

Lake Placid Wellness Center Newsletter - April 2022

Recipe!

Cocoa Bunny Smoothie Bowl

Ingredients

- 1 frozen banana
- ½ cup Greek Yogurt
- ½ cup Almond Milk
- 1 tablespoon cacao powder
- 1 tablespoon peanut butter
- 1 teaspoon chia seeds
- ½ teaspoon pure vanilla extract

For the Topping

- ½ banana, sliced
- 1 tablespoon cacao nibs
- 1 tablespoon coconut flakes, unsweetened
- 2 tablespoons chopped almonds
- 1 tablespoon peanut butter

Instructions

1. In a blender, place the smoothie bowl ingredients in the order listed and blend until smooth, scraping down the sides of the blender if needed.
2. Pour the smoothie into a bowl and garnish it with the topping. Serve immediately.
3. Enjoy!



National Autism Awareness Month was declared by the Autism Society in April 1970 to educate the public about autism. Autism is a complex mental and developmental disability. It is characterized by difficulties in the way a person communicates and interacts with other people. It can be present from birth or form during early childhood. Autism is a lifelong developmental disability with no single known cause. It is a wide spectrum disorder and people will have a set of symptoms unique to themselves. So, that means no two people are the same. Some characteristics of autism are:

Social Skills – inadequate playing and talking skills, lack of interest in others, and problems with social interaction.

Empathy – difficulty showing empathy and must be taught to acknowledge the feelings of others.

Physical Contact – uncomfortable with hugs or physical play with others.

Speech – repeats words and phrases they hear. Sometimes the tone of the speaker may sound monotone or may not speak at all.

The 'Puzzle Ribbon' is the symbol for Autism Awareness and is promoted by the Autism Society as means of supporting awareness for autism.

Wellness Minute



Let's Talk Lower Back Pain!

Do you have lower back pain? Do you wonder what you can do for self-care? Back pain is often the result of a weak core, which throws your spine out of alignment. You can build core strength and improve your posture which can relieve tension on the muscles surrounding your spine. Here are a couple of exercises that you can do to strengthen your core.

Seated Side Bend (8 reps on each side):

Begin in a seated position with your hands hanging down over the sides of the chair. Inhale. As you exhale, engage your core and bend to the right, reaching your right hand down toward the floor. Inhale as you return to the upright position. This is 1 rep. Repeat 8-10 times, then do the same on the other side. **Modification:** Hold a dumbbell for added resistance. Works the obliques and erector spinae muscles.

Abdominal Circles (10 circles on each side):

Sit forward toward the edge of your chair, arms out-stretched to either side. Inhale. As you exhale, push your chest forward and around to one side, then back in a circular motion, making a complete circle. Maintain steady breath as you complete 8 to 10 full circles. Repeat on the other side. **Modification:** For more of a challenge, hold weights in your outstretched hands, palms up, or hold weights and cross your arms on your chest. Works the rectus abdominis and transverse abdominis muscles.

Call the Wellness Coordinator, Lisa Dunsmore, (863) 465-9500, if you need assistance with these exercises.



Pool Exercises

by Lisa Dunsmore

Summer is right around the corner and that means the swimming pools are open and ready for use. Fun times are ahead, but are you using the pool to exercise as well? Here at CORA in Lake Placid, we have pool classes that offer a great workout and some with very low impact. That means the joints are minimally affected by your workout. Our pool is also heated which also helps the muscles relax and even soothes joint pain. We have high intensity classes that are still medium impact and gets the heart rate up. Finally, we offer aqua arthritis classes to help mobilize the joints, strengthen muscles around the joints, and perform balance and agility exercises.



Pool classes are currently scheduled for Monday through Friday at 11:00 A.M. Grab a schedule from the Wellness Center and start marking your calendars to attend your favorite pool class.

Note: The Wellness Center is a membership gym; however, we do have other options such as a day pass and weekly passes. Contact Lisa Dunsmore, Wellness Coordinator, if you need assistance.

Fitness Challenge for April



It is never too late for the active adult to start participating in an exercise program. Here is a weekly routine that has small increases in repetitions per week. It covers various muscle groups and strengthens the core.

Sunday

8 Crunches (increase x2/week)
6 Leg Raises (increase x2/week)

Monday

4 Push-ups (increase x1/week)
20 seconds Wall Sits (increase x10 seconds/week)

Tuesday

8 Crunches (increase x2/week)
6 Arm Circles (increase x2/week)

Wednesday

6 Mountain Climbers (increase x2/week)
20 Seconds Plank (increase x10 seconds/week)

Thursday

4 Push-ups (increase x1/week)
20 seconds Wall Sits (increase x10 seconds/week)

Friday

8 Crunches (increase x2/week)
6 Arm Circles (increase x2/week)

Saturday

4 Push-ups (increase x1/week)
20 seconds Wall Sits (increase x10 seconds/week)

April Classes

Classes for April are set! Here is our class line-up for the month:



Ai Chi (Pool)
Aqua Arthritis (Pool)
Better Backs
Chair Yoga
Fall Prevention
Sunrise Yoga
Toning
Water Works (Pool)
Zumba© Fitness
Zumba© Gold



Pick up a schedule in the Wellness Center. Description of the classes are included on the back of the schedule.

The binder to SIGN-UP for classes is located at the front desk. Please use this tool as the sizes of our classes are limited.

