

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

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Photo Credit ACE Fitness

WHAT'S A FOAM ROLLER

A foam roller is used to do self-myofascial release, a fancy term for self massage to release muscle tightness or trigger points. Trigger points are specific "knots" that form in the muscle in which pain can be felt when pressure is applied to one area of the body, but the pain is felt or radiates to another area. Foam rolling is like a deep tissue massage that you have control over because you know exactly where you feel discomfort and how much pressure to apply. By applying pressure to specific points you are assisting your muscles to return to normal elasticity and to be ready to perform at a moments notice. Always check with your physician prior to using a foam roller. For more information on how use a foam roller visit: <https://breakingmuscle.com/fitness/what-is-a-foam-roller-how-do-i-use-it-and-why-does-it-hurt>

But foam rollers are not limited to self massage. It can also be used for a full body foam roller workout. Finding different ways to work out with equipment you may already have is part of the fun, as long as it is safe. Pictured above is a hamstring curl similar to those you may have done using a large stability ball. The foam roller makes this exercise a bit more stable. Exhale and lift your hips as your feet move in toward your body and the inhale lower the hips as you extend your legs out. To try the complete foam roller workout from ACE go to: <https://www.acefitness.org/education-and-resources/professional/expert-articles/7093/a-foam-roller-workout/>

FRUITS & VEGGIE SEASON

My favorite time of year! When produce is ready for picking, beginning to hit the local farmer's markets, while friends and family begin sharing their abundance! Yum Yum!

Besides being packed with lots of vitamins and minerals fruits and vegetables are super low in calories (when you avoid serving with creamy or sugary dips/sauces) they contain fiber, and have higher water content than other foods.

A diet rich in vegetables and fruits can lower blood pressure, reduce risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect on blood sugar, which can help control your appetite. What better time of year to start adding more fruits and vegetable to your healthy lifestyle plan than right now.



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

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GENERAL INQUIRIES:

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