

Transcription of Podcast Episode 368: Fitness Update

SPEAKERS

Toni Caylor, Amber Galindo, Kathy Lindstrom

Note: This transcription was computer-generated and may contain typographical errors.

Kathy Lindstrom 00:09

Hello Shadow Hills, this is Kathy Lindstrom, your HOA vice president. And today we're going to be hearing from Amber Galindo, our fitness director, and Toni Caylor, our chairperson for the health and fitness Advisory Committee. We have a lot of things to look forward to in the month of April. And these ladies are going to bring it on and tell you all about it.

Amber Galindo 00:32

Hey, everybody, just want to give you an update for what we're doing in April, we have a lot going on. To start off on April 11, we're going to have a crystal sound bath. And if you haven't been to one already, I highly suggest it it's great form of meditation, that is going to be April 11, at 6pm. And the cost will be \$15. You can sign up at either fitness center. And yeah, just sign up and get your spot they go quick. And on April 13 at 8am we're going to be going to the look into Cove and we are going to be doing a 2.5 mile hike. I know that sounds intimidating, but I promise you it is not is a nice beautiful walk out there. We enjoy the mountain views. That's April the 13th, at 8am. We do meet on site. So we'll meet at the looking at the cove. But we do ask that you sign up at the fitness center just so we can get an estimate of how many people will be joining us that morning.

Toni Caylor 01:31

Yeah, that's a that's a very good hike too. What we have after that is on April 14, this is something you really want to remember, we're going to have a fitness fair in the front half of the ballroom, the Montecito ballroom, April 14, and it's going to start at about two o'clock, what we're going to do is we're going to have various stations that are going to give information about nutrition. Those of you that haven't checked your Silver Sneakers qualifications yet to get in and take those classes, we'll be able to do that. At that point. There'll be talks about the classes that are being offered by the power of fitness that we've been currently offering. We're going to talk have different talks about personal training, taking signups for orientations for the various equipment that we have. And you may not be very sure on how to use them and what they're for, you'll be able to talk to people about that and sign up for the orientations to learn how to use those equipment and what they're for. And take care of that. We'll also have Nutrishop there to do some body composition testing. This will give you an idea of how your body is doing in relation to nutrients in relation to body fat in relation to your muscle composition that you have in your body. And you'll get a kind of a printout of all of that to let you know what you probably need to work on or aim for to be a little bit more healthy. And after all of that we're going to have giveaways of raffles so that you could perhaps get a personal training session for free. And various other thing it will be a day of information a day that you don't want to miss. And hopefully you all will be there. That's April 14 at 2pm in the front half of the ballroom.

Kathy Lindstrom 03:47

Our next April event is going to be our blood drive. Sun City Shadow Hills will be hosting a blood drive for LifeStream blood bank, and this is going to be from 10 to four. It's really important to have blood donors. And with live stream, we give where we live, all blood will be used here in the valley. Now no one wants to be in the position of needing blood to maintain health to battle disease, or to recover from injury. However, one in four of us at some point in our life will require a blood transfusion. For example, a liver transplant recipient needs approximately 45 units of red blood cells, plasma and platelets. Heart surgery patients may need seven units of red blood cells and platelets. A marrow transplant recipient needs up to 45 units of red blood cells. Trauma victims can lead up to 50 units of red blood cells. Sickle cell anemia, patients need two to 10 units of red blood cells. So you can see that here we have a real strong need to donate blood right here in our valley. It's very easy to sign up on Tuesday, April 18, our entire ballroom will be set up for blood donations, they will be here from 10 to 4. And it's very easy to sign up for an appointment here. We have fliers all over and all of our clubhouses. And if you're in a clubhouse, there's a QR code, which you can scan. And then you can sign right up. If you go to our Sun City Shadow Hills website, there is a link there, you'll be able to make your appointment there. Or you can go right to lsblooddrive.org/sncsh and scan the QR code there. There's a lot of ways to sign up. There's a lot of time to give blood and Sun City Shadow Hills, we're asking that you come out and give blood and help our community for health.

Toni Caylor 05:53

After that, we have a health lecture. I add those of you that attended the board meeting or have listened to the video, the board meeting, I mentioned this briefly at the board meeting. And I want to make sure that that this gets in. It's a health lecture given by Kerry Abram. It's going to be on Thursday, April 20, at 2pm, again in the front half of the ballroom, the Montecito ballroom, and she is going to talk to us about our body activating its own healing powers. She'll talk about the latest science and approach to this, it's a fairly new way to get your body activated to help heal itself. And she's a very good lecturer. And I think this will be very, very informative. It's on Thursday, April 20, at 2pm. You don't have to sign up, just show up and be prepared to maybe take some notes and ask some questions.

Amber Galindo 07:09

Thank you, Tony and Kathy. So this is going to be happening in May. But coming up, we have Beat the Heat registrations for Beat the Heat are going to start April 3, that's Monday, April 3, we're going to start taking res or I'm sorry, registrations and registrations will go up until April 30. If you have not heard about Beat the Heat, Beat the Heat is a five week fitness program that the fitness center offers. And this is going to consist of special fitness classes solely for the participants of this program. And we have like challenges so you get runs off of appointment system. So you'll get points based off of you know, 30 minute workouts, any classes that you take any classes that pertain to this, Beat the Heat, anything like that.

Toni Caylor 08:00

It's a great, it's a great opportunity for all of you in the community to restart your any health program that you wanted to start to maybe lose some of that weight that we gained over the winter time. Or maybe just to start getting more healthy and maybe making a connection with some of the other

residents that we have here. The past Beat the Heat programs have been fantastic. And everybody has really enjoyed it. It's a great opportunity to get out to meet people and to keep yourself going.

Kathy Lindstrom 08:40

It is absolutely it's a lot of fun. And I encourage everybody to get out there. There's classes for everyone. There's all levels, you don't have to worry. It is a restart. That's the best way I can think of it to get into our summer bathing suits. Right?

Amber Galindo 08:55

Yeah,

Toni Caylor 08:55

Yep, it really is. So let's do it.

Amber Galindo 08:58

And the goal of this program, again, is to kind of push yourself out of your boundaries out of your normal workout routine. If you normally just go to the gym, this is a great opportunity for you to try something new, something different, like these ladies mentioned, do you meet new people in the neighborhood? It's just great to keep you moving during the summertime.

Toni Caylor 09:19

Yep, let's do it.

Amber Galindo 09:20

Right and then just to note, registration fee will be \$30 for this program. And as I mentioned, it's going to be a five week program. You'll have fitness classes offered to you within those five weeks. That's what that \$30 will take care of and then it will also take care of an event t shirt for you. You'll receive an event tote. We do a celebration lunch at the end of the program. So It's tons of fun.

Kathy Lindstrom 09:47

Great opportunities coming up in health and fitness. And folks come on up. This is a time to really reach out and push yourself and as we get getting older here. Move it or lose it So, let's move on folks and let's get into health and fitness.