water Days races are held at the Chippewa Falls YMCA. There are five different races to involve the entire family. All participants will receive a finisher medal at the finish line!

THE PURE WATER DAYS RACES INCLUDE THE FOLLOWING:

1-MILE FUN RUN/WALK	Start time 7:30 AM
2-MILE FIT WALK	Start time 8:00 AM
4-MILE RUN	Start time 8:00 AM
BILL ROEGGE MEMORIAL HALF MARATHON	Start time 8:00 AM
KIDS 200 METER DASH	Start time 9:00 AM



Pre-race day online registration available at www.ymca-cv.org/pwd
Race day registration and packet pick up starts at 6:30 AM.

Pre-Registered Packet Pick-Up on Friday from 5:30-7:00 PM



SPAGHETTI FEED

Where: Friday, August 11
5:00-7:00 PM
Where: McDonell High School
Cost: \$8 at the door
Proceeds Benefit McDonell Cross Country & Track Teams



FREE FITNESS AT THE RIVERFRONT CHIPPEWA FALLS YMCA | YMCA OF THE CHIPPEWA VALLEY

The Chippewa Falls YMCA will be offering FREE fitness classes to the entire community this summer at Riverfront Park! Classes will be offered daily beginning on June 12 through August 25. All classes are FREE and open to EVERYONE. If weather causes issues, class will be moved to the Chippewa Falls YMCA where everyone can still attend for free.

SUMMER 2023 FREE FITNESS CLASS SCHEDULE

- Mondays**
• Yoga with Connie | 12:00-1:00 PM
- Tuesdays**
• Yoga with Karen | 5:30-6:30 PM
- Wednesdays**
• Circuits with Amy | 6:00-6:45 AM
- Thursdays**
• Sculpt Yoga with Deneen | 5:45-6:30 AM
• Zumba with Cindy and/or Tara | 6:00-6:45 PM
- Fridays**
• Barre with Kimberley | 9:30-10:15 AM

Yoga
Start your Yoga journey here! Take the time to shed the distractions and enjoy a reconnection with your body senses. Concentration will be on exploring the essentials of breathing, posture, and lengthening, while learning basic yoga poses. **Please bring your own yoga mat!!**

Circuits
This amazing 45-minute workout gets your heart rate up and strengthens and tones your muscles at the same time. Move quickly through a number of exercises to work different muscle groups. This workout is a fun, challenging and motivating way to start your week off strong. Suitable for all fitness levels. All exercises can be modified and performed at a pace that works best for your body.

Sculpt Yoga
Experience a flowing yoga format that incorporates light hand weights throughout the class. Increase muscular strength and endurance while enjoying the mind/body benefits of a yoga practice.

Zumba
Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Barre
Engage muscles you wouldn't normally target—ones deep inside your body that squats, lunges and sit-ups don't reach. With high-reps and low-impact movements, barre challenges anyone looking to fine-tune their muscles—no ballet experience required.

FOR MORE INFORMATION: WWW.YMCA-CV.ORG/GROUPEXERCISE

**FREE FOR
EVERYONE!!**



YMCA POWER PEDALERS

OUTDOOR CYCLING CLUB CHIPPEWA FALLS YMCA

AUGUST RIDES

WHEN: AUGUST 9, 9:00 AM
MEET AT: trail parking lot in Jim Falls.
Old Abe Trail Jim Falls to Cornell.

WHEN: AUGUST 23, 9:00 AM
MEET AT: The YMCA parking lot.
Chippewa River and around town.

Reminder to bring money to stop at an ice cream shop! Sunscreen & helmets are recommended.

WWW.YMCA-CV.ORG/AOA



**E-BIKERS ARE
WELCOME!**



Chippewa
Health
Improvement
Partnership

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MONDAY MARKET AT THE Y

SHOP HERE. EAT FRESH!

- Monday Market at the Y accepts SNAP/EBT, Credit, and Debit cards to purchase \$1 tokens to spend at the market
- Double your SNAP/EBT dollars with Market Match
 - Every \$1 token purchased with your Quest card = \$2 with Market Match (up to \$10 per week)
- Free community health events for information each week
- Fun for the whole family!

DATE: June 12 - September 25. No Market on July 3 and September 4.

TIME: 8 AM - 1 PM

LOCATION: CHIPPEWA FALLS YMCA | 611 Jefferson Ave

EBT/Credit/Debit, Cash, WIC, and Senior Farmers Market Nutrition Program Vouchers are accepted.



Questions? Contact Carrie Mathwig | cmathwig@ymca-cv.org or 715-861-2352

ENHANCE@FITNESS



MODIFIED MOVES MAXIMUM RESULTS

WE'LL MEET YOU WHERE YOU ARE

Enhance@Fitness

Enhance@Fitness is geared toward older adults of all fitness levels. If you have a chronic condition, such as arthritis, you may be able to gain more strength and independence. You will feel energized—physically, mentally and socially—and be surrounded by people who care about your success.

THE FACTS TELL THE STORY

Research has shown that among older adults who participate in Enhance@Fitness, health costs were lowered by close to \$1,000 and 9 out of 10 people stay with the program. In addition, 99 percent say they'd recommend the program to a friend.

YOU BELONG HERE!
Call (715) 839-4608 now to get moving.

IT'S A FACT:
99%
of participants say they'd recommend the program to a friend.



YOUR PACE

- The exercises are dynamic but can always be done at your pace
- Up to 25 people in each class: we provide chairs and soft weights
- Class meets 3 times per week and focuses on flexibility, balance, strength & movement
- Fitness assessment at beginning and every 4 months

PROGRAM DETAILS

WHEN: Mondays, Wednesdays, Fridays, Session I beginning September 1, 2023
TIME: 10-11 AM
COST: Members: FREE | Non-Members: First 16 Week Session FREE then membership required to continue additional sessions.
REGISTRATION: Required

OUR SPACE

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