

September is Healthy Aging® Month

Healthy Aging® Month is an annual observance month designed to focus national attention on the positive aspects of growing older.

Take advantage of Healthy Aging® activities and events in your community and take personal responsibility for your health, physical and mental.

Healthy Aging® Physical Fitness

What's good for the body
is good for the spirit as well.

Regular exercise is even more important for seniors than other age groups since the risk of disease and lost mobility is greater and the positive effects are realized more quickly. But, as we all know, the hardest part is getting started . . .

Tips for getting started:

- Look for daily opportunities to exercise in work and play. Force yourself to walk by parking your car several parking aisles away from the store or your office entrance and walk briskly!
- Choose an exercise you like and stick with it.
- Use the buddy system. Arrange to have a friend meet you - It's harder to say no to exercise when you exercise with a friend.
- Walk, swim, climb, bicycle, dance, fish!
- Join a walking group or visit CrossFit, a park, church, or senior center.

Healthy Aging® Mental Wellness

The process of normal aging does
not rob you of your mental well being.

Tips for getting started:

- If you don't exercise, start.
- Be easier on yourself.
- Find some way this year to put your gifts and talents to work.
- Build richer relationships with loved ones.
- Celebrate your spouse.
- Let the people you appreciate know it.
- Forgive someone who has wronged you.
- Become a giver. Happiness is not about how much you make; it's about how much you share.
- Take a "baby step" toward finding some faith.
- Make 2013 a year of gratitude.

Love Smoothies?

Green Smoothies Offer These 10 Great Benefits!

1. Green smoothies offer pure nutrition. The amount of vitamins you'll get depends on the fruits and vegetables you choose for the smoothie. However, most fruits and vegetables are high in vitamins A and C. Guava is also high in folate, while avocados provide high amounts of potassium and magnesium.

2. Green smoothies are much healthier than fruit or vegetable juices. When juices are extracted, you get vitamins and minerals but no fiber. However, smoothies are made using the whole fruit/vegetable, so you get all the fiber in your drink.

3. Green smoothies are a great way to eat your veggies without even realizing it. Although most people like fruit, many have trouble getting their daily requirement of veggies. When you make a green smoothie, the taste of the greens is hidden by the taste of the fruit, so you don't even notice the veggies are there.

4. Green smoothies are easy and quick to make. The only equipment you need is a blender (and a pitcher if you make large amounts and need to store some in the fridge).

5. Homemade green smoothies are cheap. At home, combining fruits and vegetables won't cost you

more than a few cents. Drinking a glass every day will provide you with many of the vitamins you need.

6. Green smoothies can be a good way to get kids to "eat" their vegetables. You might need to start with a higher proportion of fruit vs. vegetables (for example, 70/30 instead of the standard 60/40) until they get used to the flavor.

7. Green smoothies will provide you with a lasting source of energy. Fruits are a good source of energy, but eaten alone will only provide short bursts of energy (they contain lots of sugars, which are quickly metabolized). Because of their high content of veggies, green smoothies have a balanced sugar content.

8. Green smoothies are low in calories but very filling. Because they contain high amounts of water and fiber, they'll make you feel as if you just ate a full meal. If you're trying to lose weight, green smoothies will help fight hunger and cravings while helping the pounds melt off easier.

9. Green smoothies are easy to digest. Because they're already blended and liquefied, smoothies are quicker to digest. After all, your body no longer needs to work so hard to "break down" the food in order to extract the nutrients. People who suffer from indigestion

after eating a heavy meal will also benefit, as smoothies are filling but light.

10. Green smoothies will keep you hydrated. Although one should drink at least eight glasses of water a day, experts believe most people don't drink even half that amount. One of the reasons for that is that many people simply don't like the taste of plain water. If that describes you, simply add more water to the mix as you prepare your smoothie. You'll be drinking more liquids without even noticing it.

'Green Smoothies'

is just one of the Healthy Aging
Classes Prescriptions Plus will
have beginning in September!

Call Billy today for details
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