



Hark!

**It's 11 am and ALL'S WELL!
HARK NEWSLETTER
October, 1999**

The Active Living Lab has started!

Have you been practicing the "Macarena?" Our first class is already history, and we are off to a great start. We really enjoyed meeting you, and look forward to knowing more about you in the next 10 weeks. I intend to videotape some of the action in the coming classes, so students can see how they (and you) are doing.

The goals for our first day included getting to know a bit about you from the green information sheet you brought to class. Each group also formally assessed your walking capability, flexibility, balance and strength. Our next classes will provide you with planned activities in a variety of fitness themes: aerobic activity, range of motion activity, balance activity, and strength and muscle endurance activity.

In the coming weeks, students will be taking turns planning and leading interesting and health-promoting physical activity for you. They are trying to be creative and different from the "generic" aerobic fitness class, and therefore they will explore activities that are "standard" exercises alongside more creative activities. Individual students should use their current skills and build on them. For example, one person may be a Yoga expert, and can lead the whole team in relaxation and flexibility training. Remember, your job as a senior participant, is to be in charge of your own activity in class and help students in learning ways to adapt things to suit your personal needs. If at any time, you feel extremely tired, faint, or nauseous, please notify your team members. There are 6 capable students to look after you.

The sound (noise!) problems on the first day have been discussed with the step aerobics instructor. Cheryl Cook is a very good colleague of mine, and she has agreed to be careful with the volume. If the sound is still bothering us, we can politely ask her to turn it

down. Apparently this is an ongoing issue with other users in the building, and an expert in hearing safety is being summoned to examine the problem further. Sound-proofing architecture has been already explored in the past year, and apparently there is little that

can be done. However, I have suggested that Cheryl turn her speakers away from the concourse area, and turn it down somewhat. We can do our part by working at the east end of the concourse, and moving into the wrestling room for the enjoyment of our own not-so-loud music. Help me sing "Blue Skies" as part of our warmdown next time! And think about that group cheer...

I hope you remembered to bring "indoor activity" shoes from now on, so that you can enjoy the matted wrestling studio for at least part of the class. Each group will also be scheduled to two consecutive classes in each of 4 strength-training activities:

- 1. Therabands***
- 2. Resistance Machines***
- 3. Free Weights (Fit For Your Life program)***
- 4. Body Training***

The weather is getting colder... come to class warm, and take off layers of attire as you get warmed up. If you start perspiring in class, that's good! If you bring a towel, you can shower off after class in the basement locker rooms. Bring dry clothes to exchange for the damp ones.

If you have any suggestions, talk to me anytime. Or if you want to remain anonymous, leave this suggestion page near the sign-in book.

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