

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Oneonta Family YMCA

20-26 Ford Avenue Oneonta NY 13820

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www.oneontaymca.org

STAY ACTIVE HEALTHY WHILE AT HOME! FOLLOW OUR FACEBOOK PAGE AND WEBSITE



CHANGE UP YOUR ROUTINE WITH YMCA360

During this time it may be difficult to keep up with your previous workout routine. But it is still possible with the virtual classes from your favorite instructors and with YMCA360. Type this link, <https://ymca360.org/on-demand/> in your browser to find more classes and programs that will help keep you engaged and challenge your normal routine.

Our Y instructors are still here for you and every week still hold many of their classes online. Take a look at our schedule of classes and try to come to the next one. <https://www.oneontaymca.org/index.php?src=gendocs&ref=Virtual%20Y> We miss you!

Engaging with good health, exercise, and fitness earlier in life is important but you're never "too old" to start exercising and pursuing a healthier lifestyle that can help prevent, manage, and treat diseases and ailments.

HOW MUCH SLEEP DO OLDER ADULTS NEED?

While sleep requirements vary from person to person, most healthy adults require 7.5 to 9 hours of sleep per night.

As you age your body produces lower levels of growth hormone, so you'll likely experience a decrease in deep sleep (an especially refreshing part of the sleep cycle). When this happens you produce less melatonin, meaning you'll often experience more fragmented sleep and wake up more often during the night. That's why many of us consider ourselves "light sleepers" as we age.

What you can do to improve your sleep...

- Maintain a consistent sleep schedule
- Limit caffeine late in the day
- Exercise—especially aerobic activity
- Listen to calming music

For more tips visit: <https://www.helpguide.org/articles/sleep/how-to-sleep-well-as-you-age.htm>

WHAT TOPICS DO YOU WANT TO SEE IN THIS WEEKLY NEWSLETTER?

kmorrissey@oneontaymca.org

GENERAL INQUIRIES:

ymcawelcome@oneontaymca.org