

Every Deserves Some Exercise Body

Our bodies are designed to move. Too long of a session at the computer, too much time sitting in cars or airplanes—and yes, too many hours in front of the TV—can lead to all types of health problems, from diabetes to obesity to back problems. Luckily, it's never too late to get fit, and even a little bit of exercise expanded gradually over time can reap big rewards. Just find your profile on the following pages and discover fun ways to get going—today!

Profile:

Couch Potato Seeking Get-Up-and-Go

You're a former athlete who hung up his cleats after high school, or perhaps someone who never "needed" to exercise until those 20-something jeans started to pinch. Now you'd like to do right by your body and start exercising, but how to find the motivation or the time?

DID YOU KNOW? Even couch potatoes who start (or resume) exercising later in life can significantly cut their chances of developing coronary artery disease, according to a study published in the British medical journal *Heart* (July 2006). Those who stayed active all their lives had the lowest risk, but even those who started exercising after age 40 were 55 percent less likely to be diagnosed with heart disease than those who stayed inactive all their lives.

FUN PLACES TO START: Fitness experts unanimously say the keys to finding motivation to exercise are (1) pinpointing an activity you love to do that meets with your doctor's approval and (2) discovering people who enjoy the same activity. Luckily, the Internet makes it easy to locate a group to suit your passions. Like to walk? Try the [Sacramento Walking Sticks](http://sacramentowalkingsticks.org) (sacramentowalkingsticks.org or 916.283.4650), a go-at-your-own-pace club that schedules regular walking excursions throughout the region. Or find like-minded bicyclists—casual, speedy, on- or off-road—through the Roseville-based [Hammerin' Wheels Bike Club](http://hammerinwheels.com) (hammerinwheels.com). Would you rather do something more unconventional? Go to meetup.com for location-specific listings to satisfy all sorts of interests, from Ultimate Frisbee to tango to hula hooping.

(See more profiles on page 8)

Every Deserves to Get Fit Body

Ready to get moving?
Visit mywha.org/gyms for
information on discounts.

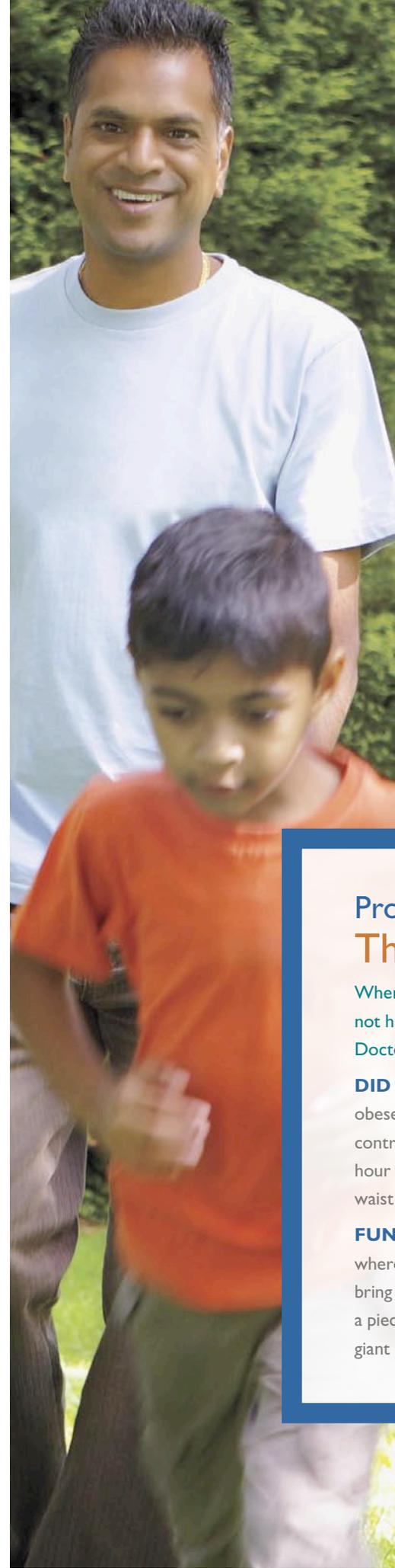
Profile:

Bouncy Mom-to-Be

Sure, you're thrilled to have a "bun in the oven," but what does this mean for your exercise routine? Should you hang up the yoga pants for the next year and just put your feet up a bit? Not so fast, say exercise professionals. Exercising during pregnancy benefits both baby and mom, if you clear it with your doctor and make some simple adjustments as the pregnancy—and your body—evolves.

DID YOU KNOW? Researchers point to benefits to moms including better posture, balance and flexibility; lowered depression; reduced chance of varicose veins; and greater strength for labor and recovery. Interestingly, a long-term study conducted by Linda E. May at Kansas City University of Medicine and Biosciences also showed that pregnant women who exercise at least 30 minutes, three times a week, had fetuses with lower heart rates—an indicator of a healthy heart—both in the womb and after pregnancy.

FUN PLACES TO START: **Stroller Strides** (strollerstrides.com) offers group-style, total-body workouts focused on pregnant women and new moms. Or you can check out **FitMoms of Vacaville** (meetup.com/FitMomsOfVacaville), another stroller-based fitness group. The best part? You can keep up your workouts with baby alongside once you deliver, and meet other moms with young children at the same time. In general, any low-impact activities, like walking or swimming, as well as strength and stretching exercises are safe and health-promoting for most pregnant women. However, avoid any exercise that has you lie on your back, since that may impact blood flow to the baby. And any time you have questions, ask your doctor.



Profile: Aging Well

Nix the stereotype of seniors in Barcalounger recliners. You keep moving to avoid weight gain and bone loss but don't tax arthritis-prone joints or overdo.

DID YOU KNOW? People with arthritis who exercise experience less pain, more energy, improved sleep and better overall functioning, according to the American College of Rheumatology. Additionally, a review of 43 studies on exercise and bone health found that women who did weight training programs that focused on lower body strength had a 1 percent reduction in mineral density at the hip, which could help reduce hip fractures.

FUN PLACES TO START: Tai chi's slow, controlled motion is perfect for improving seniors' balance and core muscle strength. Try a free, two-week trial of the [senior tai chi classes](#) taught by Carlan Steward at [Reid's Family Martial Arts](#) in Carmichael (sacramentotaichi.com or 916.768.2327). **Other options:** Low-cost water aerobics classes offered by parks and recreation departments, like the [Woodland Community and Senior Center](#) (cityofwoodland.org or 530.661.2001), or [Allan Witt Park's Fairfield Aquatics Complex](#) (www.fairfield.ca.gov/residents [click "Things to Do"] or 707.399.1999). Or try workouts at a fitness center. WHA members can join local gyms at a discount. For info, visit mywha.org/gyms.

Profile: The Young and the Restless

When the weather gets cooler, kids naturally gravitate inside for more sedentary pursuits. But it's not hard to buck this trend with a few props (say, a kite or soccer ball) paired with a fresh locale. Doctors say 30 to 60 minutes a day will combat obesity and improve overall health.

DID YOU KNOW? More than one-third of U.S. children and adolescents are overweight or obese, according to the Centers for Disease Control and Prevention. And television may be a big contributor: A recent study of 2- to 4-year-olds by the University of Montreal showed that each hour of weekly television added to a child's schedule after age 2 directly corresponded to expanded waist size and decreased athletic ability by the time the child completed fourth grade.

FUN PLACES TO START: Try a hike through [Effie Yeaw Nature Center](#) (sacnaturecenter.com), where you can collect fall leaves, scout for wildlife and skip stones in the American River. In Vacaville, bring a kite or Frisbee to the wide open meadows of [Peña Adobe Park](#) (1 Peña Adobe Road). Or grab a piece of cardboard and head to [Slide Hill Park](#) in Davis (1525 Tulip Lane) for a ride down the park's giant cement slide. The whip-fast ride is guaranteed to make your child forget he's exercising at all!