

Health and Fitness



Blood Pressure

We all know how important keeping our blood pressure under control is and how hard that is to do at times. We have lots of retired nurses in our Resort that are willing to help monitor yours. Come see them on the second and fourth Tuesdays of the month in the Cactus Room from 8 to 10 am. They will check your blood pressure and give you a card to keep so that you have a record that you can share with your doctor as needed. This is FREE to everyone in the Resort so there is no reason you could not come, have your blood pressure taken by a trained nurse, and have some peace of mind.



Cancer Support Plus

As a cancer survivor of 22 years, I have experienced the support of others on my journey - God, spouse, family, friends, neighbors and even strangers. The key word is "support", and it comes in all shapes and sizes and Cancer patients need it. Others who experience non-Cancer physical issues need continual support. This group meets around a table where participants are encouraged to tell (but not required) their story. Everybody has a story.

We meet to listen to the stories and learn from each other what it means to live day by day with all of its challenges. We share a cup of coffee, maybe a piece of cheese, a cookie or a cracker, but that is not the point of our gathering. We do not bring in experts nor lecturers. When the participants are through with their stories the program is over. We encourage supporting each other as much after the meeting as during. We meet in the Pima Room, at 1:30 on the first Friday of every month beginning November 4. No dues required. Coffee & treats are free. Chairs and tables are provided.

We encourage Cancer patients and survivors to attend, along with your spouse. It encourages everyone when you attend.



Chair Exercises

Guys and Gals-don't just sit there, get your body moving at Chair Exercise class every Monday, Thursday, and Saturday from 9:50-10:50 am in the Floor Exercise Room



CPR and AED Training

CPR and AED training is held once a year to honor Harry Surwald, who was saved by CPR a number of years ago. We lost Harry, but he lived more than seven years after being dead on his floor. We've trained over 200 people in the Resort since that time. This is a free program through the Mesa Fire Department, as we were able to get a Red Cross grant to cover paying Mesa Fire Department to come to our resort. So come learn how to save a loved one's life. Date and time will be announced in the newsletter and you will be able to sign up in the Activities Hallway. Wear casual clothing, you will be practicing CPR and First Aid. Bring a pen and paper for notes; test is all physical.



Exercise For Fun

We meet on Monday, Wednesday, and Friday at 7:30 am to do exercise videos. Everyone is welcome. We do a large variety of exercise. Strength, cardio, weights, aerobics, pilates, abdominals, some walking videos. We start at Thanksgiving and go until April. There are no fees, and we meet in the Floor Exercise Room

Health and Safety



Pilates

An effective and low-impact workout, Pilates has been around for nearly 100 years. The unique strength training exercises work deep muscles and can improve everything from flexibility and balance to circulation and muscle control. Whether you're just starting an exercise regimen or returning to workouts after an injury, Pilates is great for all levels of fitness. We meet in the Floor Exercise Room Monday, Wednesday, and Friday at 11:10 am.



Water Aerobics

Water aerobics is a fun way to do your cardio workouts while staying as low impact as you can. These workouts are fantastic for anyone at any fitness level and are especially helpful for those with painful joints and muscles. The water makes it so that your workout almost has no impact at all. Everyone is welcome! Water shoes may be needed. Monday to Friday 9 & 11 am.



Yoga (T/TH)

It's time to roll out your yoga mat and discover the combination of physical and mental exercises that for thousands of years have hooked yoga practitioners around the globe. The beauty of yoga is that you don't have to be a yogi to reap the benefits. Whether you are young or old, overweight, or fit, yoga has the power to calm the mind and strengthen the body. Yoga is for everyone. 7:30 am in the Floor Exercise Room on Tuesdays and Thursdays.

Yoga - Senior (M/W/F)

Yoga is known to improve balance, flexibility, enhance breathing and help reduce stress. Classes are Monday, Wednesday, and Friday 8:30 to 9:30 am in the Floor Exercise Room. Participants follow yoga (beginner to moderate) from a DVD.

We encourage participants to only do what they can. Senior Yoga is open to all owners, renters, and visitors - both female and male. There is no fee or sign-up sheet to attend.

Remember to bring your own yoga mat - although there are some to borrow.



Zumba

Looking for some fun exercise to music? Check out Corina's Zumba Gold drop-in classes on Tuesdays at 10 am in the Floor Exercise Room. Easy to follow choreography that improves cardiovascular conditioning, balance, strength, range of motion and coordination. It's \$5 well invested in your health. Some comments from participants include "Corina motivates us," "It's just fun and how well we do doesn't matter," Great camaraderie and plenty of laughs," and "I don't feel overwhelmed.