

OASIS Fitness in Action

A Quarterly Newsletter from the OASIS Fitness Center

Q and A with OASIS Nutritionist!
Wednesday, July 12
10am-12pm
Room 2A

Nasira Burkholder-Cooley
Dr.PH, RD, CPT

Nasira is a doctorate-level registered dietitian, a certified personal trainer and yoga instructor.



Get your burning nutrition questions answered! Join Nasira Burkholder-Cooley, OASIS nutritionist as she addresses nutrition hot topics. What supplements should you take? How can you reduce your sugar and sodium intake? What foods should you avoid? Light, healthy snacks provided. Bring your questions!

Save the Date!
OASIS Senior Health and Resources Fair
Saturday, October 21st



Summer Fitness Center Closures:
The Fitness Center will be closed on the following days this summer:

Tuesday, July 4th
Monday, September 4th





Silver Glove Fitness

Taught by OASIS Personal Trainer,
Andrew Deming

Silver Glove Fitness is a non-contact boxing program that provides a workout that is fun, challenging and



always changing. Boxing uses the entire body and has been proven to improve quality of life and health. It is a workout that gets your body moving and heart rate going, all while having fun.

Beginner to advanced athletes welcome.

Please bring a yoga mat, towel and water.

Material fee of \$35 for boxing wraps and gloves is payable to instructor on first day of class (or may be purchased by participant before the start of class).

OASIS ROOM 2A (THURSDAYS)

OASIS DANCE ROOM (SATURDAYS)

SS3626 6/29 Th 3-4pm FREE

SS3627 7/1 Sa 8-9am FREE

SS3628 7/6-8/3 Th 3-4pm \$56/4

SS3629 8/10-8/31 Th 3-4pm \$56/4

SS3630 7/8-8/5 Sa 8-9am \$56/4

SS3631 8/12-9/2 Sa 8-9am \$56/4

DROP IN (NO REFUNDS)

DRP367 \$15/1

**No class 7/27, 7/29



Summer is Here!

Summer is the perfect time to go outside and have fun! Here are some things to keep in mind when it comes to exercising in the heat:

The time of day is important. Avoid exercising from 10 a.m. to 3 p.m. It's the hottest part of day. Generally the early morning is the best time to workout, especially if it's going to be scorching that day.

Wear loose, light-colored clothing. The lighter color will help reflect heat, and cotton material will help the evaporation of sweat. You may also want to try specially designed, "hi-tech" running shirts and shorts. They are often made from material meant to keep you cool.

Sunscreen is a must. Use SPF 45 just to be safe. It's important to protect your skin. You can get burned and suffer sun damage to your skin even on cloudy days.

Stay hydrated. Before you go out, drink a glass or two of water. Carry a bottle of water or even a hydration pack such as the CamelBak. Take a drink every 15 minutes, even when you're not thirsty. When you're done with your workout, have a few more glasses of water.

Replenish your electrolyte and salt intake while exercising. Sodium and electrolytes that keep my system in check.

If you can, **choose shaded trails or pathways** that keep you out of the sun.

Check the weather forecast before you start your workout. If there's a heat advisory, meaning high ozone and air pollution, you might want to take your workout indoors. These pollutants can damage your lungs.

Most importantly, **listen to your body.** Stop immediately if you're feeling dizzy, faint or nauseous.