

S.I.M GYM

May/June 2018

Hot Summer Deal

Pre pay (by May 31st) for June,
July and August for only \$90!

Gardening will make your lawn
look fabulous but keeping up
with your workout will make you
feel fabulous!

Do both this summer with this
great deal!

Lunch and Learn May 10th,
11:30am-1pm with Kim Kikas,
Senior Support Officer from the
Hamilton Police



*The S.I.M Gym
will be closed
on Monday
May 21st,
2018*





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Gym on
Facebook!**

The Importance of Staying Hydrated

It's vital for people of any age to stay hydrated. It's especially important for seniors, as they often lose their appetite for water with aging.

1. As adults age, the sensation of thirst diminishes, which means seniors are less likely to realize when they're thirsty. Seniors face an increased risk of dehydration and have to stay extra vigilant about their water intake.
2. Seniors also metabolize water differently than younger individuals. While younger adults have the ability to regulate water balance, seniors often compromise on their water turnover. For this reason, it is important for seniors to stay vigilant about hydration.
3. Staying hydrated is important for mental function as the body and brain are mainly comprised of water. As mental processes tend to slow down with age, it becomes crucial for seniors to stay hydrated. Cognitive function is enhanced when the brain cells receive the appropriate amount of hydration.
4. Some seniors face urinary incontinence. While it might lead them to drink less water, this can actually exacerbate the problem. Seniors with incontinence should maintain healthy drinking habits, as a reduction in fluid intake can cause even more problems such as urinary tract infections.
5. Hydration is the key to digestive health. Seniors with constipation or digestive discomfort should always make sure to drink their daily dose of water, as dehydration is often linked to constipation. Regular hydration and fiber consumption can help seniors afflicted with constipation.
6. As seniors age, kidney function often diminishes, which leads to a decrease in the body's ability to concentrate urine. To boost renal ability, seniors should drink water throughout the day, even when they don't feel thirsty. www.homecareassistance.com

Benefits of Laughter

- Burns on average 1.3 calories per minute
- Helps relieve physical & emotional pain
- Increases Immunity
- Exercises the diaphragm, contracts the abs and even works out the shoulders, leaving muscles more relaxed afterward.
- Stress management
- It connects us with others

So grab some friends and have a good laugh!

@jyforfitness

Fitness for Breath Program

Do you know someone who would benefit from Fitness for Breath Program? Our Sit and Be Fit Class incorporates the Fit For Breath Program. Class will be same time 1:45pm-2:15pm Monday, Wednesday and Friday with the option for a 15 minute cardio session on the machines. Fitness for Breath engages older adults and seniors with chronic lung disease in regular physical activity to motivate them to maintain an active lifestyle, help to manage their lung disease and to continue the gains received from their participation in pulmonary rehabilitation (PR) programs.



B R E A T H E
the lung association

