

Welcome!

Welcome to our first Neurofit news letter!

In this crazy world we hope to bring some laughter, insight, medical and technical information, as well as just plain goofiness for you to enjoy.

In our first edition we thought we would interview Shelia, not only the owner of Longevita but a great advocate and supporter of the NeuroFit program. Shelia's vision for the studio is a great read. In future "Get to know" sections we will be interviewing participants, coaches, volunteers and who knows? Maybe we'll interview a

surprise guest or two!

Coaches Corner will be hints and tips on how you can continue to be healthy outside of the studio..... and maybe a joke or two :)

Bill Clugston will be our medical and technical whizz and is also the person responsible for putting it all together for you to enjoy. So a BIG thank you to Bill!!

We hope you find the news letter helpful and if you have any ideas for future topics please let the coaches or Bill know.

Heidi

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Assistive Tech

Parkinson's Disease and other neurological diseases can effect your vision. And many of us are also dealing with age-related vision loss. Here's a quick tip for using the web browser on your computer. Pressing the key combination Ctrl++ (the Ctrl key and plus key at the same time) will increase the size of the text on the screen. Ctrl-- (the Ctrl key and minus key at the same time) will reduce the text size.

Spotlight On Shelia

1. What did you do before Longevita?

Before Longevita I was a Project Manager for AT & T

2. How long have you owned Longevita?

We opened the studio in May of 2012 which was a smaller space about 700sq. located inside HBT Insurance. Longevita outgrew the space, and we remodeled the current space which is about 7,000sq. The studio moved to the new, remodeled space on Oct 2015.

3. What are your long term plans for the studio?

Continue to create and grow functional programs designed for older adults to live healthy, active and happy lives. Train older adults to maximize their ability to do the stuff they need to do, like to do and want to do. Focusing on task-specific training which we refer to functional exercise training to improve the performance of Activities of Daily Living (ADLs) related to physical ability, such as stair climbing, chair rising, walking under challenging conditions.

Shelia continued ...

Improving the patterns of aging by reducing the drastic decline of strength, power, flexibility, balance, proprioception, neuromuscular, coordination, speed, mobility, cognitive/emotional and aerobic capacity.

Continue to grow and improve the NeuroFit program. Creating awareness about the program so we can help improve the quality of their lives. The direction of the studio is definitely going towards more of a wellness studio. We are living longer but our health span does not match the life span. Having the goal to educate people to be accountable for their health, knowing what to do and how to do it will lead them to the quality of life they deserve.

4. Why neurofit?

NeuroFit is an exercise therapy program specifically designed for people that have been diagnosed with a neurological condition, such as Parkinson's disease. Exercise helps people with neurological conditions to improve balance, ability to move around and quality of life, and reduce the risk of falling. The NeuroFit program addresses issues such as degenerative movement disorder, balance, and sensory function by using several types of exercise modalities which include non-contact boxing and Pilates using the Pilates reformer. The exercise program includes agility, speed, muscular endurance, accuracy, hand-eye coordination, postural correction, assessments, footwork and overall strength. In addition,

NeuroFit is a community that builds self-esteem that fuels dedication by building positive relationships between the members and staff themselves. Additionally, people motivate as well as challenge each other to take part in workouts and work towards their fitness goals.

5. How do you like to spend your time outside of the studio?

Well, I really love cooking healthy meals, trying out healthy recipes! I love the outdoors! Love hiking and bike riding. Traveling is my favorite. My husband and I Love traveling and experiencing different cultures.

We have a new puppy! She is our "fur baby" haha! She is a delight and a breath of fresh air!

Shelia

Coaches Corner

The importance of staying hydrated in winter

Everyone seems to think it's more important to stay hydrated in the summertime due to the warmer temperatures, but in the colder weather it is harder to tell when your body is sweating. Signs of dehydration can include thirst, flushed skin, dark colored urine, dry or sticky mouth, headaches, muscle cramps, dizziness, rapid

breathing or increased heat rate.

Here are a few easy, healthy ways to help with your daily water intake-

Carry a refillable water bottle with you and refill when necessary.

Add a squeeze of fresh fruit to your water for flavor variety.

Make water your drink of choice for meals and snack times.

Try making half of your plate fruits

and vegetables, an easy way to incorporate extra fluid at mealtimes.

Avoid or limit sugary beverages such as soda or flavored coffee. Always have a water bottle with you when you workout.

Don't forget to always check with your doctor when increasing or decreasing anything in your diet.

Heidi & Cheryl

Medical News

Brain-derived neurotrophic factor (BDNF), a big name for an important protein in your

brain. BDNF supports the survival of existing brain cells and encourages the creation of new ones. This

includes the preservation of dopamine neurons and the replacement of ones destroyed by

Medical News continued ...

alpha synuclein plaques in the brains of persons with Parkinson's Disease (PD).

If you have PD, you really want as much BDNF as you can get. So where is BDNF manufactured and sold? Your corner drug store? Sorry, there are no BDNF pills available. BDNF is only available inside your body and its production is stimulated by exercise. Yes, I said the E word! So when Heidi and Cheryl ask for 10 more squats they really are helping you save your existing dopamine neurons and make new ones!

Bill Clugston

Here's a tid-bit that Cheryl asked to me include to encourage you even further:

https://www.washingtonpost.com/health/parkinsons-signs-symptoms-exercise/2022/01/14/ea82bd7c-7482-11ec-bc13-18891499c514_story.html
