



Tamaya Wellness Program



June 2016

Staying Active at Any Age

You're never too old to get moving, get stronger, and improve your health! As you grow older, an active lifestyle is more important than ever. Exercise can help make you stronger, prevent bone loss, improve balance and coordination, lift your mood, boost your memory, and help manage chronic conditions like diabetes, high blood pressure, and arthritis. The best medicine we know to ensure a good quality of life is to be physically active.

Fear of falling, medical conditions, arthritis and joint problems, weakness - those are reasons that people sometimes think make them unable to start exercise. Actually, exercise can **help** all of those things. But yes, there's a big difference between how we should work out in our 20s and how we should work out when.....we're no longer 20.

The Tamaya Wellness Program, Community Health Representatives (CHRs), and pool staff have some great options for seniors:

Senior Fitness times in the cardio/weight equipment room: Trainer Dubra Karnes-Padilla specializes in senior fitness. She's there Tuesdays & Wednesdays from 8:30-9:20. Other trainers can also help you get started.

Aging Well Workouts: Group exercise class includes line dancing, chair exercise, balance, and stretching and cardio circuit. Tuesdays & Wednesdays from 9:30-10:30. Instructor: Dubra Karnes-Padilla.

Friday Walking/Chair Volleyball: Fridays 9-10am. Sponsored by the CHRs, with assistance from Wellness Staff.

Water Exercise: No-impact workout in the pool to improve flexibility, balance, strength, cardio, and stress relief. Taught by the TWC pool staff.

Santa Ana seniors are having fun and taking advantage of the programs and services being offered!

Watch for the Monthly Calendar

Blood Pressure Challenge Results

Congratulations to the participants who completed the Million Hearts 13-week Blood Pressure Challenge!

The Tamaya Wellness Program sponsored a 13-week challenge and we had 19 participants join the challenge. The participants were committed to 3 months of self-monitoring their blood pressure 3 days out of the week from February 1 - April 30. Classes were offered to help educate people about blood pressure and other risk factors including cholesterol, healthy weight and how to be more physically active. As a result, we had 9 people complete the challenge and they received a \$30.00 gift card. Participants are giving us feedback on how the challenge helped them with awareness and healthy habits to control blood pressure.

The Tamaya Wellness Program would like to thank all participants for taking the challenge.



Any Age is the Right Age to Exercise

Dubra Karnes-Padilla comes to us from the UNM Valencia campus, where she developed the Health Education program, and taught academic health and physical education courses. She has over 25 years of experience instructing a variety of group fitness classes for seniors, adults and children. Dubra – she goes by the name “Dub” – has an M.S. in Physical Education, and is certified by the American Council on Exercise and Cooper Aerobic Research Institute. Her goal is to motivate participants to be the best that they can be, and to include exercise and more movement in their daily lives. “I am always moved when someone in my class tells me they have more energy, or they can now hike that mountain, or walk further without getting out of breath.”



Tamaya Wellness Program Directory

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