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May's Member of the Month: Jonathan Fuller



Congratulations to Jonathan Fuller for being our May Member of the Month! Jonathan has been on his fitness journey for 3 years. He has recognized the importance of dedication, determination, healthy eating habits, and strong work ethic. When he started his journey, Jonathan weighed 260lbs. He knew that it was up to him to make the commitment to make a change. He currently weighs 162lbs and has 16% body fat!! What an incredible accomplishment. He is now able to be an organ donor for someone in need, when his life on Earth is complete. It's an amazing

LIFT Wellness Center's Goal:

Improve the measurable health of the LIFT Wellness Center members and the West Tennessee community while reducing the financial burden on our healthcare system

A Letter from Our Director

Dear LIFT Member,

I can't believe the month of May is already here. It seems like we were just celebrating Christmas and ringing in the New Year. When I was a child, I can remember wishing the days away until Summer Break, Christmas, my next birthday... until I was finally old enough to drive a car or get a job. Well, just like my elders used to tell me, the older I get, the faster time will fly... and it has! All of the sudden I am 45 years old and it is quite possible that I have already lived out half of my life here on this Earth!

No matter how much I try to fight it, I am aging. Do I want to age gracefully? I suppose. Do I want to age actively? Absolutely! We are all aging and not matter if you are 22 or 92, our bodies and our minds are getting older. Good news... chances are, if you are reading this LIFT newsletter, you are living an active lifestyle or at least contemplating it. On another positive note, age IS just a number. All you have to do is look around at the wide variety of LIFT members to see that no matter your age, you can find a way to stay active and keep your mind sharp.

Every day, I see LIFT members of all ages, doing their thing. Some are swimming, some are taking high intensity classes, some are taking Young at Heart Classes like Tai Chi and Gentle Yoga, some are sweating in Vinyasa Yoga, some are power lifting, some are sprinting, some are walking, some are kickboxing, and some are doing a little bit of it all. I am inspired by all of them because they are pushing on. I am inspired by the LIFT members that I met as a member of the YMCA 25 years ago who have not changed one bit! I believe that this is because they have continued an active lifestyle. Where many of them were power lifting and doing high impact aerobics back in the day, now they are doing Sit and Fit classes, walking, swimming, or still lifting the weights (just not as heavy!).

I truly believe that the key to aging actively is adapting to the changes in your body no matter your age. If you are 82 and fit as a fiddle, then try a cycling class. If you are 42 and tight as a tick, then get in a Yoga class. If you 32 and find yourself needing recovery day or just time to center yourself, check out Tai Chi. There is no age restriction on exercise.

feeling to realize that you are not only taking care of your body for yourself, but for someone else, who needs it! Jonathan understands how the process is what you end up falling in love it. We are so proud that our members, like Jonathan, are loving the fitness and healthy lifestyle. Congrats again, Jonathan!

Meet your body where it is. As for me right now, I will still run, lift, jump, and cycle, but I am seriously contemplating adding in a little Yoga. My 45 year old body is telling me that it might be time!

Miki Martin, PT, MBA, COMT
Director LIFT Wellness Center



Mind + Body + You



Try LIFT reFORM. This is a total body approach to fitness: the beauty of strength, the elegance of flexibility, and the poise of stability. This is for all fitness levels. If you are looking for that studio feel of personal training and muscle, mind connection, ReFORM is for you!

For more information
contact liftcenter@wth.org
or call 425.6875
for availability

Quick Links

[Our Website](#)

[Calendar of Events](#)

[Group Fitness Calendar](#)

[Contact Us](#)



Know Your Numbers: InBody Testing



We are only 8 weeks
away from the pools
opening! See where



Dance Like No One is Watching!

[Dance the night away!](#)

Dancing is a great way to keep yourself in shape and have fun at the same time. There are some great benefits of ballroom dancing. [Click here to read more.](#)



Join our dance class on

Monday nights 7:30-9:30PM in Studio 1.

We are starting a brand new series of classes on waltz and cha cha. No partner is necessary. Any attire is fine. Very basic steps and patterns are taught for the various smooth, Latin and swing dances and occasionally a series of country western. Students usually find that dance becomes more than just exercise. It's exciting, emotional, and an enjoyable social experience. Some students take the class to prepare for a wedding, reunion, or other events.

This class is FREE FOR LIFT MEMBERS! Non members are welcome to attend for \$5.



"Fall" in love with Tai Chi and prevent
yourself from falling!

you're starting **TODAY**
and see where you end
up **8 weeks from now!**

This is a great tool for you to see where you are and it will help you see results in a different light (not just the weight). The data will analyze your weight, which is broken down by water, muscle, and fat. The test will then break down lean mass by extremity. You can set up your appointment at the front desk. Payment must be made at the time of the scheduled appointment. Please see [this link for additional information](#) and rules to follow before your InBODY test.

Members: \$30
Nonmembers: \$40

Summer Student Special



School's out and your college student is BORED out of their mind!! No worries! They can join LIFT for the summer!

- Basketball
- Group Classes
- Pool

May through July
\$99

Nothing beats Granny's cooking!

We all love how our seniors cook. Nothing beats it, but as we age, it's sometimes impractical and even unsafe to cook for large parties. The stress that comes with preparing a



Treatment of injuries, due to falls, is one of the most expensive health conditions. Robust evidence indicates that tai chi is one of the most effective exercises to prevent falls. Dr Paul Lam's "Tai Chi for Arthritis" program has been shown to not only help prevent falls, but also to improve health and the quality of life. [Click here to read more...](#) [Click here](#) to see the Tai Chi schedule



If you would like to focus on your core stability and balance, discuss the [FMS \(functional movement screening\)](#) with one of our Exercise Specialists today and **Move Well. Move Often.**



Who says you can't teach an old dog new tricks?!

As we age, we gradually lose muscle function, mass, and strength. Incorporating strength training into your weekly routine can help:

- Maintain muscle function
- Reduce the risk of slips and falls
- Reduce the risk of bone loss and breaks
- Slow the physical aging process
- Improve functional movement

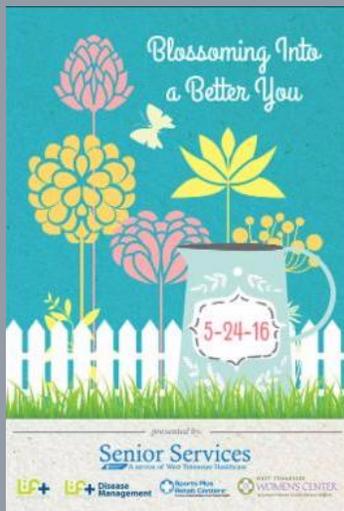
Functional movements are body movements used in everyday activities such as squatting down to pick something up, standing up from a chair, or reaching up to grab an object on a shelf. Strengthening the muscles used in functional movements is highly beneficial and can improve quality of life!

On Track is a 30-minute class that combines cardio and strength training for older adults.

The class alternates between walking around the indoor track with light weights and performing strength training exercises in a classroom setting to improve balance, flexibility, and functional movement. **On Track meets Wednesdays and Fridays at 9 AM.**

meal for your large family is not necessary and not good for your health. [Click here](#) to read more on how you can still give your family the yumminess without giving yourself the stress!

Blossoming to a Better You @ Union University 9am-3pm May 24th



West Tennessee Healthcare's Senior Services Department will host a second annual senior women's conference May 24, according to a press release. The conference is called "Blossoming into a Better You" and is for women age 50 and older. It will be from 9 a.m. to 3 p.m. at the Carl Grant Event Center at Union University. Topics will include improving health and well-being and understanding legal matters, and the event will feature a garden-theme atmosphere, guest speakers, a fashion show and lunch. Lisa Smartt, a motivational speaker and newspaper columnist, will give a keynote speech called "Sowing Contentment in Each Season of Life."

"This will be a great opportunity for women to come together for a day of inspiration, information, fashion and fellowship," Regina Smith, West Tennessee Healthcare



For more information about our Exercise is Medicine program, please contact [Hilary Keen](#), Clinical Integration Coordinator, on how you can get yourself or a loved one started on the way to a healthier lifestyle. [Click here to download the brochure](#)



Brain Teasers-Keep you mentally young

Along with reducing the risk of dementia, research suggests that playing mind games can help promote brain health and strengthen critical thinking. Crossword puzzles and word search games are examples of such games, but today's mind games can also be found online.



[Click here to test your brain skill.](#)

Improve Your Health for a Better Self!

National Senior Health & Wellness Day

9am-1pm

-Mini Educational Sessions

-Vendor Screenings

-Senior Sampler



LIFT Wellness Center will host our 3rd National Senior Health and Fitness day on May 25th 9am-1pm. We will have light snacks/breakfast at 9am and following that we will have mini sessions on balance, exercising in water, and Young @ Heart. There will be screenings at various booths. ! There will be a senior sampler of classes starting at 10:30-1pm.

Senior Services Manager and event chairperson, said in the release.

The cost is \$20 per person, and that includes lunch and the fashion show. Advance registration is required and space is limited. For information, call (731) 541-8757 or mail the registration fee to Senior Services Department, West Tennessee Healthcare, 620 Skyline Drive, Jackson, TN 38301. Checks should be made payable to Senior Services.

We hope you will attend and bring your friends and family with you!

The event is free!

[Click here for more details](#)

What is Senior Health and Fitness Day?

Senior Health & Fitness Day is a time to explore the many senior-friendly physical activity options, and to understand the importance of exercise and nutrition for ongoing health and illness-prevention. A healthy diet can boost energy and immunity, and regular exercise is necessary to retain bone mass and lower the risk of fractures, and to build muscle strength and reduce the risk of falls.

Various community events will be staged on Senior Health & Fitness Day, and seniors are encouraged to attend for health screenings and diet and exercise information sessions. Low-impact, non-competitive exercise program choices may include stretching, walking and swimming, all designed to increase strength and flexibility. And although Grandma is probably an excellent cook, she may be able to pick up a few healthy tips to make her legendary meals even more delicious and nutritious.

Beach [April 18th-May 30th:](#)

Body

Bingo

It's getting close to summer and we are bringing back Bingo!

- Bingo starts April 18th and ends on May 30th. Please see the front desk to pick up your card. All cards must be turned in to the front desk by May 30th to be entered for a drawing to win a prize.
- Once you've completed a class, see the instructor to sign off on the square that represents that class.
- Fill out an entire line (straight up and down, diagonal, or straight across) and be entered for a drawing for a **level one "BINGO" prize.**
- Fill out one side of a card and be entered in a drawing to win a **level two "FULL CARD BINGO" prize.**
- Fill out every square on both sides of the card and be entered in a drawing to win a **level 3 "DOUBLE BINGO" prize.**

BEACH BODY BINGO



April 18th-May 29th

6 Week Challenge

May means MOVE

For information, click on the event below or [click here](#) to view all events

GROUP FITNESS BINGO IS BACK!

Call 731-427-7048 or see the front desk for details!

Free for all LIFT members.



Family gym/swim
4:30-7:30pm

Mission:
SlimPOSSIBLE
Final Weigh-in
@8am

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6 Family gym/swim 4:30-7:30pm	7 Mission: SlimPOSSIBLE Final Weigh-in @8am
8 Family gym/swim 1-4pm	9	10	11	12	13 Family gym/swim 4:30-7:30pm Kids Klimb 4pm-6pm Relay for Life @ the Farmer's Market	14
15 Family gym/swim 1-4pm	16	17 Financial Stress Talk 6pm	18	19	20 Family gym/swim 4:30-7:30pm Kids Klimb 4pm-6pm	21
22 Family gym/swim 1-4pm	23	24	25 Union's Women's Senior Conference	26 Senior Health and Wellness Day @ 9-1pm	27 Family gym/swim 4:30-7:30pm Kids Klimb 4pm-6pm	28
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