

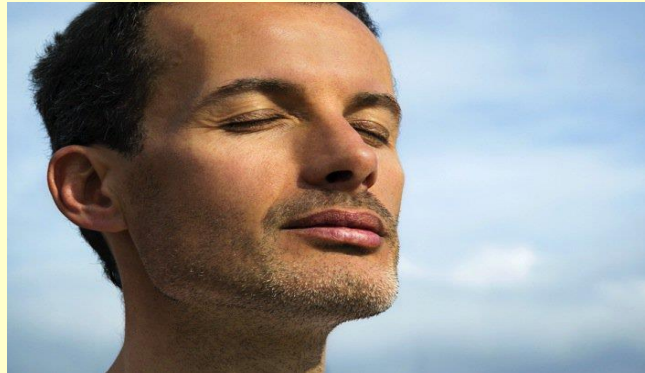


ANNANDALE HEALTH & WELLNESS
CENTER

500 Park St E.
Annandale MN, 55302

Newsletter Date
Summer 2019

Newsletter



Take a Deep Breath....

I am excited to bring you this topic as it was requested by one our own Wellness Center members. We must ask our self how does breathing affect us. What are the benefits of how we take a breath verse breathing. Let's start with a breath. A breath refers to a full cycle of breathing. What is breathing? Breathing is the process of taking air into and expelling it from the lungs. Sounds simple, right? There are many health and risk factors that can affect how we breath. Some examples include heart, stress, fear, being over weight, lung diseases, muscle weakness, lack of exercise and smoking. With some health conditions one might feel short of breath. Make sure you talked to your doctor when noticing a change in your breathing ability.

Under the guidance from your doctor, you might be asked to do some few things to help you breath better. One of the suggestions could be **deep breathing or breathing exercises**. You might ask your self what is that and how is it done. The American Lung Association (ALA) does a great job on explaining how to do breathing exercises. The website is listed below.

Doing deep breathing and breathing exercises can have many health benefits. Some benefits would be reducing and/or managing stress, reduce blood pressure, increase core stability, remove trapped stale air in your lungs increase lung capacity, and help promote overall body circulation and function. So as you go through your day, remember to take a deep breath it could be one the best things you can do for yourself.

Supporting websites:

<https://www.lung.org/lung-health-and-diseases/protecting-your-lungs/breathing-exercises.html>

<https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/shortness-of-breath/shortness-breath-symptoms-risks.html>

<https://www.livestrong.com/article/92264-benefits-deep-breathing/>

Things to Do:

Wellness of Wheels (WOW):

When: June 20th, July 18th and August 15th.
Time: 2:00pm-6:00pm
Where: Annandale City Hall
Phone: 800-362-3667 Ext: 7516

Heart of the Lake Triathlon

When: July 21, 2019
Time: 8:00am
Where: Pleasant Lake City Park- Annandale MN
Cost: See Website
Website: <http://holtri.org/race-information/>

Annandale Caregivers Group:

When: 2nd Thursday of the month
Time: 10am-11am
Where: St. Ignatius Common Area
Contact: Nita 763-443-5535 or Renee 320-274-5745

Diabetes Prevention Program-Buffalo Allina

When: July 17, 2019-April 1 2020
Time: 1:00-2:30pm Wednesdays
Where: Buffalo Hospital Conference Center
COST: FREE- MUST REGISTER
Contact: 763-684-7025 or
Visit website: allinahealth.org/class

Past Monthly Quotes

March 2019:

YOU are stronger than you think!

April 2019:

NEVER GIVE UP everyone has bad days pick yourself up and **KEEP GOING**.

May 2019:

WHEN YOU FEEL LIKE QUITTING, THINK ABOUT WHY YOU STARTED.



BRAIN EXERCISE

Word Scramble

1. Wtrea _____
2. Kale _____
3. Mrsmue _____
4. Rtehab _____
5. Siftnes _____

Math:

1. $2 + 2 = \underline{\quad}$
2. $5 \times 7 = \underline{\quad}$
3. $49 \div 7 = \underline{\quad}$
4. $104 - 36 = \underline{\quad}$
5. $3 \times 8 - 4 = \underline{\quad}$

Answers:

Water, lake, summer, breath, fitness
4, 35, 7, 68, 20

Class Schedule

Monday

Water Exercise (8am),
Aerobic Exercise class (9am),

Tuesday

Tai Ji Quan II Review (June 4th & 18th only),
Silver & Fit Experience (11am), Tai Ji Quan
Review I (June 4th & 18th Only), Silver & Fit
Explore (2pm), Water Exercise (4pm)

Wednesday

Water Exercise (8am),
Aerobics Exercises class (9am),

Thursday

Tai Ji Quan II Review (June 4th & 18th only),
Silver & Fit Experience (11am), Tai Ji Quan
Review I (June 4th & 18th Only), Silver & Fit
Explore (2pm), Water Exercise (4pm)

Friday

Water Exercise (8am),
Aerobic Exercise class (9am)

Silver & Fit classes end on June 20, 2019
until fall.