



THE **Healthy** LIFE

LIVING YOUR VERY BEST AT GLENEAGLES

ISSUE 15 • AUGUST 2018



Body Composition

WORKSHOP SERIES
Multipurpose Room

What to Eat to Gain Muscle

September 13
3:00-5:00 pm

How Alcohol Affects Body Composition

September 20
3:00-5:00 pm

Fruit: Friend or Foe?

September 27
3:00-5:00 pm

Call 561-495-2806 or email fitness@gleneagles.cc to register!

Posture Matters



KAREN MIKUS
Healthy Lifestyle Director

“Stand up straight.” That’s timeless advice we’ve probably all heard at one time or another. It’s a recommendation worth heeding since posture can have such a profound influence on how we feel and how we function. In this issue of *The Healthy Life* we take a look at the importance of good posture.

Inside, you will find articles on how good posture can strengthen your abilities in your golf and tennis game. Good posture makes you more stable on your feet and gives you the balance you need in quickly changing direction. And the good news: you can improve your posture. Check out the article and exercises in “The Three Steps to Better Posture” found inside, use it as your guide to improving your own posture.

The use of cell phones is a more modern issue that influences both posture and body mechanics. It is incredibly important to have an awareness of the potential harm in constantly looking down at your cell phone and what that could do to your spine. Read the article inside to learn more.

And since good posture is dependent on the strength and integrity of our bone structure our dietician provides advice on the necessary nutrients to keep bones strong. You will also find a healthy and delicious recipe from Chef Cooper.

We hope you are enjoying your summer.

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

Be Healthy,

Karen

The Importance of GOOD POSTURE

Good posture is important to your health because having a neutral center of gravity means the muscles in your spine aren't being strained. Proper positioning of the spine means proper functioning of internal organs, your body feels good. Here are several other good reasons good posture is important to your health.

- Portrays a better, more confident image. Good posture boost self-confidence.
- Breathing becomes easier and deeper.
- Improves circulation and digestion. Proper posture allows the internal organs in the abdomen to assume their natural position without undue compression.
- Makes you slimmer and younger.
- Helps your muscles and joints. Good posture helps us keep bones and joints in correct alignment so that our muscles are used correctly. It also reduces the stress on the ligaments holding the spinal joints together, minimizing the likelihood of injury. Good posture allows muscles to work more efficiently, allowing the body to use less energy and, therefore, preventing muscle fatigue. It helps to prevent muscle strain, overuse disorders, and back and muscular pain.
- Change your frame of mind. Posture also affects your frame of mind. When well, feeling happy and on top of things, posture tends to be upright. In contrast, people who are depressed and in chronic pain, often sit or stand slumped.
- Healthy Spine. Correct posture is a simple but very important way to keep the many intricate structures in the back and spine healthy.

IS YOUR CELL PHONE CHANGING YOUR POSTURE?

You see it everywhere – people on their phones, walking, sitting slumped, texting, typing and reading emails. Heads flexed forward, shoulders rounded and backs hunched for long periods of time. Necks and backs are taking a toll. It's called Tech Neck or ihunch, two descriptions used to describe the aches and pains caused by poor posture while using cell phones.

Looking down frequently and for long periods of time can cause serious strain to the neck musculature. To give you an example, an adult head weights usually between 10 to 12 pounds. Tilting the head forward by just 15 degrees adds an additional 27 pounds. Having good posture while looking at a cell phone involves keeping one's ears aligned with the shoulders.

Prevention is the best medicine:

Here are a few tips to keep good posture while using your cell phone:

- Take breaks every 15 to 20 minutes. Roll your shoulders back and walk around so you are not stuck in one position.
- Hold phone at eye level
- Try to support arm, elbows and shoulders whenever possible.
- Sit up straight or stand straight with head in neutral position, ears over shoulders.
- Text with index fingers instead of both thumbs, this reduces strain on the neck muscles and shoulders and prevents overuse of the thumb joint.

The Ready Position



MIKE PUC
Director of Tennis

Proper posture in tennis begins with the ready position, which contributes to proper stroke mechanics and winning results.

The "Athletic Posture" is similar in many sports, such as baseball. Watch the infielders prepare for action just before the pitcher delivers the ball. They hop to the balls of their feet with their chest slightly forward ahead of their knees. The forward lean will create about a 30 degree line in your back from your waist to your head. You are ready and balanced in this posture. The racket should be in front of your left shoulder, (for right handed players), and not directly in front of your body. Your elbows are next to your rib cage and not extended in front of you. This posture allows for the most efficient movement to the ball and execution of the stroke. Standing tall in this athletic position will relax you while preparing to engage all of the moving parts that make up the stroke. Players who are fit will maintain better posture longer and win more matches so this should be incentive enough to schedule regular gym visits.

The secondary posture on the court occurs when the ball is not in play. You spend less than 20% of your time on the tennis court actually playing, so try to exert a positive body language or posture. Pickleball however has 60% of the time spent in action! That's a whopping 500 calories an hour!



JOE DeMINO,
Director of Golf

Perfect Golf Posture

When thinking about perfect golf posture, remember to tilt forward from your hips instead of your waist to protect your spine, ensure you are using "soft hands" to eliminate any tension, always follow through, and don't forget to relax and take deep breaths.

Proper posture is the foundation for your swing. It is very important that you learn to bend from your hips instead of your waist, so that you do not round your back. Practice bending from your hips instead of your waist by standing in front of a mirror, placing your fingertips into the front of your hips, and tipping your upper body forward as you push your hips and backside out behind you. Keep your shoulder blades flat, and add a little flex to your knees. Try to re-create this hip-hinged position when you play. You'll look like a pro, and hit it more like one.

If you find any aches or pains after a round of golf, or if you feel like your swing dynamics are off, the solution may be as simple as improving your posture. The Golf Professionals are always here to help you, and we offer video swing analysis, which can really help illustrate the proper posture.



Posture is one of the most critical components of maintaining optimal health and well-being. A healthy posture can lead to a more vibrant appearance, a decrease in pain due to improved joint alignment and increased performance in activities like golf and tennis. The following three exercises serve as a great starting point to help you activate the most important muscles responsible for maintaining optimal posture and alignment.

If you are new to exercise or haven't exercised in a while, I recommend starting with one set of about 10-12 reps of each exercise, progressing to two sets once you feel comfortable with each movement. Perform the exercises slowly so you can fully engage the muscles stabilizing each position and be very conscientious to not push yourself through pain if you feel any during the movements.

Be sure to check with a medical professional before starting a new exercise program.

3 Steps to *Better Posture*



1 DUMBBELL Y-REACH

The posture that we hold in our chest and upper back plays a large role in how our shoulders feel; poor posture in these areas can lead to a whole host of shoulder issues including pain and a lack of range-of-motion. The Dumbbell Y-reach is a perfect way to open up the chest and shoulders while activating the muscles that control posture through the shoulder blades and upper back.

While standing upright and holding a light dumbbell in each hand, start the movement by holding the arms extended with both palms together and hands just outside of the waist. From this position, reach the arms outward and upward into a Y-shape until the hands are fully overhead. Return both hands back down in the same path to the starting position slowly. Pay special attention to squeezing the shoulder blades together as you reach overhead with the arms during the movement.



2 QUADRUPED ARM/LEG REACH

While much of the attention given to posture is focused on correcting the upper body, the hips can play just as substantial a role in how our lower back and knees feel during day-to-day activities. The following exercise can help us to activate our all-important glute muscles to stabilize the trunk while also reinforcing proper shoulder mechanics.

Position yourself in an all-fours “quadruped” position with hands just underneath the shoulders and knees under the hips (see photo 1 above). While maintaining a neutral spine position, reach one leg directly backwards, being sure to extend the leg fully without twisting the hips (photo 2). For added difficulty, reach the opposite arm straight out in front of you while lifting the leg into position (photo 3).



3 CERVICAL EXTENSION / RETRACTIONS

A forward head position is one of the hallmarks of poor posture. The following exercises will help stretch and engage the neck muscles to prevent the forward-head position that is oftentimes exacerbated by a sedentary lifestyle.

Photo 2 above demonstrates neck extension. Actively holding your head up and back towards the ceiling helps to engage the cervical extensor muscles while simultaneously stretching the muscles in the anterior neck. For more stretch, try and close your jaw during this exercise.

Photo 3 demonstrates neck retraction. The idea with this movement is to pull the chin backwards into the midline of the body without tilting the head. By moving the head in this manner, you are engaging muscles to pull the neck out of the forward-head posture that becomes so detrimental to our spines.



Spotlight on Louis Scorzello, Jr., Certified Personal Trainer

Louis's journey in health and fitness started from a young age when his father first introduced him to the basics of bodyweight exercise and later, weight training itself. Ever since then, Louis has grown as both an enthusiastic participant in sports and fitness as well as an advocate for its importance as an industry professional.

As both an NSCA certified strength coach and ACSM personal trainer, Louis often incorporates high-level concepts of athletic performance into his personal training sessions at Gleneagles. His clients will be quick to note that he is particularly fond of movement-based functional training as well as postural restoration. “The foundation for optimal health and fitness is the ability to move freely, quickly and without restriction,” says Louis.

When not training clients at Gleneagles, Louis is an avid bowler and has traveled all across the state of Florida to compete in tournaments. Additionally, he greatly enjoys weight training and often participates in basketball, swimming and even the occasional tennis or golf with friends.

Good Nutrition

Supports Good Posture

Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on supporting muscles and ligaments during movement or weight-bearing activities. Good posture protects your internal organs and promotes movement efficiency and endurance and contributes to an overall feeling of well-being. The foundation of good posture is having strong bones and joints to support the muscles, so it is essential that we care for our bones with proper nutrition.

Did you know there are 206 bones in the human body? The bones of the spine and the pelvic girdle help to support good posture, as well as the ribcage, the thigh and lower leg bones. The strength and integrity of your bones is highly dependent on good nutrition that contains nutrients high in calcium, vitamin D, vitamin K. See the chart on next page to discover the daily recommended intake (DRI) of these nutrients for ages 51 and older.

A diet rich in dairy products, green leafy vegetables, fish,



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

and some selected fruits can contribute to your daily intake of these nutrients. See the chart at right to discover which foods have these nutrients and in what amounts to help you with your meal planning.

In addition to eating foods high in these nutrients to keep bones strong, avoid excessive intake of alcohol, sodium, and caffeine since these can weaken bones by causing the leaching of calcium. It is estimated at 6 mg of calcium is lost per 100 mg of caffeine. Just as a point of reference, A Starbucks® Tall

(12 ounce) coffee has approximately 260 mg of caffeine.

In summary, good posture is influenced by healthy bones. To keep your bones strong, your diet should include everyday: 1200 mg of calcium, 600 IU of vitamin D, and 90-120 mcg of vitamin K. All these vitamins and minerals can be had from your foods, but talk to your doctor if you should take a supplement. In addition, limit alcohol to no more than one drink for ladies and two drinks for men, limit your sodium to no more than 1200 mg per day and limit your caffeine intake to no more than 400 mg per day.

Daily Recommended Intake

| | | |
|------------------|----------------------------------|---------|
| VITAMIN D | 1 Tablespoon Cod Liver Oil . . . | 1360 IU |
| DRI: 600 IU | 3 oz Salmon | 447 IU |
| | 3 oz Canned Tuna | 154 IU |
| | 1 cup Hemp milk | 160 IU |
| | 1 cup Soy milk | 120 IU |
| | 1 cup Nonfat milk | 115 IU |

| | | |
|---------------------------------------|------------------------------|---------|
| VITAMIN K | 1 oz Avocado | 6 mcg |
| DRI: 90 mcg (women) and 120 mcg (men) | 1 cup Kidney beans | 5.8 mcg |
| | 1 Red pepper | 5.8 mcg |
| | 1 cup Sweet potato | 5.8 mcg |
| | 1 cup Raisins | 5.1 mcg |
| | 1 cup Peaches | 4.0 mcg |
| | 1 cup Papaya | 3.6 mcg |

| | | |
|----------------|----------------------------------------|--------|
| CALCIUM | ½ cup Seaweed | 900 mg |
| DRI: 1200 mg | 1 cup Tofu | 510 mg |
| | 1 cup Plain yogurt | 415 mg |
| | 1 cup Collard greens | 350 mg |
| | 3 oz Sardines with bones | 324 mg |
| | 1 cup Nonfat milk | 315 mg |
| | 1 cup Fortified orange juice | 300 mg |
| | 1 cup Soymilk | 300 mg |
| | ½ cup Dried figs | 230 mg |

What's In Season



MANGO: Mango is known as the king of fruit. They are very low in saturated fat, cholesterol, and sodium. They are also an excellent source of dietary fiber and vitamin B6, as well as a good source of vitamin A and C. They are rich in minerals like potassium, magnesium, and copper, and they are the best source of quercetin and beta-carotene.



AVOCADO: Avocados are a great source of vitamins 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! Avocados are full of healthy, beneficial fats that help to keep you full and satiated.

Member Spotlight: LIELA HAMORI

Liela Hamori always knew that exercising would be an important component of her quality of life. Living up north, exercise came naturally to her. She grew up in New York City where she walked everywhere. As an adult living in the suburbs of Massachusetts, her exercise included walking up hills of various degrees. Liela then added biking to her regime. It was when she moved to Florida that she realized it was not going to be easy to get the same level of exercise walking and biking in a state that is so flat. She had to rethink how she was going to exercise.

At Gleneagles she participates in health walks, swim classes and works out with a trainer three times a week, incorporating strength, cardiovascular and stretching.

She also works out on her own by using the treadmill and, on occasion, running up and down the outside steps to the Healthy Lifestyle Center, trying to improve her time and the number of steps. Liela will never give up walking, it gives her time to think and relax. She enjoys walking close to 5 miles late in the afternoon when it's cooler.

Liela also plays golf as part of the women's tournament on Tuesdays and socially on Sundays. She also takes a Hebrew class once a week and plays bridge twice a week. You put that all together and Liela feels she has a balanced, wonderful and very rewarding life here at Gleneagles. Liela is a great example for us all.





SCOTT
COOPER
Executive
Chef

Corn, Potato & Arugula Salad with Seared Shrimp

This is one of my favorite healthy summer dinner salads. What's great about this recipe is you can substitute chicken, turkey, salmon or Portobello mushroom as the protein. This salad is packed with Vitamin K and other health benefits that will put a smile on your face and heart. I hope you have a blissful summer and enjoy this delightful salad entrée.

Culinary Regards,

Chef Cooper



GLENEAGLES COUNTRY CLUB
7667 Victory Lane
Delray Beach, FL 33446

Presorted
First Class Mail
U.S. Postage
PAID
Boca Raton, FL
Permit No. 1775

Ingredients *Yields 5 servings*

- 1 t. Dijon Mustard
- 1½ oz Lemon juice
- ½ oz Lime juice
- ½ oz Sugar
- 1 oz Peanut Oil
- 1 T. Extra Virgin Olive Oil
- 8 oz Frozen Corn
- 8 oz Red Bliss Potatoes, cooked and sliced
- 3 oz Arugula
- 1 t. Chopped Cilantro
- 1 ¼ t. Salt
- ¾ t. Cracked Blk Pepper
- 2 Dashes of Tabasco
- 20 each U-12 Peeled & Deveined Raw Shrimp
- 1 t Chopped Chives
- 2 T. Chopped Parsley
- ½ T. Chopped Chervil
- 4 oz Halved Cherry Tomatoes

Directions

1. Combine the mustard, juices and sugar. Slowly whisk oils. Toss together the corn, potatoes, arugula, cilantro and dressing. Season with the salt, pepper and Tabasco.
2. Mix chives, parsley and chervil together, set aside.
3. Season the shrimp with salt and pepper.
4. Heat a large sauté pan. Sear the on 1 side for four minutes, flip and cook for another 4 minutes.
5. Divide salad into 5 Portions, place in the middle of each plate.
6. Top each salad with warm shrimp (four per plate).
7. Sprinkle with herbs & halved cherry tomatoes.

Per Serving

411 Calories, 20 g fat, 32 g total carbohydrate, 26 g protein, 509 mg sodium, 60 mg cholesterol.