



LIVING YOUR VERY BEST AT GLENEAGLES

ISSUE 30 • AUGUST 2021

POP-UP Specialty Classes

Sound Off Vinyasa Flow Yoga with Ainsley & Jaime

We supply the noise-canceling headphones so you feel as though you are receiving individual attention in a room full of people, all other noise is blocked out.

Monday, August 16 • 5:00 pm

Tai Chi followed by Sound Bath Meditation with Karen Glotzer

Learn tai chi followed by meditation while listening to the natural energy of sound from crystal bowls.

Monday, September 20 • 4:00 pm

Pound Class with Mary Abraham

Channel your inner rock star with a workout driven by music and the use of drumsticks.

Monday, October 18 • 4:00 pm

Registration required.
561-495-2806 or email
fitness@gleneagles.cc

All About Tai Chi

The science of tai chi is just now catching up with and substantiating what tai chi practitioners have known for centuries – tai chi often leads to more vigor and energy, greater flexibility, balance and mobility, and an improved sense of well-being. Cutting-edge research now lends support to long-standing claims that tai chi favorably impacts the health of the heart, bones, nerves and muscles, immune system, and the mind.

The purpose of this issue of the *Healthy Life* newsletter is to provide insight into the underlying physiological mechanisms of how tai chi works with the article inside on Therapeutic Benefits. With tai chi, the improvement in balance is huge and literally life changing. And just think about how strong lungs and efficient breathing are central to overall health, well-being, and living a long life. On average, you breathe more than 20,000



KAREN MIKUS
Healthy Lifestyle Director

times per day, so it naturally follows that efficient, mindful and freer breathing patterns, taught in tai chi, have the potential to significantly enhance and sustain your health.

Dr. Lillian Craggs-Dino has provided us with an article on calming foods that help boost feelings of well-being. Chef Chris has included another mouth-watering recipe for in-season avocado.

Mark your calendar for a tai chi Pop-up class (see left column) scheduled for Monday, September 20 at 4:00 pm followed by Sound Bath Meditation. Our goal in the Healthy Lifestyle Center is to make tai chi more accessible for you to experience its many health benefits.

The next issue of *The Healthy Life* will be out in November. We welcome your suggestions and feedback.

Be Healthy,
Karen

The Therapeutic Benefits of

Tai Chi

Gentle, yet powerful—that’s a good way to describe Tai Chi. The movements are slow and gentle, but they can have a very powerful impact on both your physical and mental health.

Let’s take a closer look at why tai chi is so powerful.

Awareness

Paying attention to your breathing and the sensations in your body as you practice the slow, graceful movements of tai chi helps you become more focused. As you concentrate on shifting your weight, moving your hands and arms, or turning your body, your mind is less likely to wander. This helps you to be more focused throughout your day. A heightened body awareness may contribute to better balance.

Intention

Through visualization, imagery, and other cognitive tools used in tai chi, you alter your intentions, beliefs and expectations. This has real world effects. For example, instructions in tai chi such as “stand rooted like a tree” can simultaneously affect your muscle tension, postural alignment, and mental state, resulting in enhanced balance. The same mental training has been used by athletes to improve their performance.



Structural integration

Tai chi looks at the body as an interconnected system, not as a collection of integrated parts. You don't do one exercise for your biceps and another one for your glutes. Instead, tai chi integrates the upper body with the lower body, the right side with the left side, and the extremities with the core. Alignment and posture are part of this structural integration, and tai chi trains you to find alignments that are safe and unstrained, allowing you to perform graceful movements. You move more efficiently when there is less stress and load on your joints and better balance.

Active Relaxation

When you hear the word relaxation, you may think of chilling out by the pool or flopping on the couch in front of TV. In tai chi, relaxation is an active concept, not a passive one; it has to be, since you're doing tai chi while standing. Muscles that are actively relaxed have a greater range of motion and can move more efficiently. Tai chi promotes "intelligent strength," using all parts of the body efficiently and in a connected way so no part is overloaded.

Strengthening and Flexibility

Tai chi provides a gradual approach to building strength, increasing flexibility, and even improving cardio fitness. It's about moderation and minimizing the risk of injury. Instead of hoisting heavy weights, you'll build strength through slow movements, slightly flexed stances, shifting your weight from leg to leg, and swinging and lifting your arms. Slow, continuous, relaxed movements that you repeat provide dynamic stretching to increase your range of motion and flexibility.

Natural, freer breathing

Tai chi corrects slumped, rounded posture that develops from too many hours at the computer or in front of the TV. As soon as you sit or stand taller and open up your posture, breathing becomes easier, and you're able to take in more air. Your breath also has a direct physiological effect on your

nervous system. Deep, slow, and rhythmic breathing activates your parasympathetic nervous system, which promotes a more balanced, relaxed state. Your heart rate slows, and hormones that promote feelings of calm and social bonding increase.

Social Support

Most people practice tai chi in a class setting, which affords them the opportunity to interact with the instructor and with others in the class, creating a community. This type of support has beneficial effects on your health.

Embodied spirituality

Tai chi creates a framework for integrating body, mind and spirit for a more holistic life. You become more aware, more sensitive, and more balanced.

Taken from an article by Peter M. Wayne (Feb, 2009) Eight Active Ingredients of tai chi.

Tai Chi for Health Institute

► taichiforhealthinstitute.org

Dr. Paul Lam, a family physician and tai chi master in Australia took up tai chi to manage Arthritis and ultimately developed the tai chi for health programs. He provides free lessons to click on and follow from the comfort of your home.

There are five different styles of tai chi. The Yang style is a good starting point for beginners.

Yang style tai chi focuses on slow, graceful movements and relaxation. Three of the main stances are shown below.

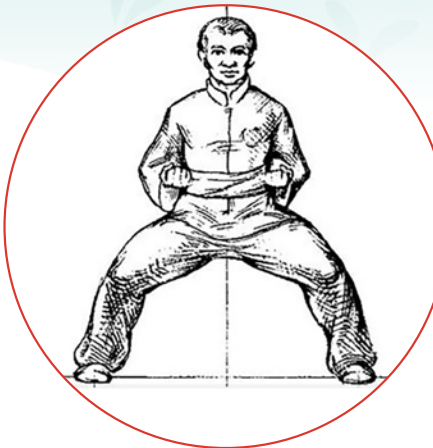


BOW STANCE

Split stance, with 70% weight on front leg. Knee must not come further forward than toes. Front foot faces forward, back foot, at 45 degree angle. Feet are shoulder width apart.

HORSE RIDING STANCE

Legs are wide, knees bent and back straight, tailbone tucked in. Weight is distributed evenly through the legs. Feet face forward.



EMPTY STANCE

One foot forward, knee bent. 90% of weight is on back leg, 10% on the front. Hips remain parallel to floor, not dipping.



Member Spotlight:

PATRICIA GRAYSON

Patricia Grayson, chair of the Healthy Lifestyle Committee, has been an exercise enthusiast for many years. Living and working in Manhattan, she walked to and from work and most places in between and continues to do so seven months of the year. She practices yoga and is an avid indoor cyclist. Since retiring and spending the winter seasons at Gleneagles, she has also embraced tai chi, Tabata, Barre and Pilates, enjoys working out at the gym and works with a trainer twice weekly.

Tai chi is central to Patricia's total exercise regimen and was first introduced to her at Gleneagles. It is defined as "an internal Chinese martial art practiced for defense training, health benefits, and meditation." It involves slow movements, but also has faster-paced forms. Patricia is a big proponent of tai chi because it combines gentle physical exercise and stretching with mindfulness, and is a wonderful complement to her other exercise activities. She says the meditative aspect of tai chi provides focus and calm, helps reduce stress, and sharpens her mental acuity. It also contributes to good balance and coordination. Tai chi is a straightforward routine that can be carried out in harmony for the rest of your life and is an important element to a healthy lifestyle. Patricia says she is thrilled that it is offered at Gleneagles and encourages others to visit the Healthy Life Center and experience a tai chi class.



Tai Chi for BETTER **BALANCE**

Of all the benefits of tai chi, better balance is probably the best documented in medical studies. In fact, in 2004 the Surgeon General of the United States specifically recommended tai chi as a form of exercise to prevent falls, the leading cause of injury and death in people 65 and older.

Tai chi may be so effective because it acts in a variety of ways to improve balance, including strengthening the lower body, improving your posture and promoting flexibility. Tai chi also increases body awareness and proprioception, your sense of where your body is in space. This can help you to avoid tripping and, and if you stumble, may assist you to recover more quickly before falling. Tai chi may further help by increasing your confidence and thereby alleviating the fear of falling, which is a key risk factor for falls.

Unlike many other types of exercise, tai chi involves full-body movements and the coordination and integration of different parts of the body simultaneously: the upper and lower body, the right and left sides, and the trunk and extremities. In a small study published in the journal *Research in Sports Medicine*, older adults who practiced tai chi were better able to navigate obstacles as they walked. They had a stronger stride and greater hip flexibility, enabling them to more effectively get around or over obstacles.

Steady Yourself

Here's a quick tai chi imagery exercise to try anytime you start to feel unstable.

1. Take a few slow, deep breaths.
2. Feel your feet on the ground.
3. Imagine your feet growing deep roots like a tree.
4. Continue for a few more breaths, relaxing your weight deeper into your roots with each exhale.

Calming Foods

There are many influencers to our food choices. The greatest driver is the pleasure from eating meals that are inspired by our tastes, our culture, and traditions. Some of us may choose foods to help our health or prevent disease, while others nourish for the competitive edge. While all foods give us energy, some foods have a calming effect on our mood. Calming foods are those that contain certain chemicals and nutrients that trigger a peaceful and tranquil state. Foods that contain these nutrients are even shown to combat mood disorders by boosting feelings of wellbeing.

What are these nutrients? I am talking about foods that are high in tryptophan, omega-3 fatty acids, selenium, zinc, and vitamin D. All these nutrients affect positively our brain chemistry, our nerves, and



DR. LILLIAN CRAGGS-DINO
Dietician DHA,
RDN, LDN

our immune system to keep us relaxed, calm, and happy.

Tryptophan is an amino acid. An important byproduct of tryptophan is called 5HTP (5-hydroxytryptophan) that is needed to produce serotonin. Serotonin is the brain chemical known for giving feelings of happiness, balance, and a steady emotional and mental health. Omega-3s are good for our heart for blood flow and is also necessary for brain health. Selenium is an antioxidant necessary to reduce cell damage and inflammation known to be increased in heightened mood disorders, zinc is a mineral shown to help lower depression, and

vitamin D plays a role in healthy bones and boosts immunity and reduces anxiety. You do not need high amounts of these nutrients in your daily diet to reap the benefits, so start including these foods to get a healthy dose.

See the chart below to show you foods that are good sources of these nutrients and start incorporating them into your healthful diet every day. After meditation, Tai-Chi, or yoga, you will find these foods also fill your mind and soul with calmness, health, and good vibes.

TRYPTOPHAN	OMEGA-3s	SELENIUM	ZINC	VITAMIN D
<ul style="list-style-type: none"> • Shellfish such as lobster, shrimp, and crab • Fish such as tuna, halibut, and salmon • Turkey, chicken, and quail • Veggies like mushrooms, spinach, peas, seaweed, broccoli 	<ul style="list-style-type: none"> • Fatty fish such as salmon, sardines, mackerel, tuna • Nuts such as walnuts, almonds, cashews, pecans • Seeds such as flax, sesame, pumpkin • Oils such as olive, walnut, avocado, flax, canola 	<ul style="list-style-type: none"> • Nuts, especially brazil nuts • Seafood such as tilapia, salmon, tuna, cod • Eggs • Seeds such as sesame and sunflower 	<ul style="list-style-type: none"> • Legumes such as garbanzo beans, and white and black beans and lentils • Nuts and Seeds such as chia, poppy, almond, brazil nuts • Cheese, especially Swiss and Gouda • Oat bran, wheat bran, wheat germ, quinoa, brown rice 	<ul style="list-style-type: none"> • Fatty fish such as salmon, sardines, mackerel, tuna • Egg yolk • Mushrooms, especially shitake • Fortified foods such as cereal, breads, oatmeal, milk



JOCELYN MORALES/UNSPLASH

What's In Season

AVOCADO A great source of C, E, K, and B-6, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium. They also provide lutein, beta-carotene, and omega-3 fatty acids. Although most of the calories in an avocado come from fat, don't shy away!

The versatile avocados health benefits include improving digestion, decreasing risk of depression, and protection against cancer. High in soluble fiber that has been shown to reduce belly fat by suppressing appetite.

Fat is essential for every single cell in the body. Eating healthy fats supports skin health, enhances the absorption of fat-soluble vitamins, minerals, and other nutrients, and may even boost the immune system.

GRILLED AVOCADO with Crab Salad



CHRIS REICHART
Executive Chef

Ingredients *Yields 4 servings*

- 1 can (8 oz) crabmeat, preferably jumbo lump, drained
- ½ cup cucumber, peeled diced, and seeded
- ¼ cup minced red onion
- ¼ cup chopped cilantro
- 1 T fish or soy sauce
- 2 T Sesame Oil
- 1 T sugar
- Juice of 1 lime
- Salt
- 4 small Hass avocados, halved and pitted
- 1 lime, quartered

Directions

1. Combine the crab, cucumber, onion, cilantro, fish sauce, 1 tsp sesame oil, sugar, and lime juice in a mixing bowl.
2. Stir gently to combine, being careful not to break up the bigger lumps of crab.
3. Lightly salt and pepper the flesh of the avocados. Spray with nonstick pan spray or rub with remaining sesame oil. Grill directly over flame or sear in sauté pan for 2 minutes.
4. Divide the crab mixture among the 8 avocado halves, spooning it directly into the bowls created by removing the pits.
5. Serve with the lime quarters.

Substitution: Use poached shrimp in place of the crab meat.



Health Benefits of

Tai Chi

Tai chi used to have a reputation as an exercise for “old” people. Now the generation of young people known as Millennials is actively seeking a way to reduce stress and create a life for themselves that is balanced. They enjoy the benefits of increased patience, stronger muscles, the ability to slow down, stop and breathe. Let’s take a look at how the therapeutic benefits of tai chi translate into better health.

Cognition improves in older adults.

Stress Relief The mind body connection is important here.

Better Breathing The focus on proper breathing techniques and improved aerobic capacity make tai chi incredibly beneficial for sufferers of asthma and COPD.

Strength and Flexibility After 6 weeks, statistically significant improvements were observed in balance, muscular strength, endurance and flexibility.

Parkinson’s Disease improves balance, strength, and proprioception

Joint Health Protects and strengthens joints and helps to reduce arthritic pain and risk of falling.

Improves Mood

Coronary Heart Disease Tai chi is safe for them to practice

Better Sleep

Fibromyalgia quality of life improved with tai chi practice.



Spotlight on: Jake Gabel

Assistant Golf Professional

My name is Jake Gabel and I have been lucky enough to be your First Assistant Golf Professional here at Gleneagles since 2017. I was born and raised here in South Florida and attended West Boca Raton High School where I was a First Team All-County athlete in Golf, Baseball, and Lacrosse. I decided to follow my love and passion for the game of golf and became a Golf Professional in 2010. I have worked at multiple private clubs in the area where I have taught and played professionally.

As the game of golf continues to grow, strength and conditioning has become an integral part of the game. My philosophy of the golf swing focuses around the rotation of the body to create power and speed. This philosophy has forced me to change my workouts over the years. I now focus more on golf specific exercises with the use of resistance bands, medicine balls, and kettlebells with an emphasis on core strength and stability.