

# HEALTH & WELLNESS NEWSLETTER

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## APPLE PIE TIME!

It's that time of the year again! Time to unload, peel, cut, fill, crimp and bake to make some delicious apple pies. Sign up today to be a volunteer by calling 248-608-0270!

We need volunteers for every step of the pie making process. You can sign up in the upper lobby of the OPC on the stand-up bulletin boards. They have listings of available jobs that need volunteers to work them.



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## HEAT EXHAUSTION!

Heat exhaustion is a condition that can develop after extensive time in hot temperatures in combination with a lack of fluid intake.

Warning signs of heat exhaustion include: Cool clammy skin, Nausea, Dizziness, Paleness, Fainting, Tiredness,

Heavy sweating, Weakness, and Muscle cramps.

When heat exhaustion becomes severe, it can advance to heatstroke and even death, if untreated. It is important to drink plenty of water and have it with you at all times. Hydrate 30 minutes prior to going outside, take fre-

quent breaks and remember to drink water even BEFORE you are thirsty. Wear light, reflective clothing and a hat since moisture is lost through the head.

### September Closures

- Sept. 3 – Building Closes @4
- Sept. 4 – Saturday
- Sept. 5 – Sunday
- Sept. 6 – Monday – Labor Day
- The building will reopen at normal hours on Tuesday, September 7th.

**PERSONAL TRAINING PACKAGES\***

Save money and improve your health, what more could you ask for? Purchase hourly one-on-one packages with certified personal trainers at a reduced price. What an excellent way to make that commitment to become a better you. All packages begin with a consultation. Talk to a trainer today and see if you would benefit from this new program. One-on-one, single session, hourly rate: \$45.00. For more information, please call 248-608-0278.

**INDIVIDUAL PACKAGE OPTIONS:**

Packages	Sessions Included	Hourly Rate	Savings	Prices	OMW
GOLD	24 one hour sessions	\$30	\$360	\$720	\$72
SILVER	12 one hour sessions	\$35	\$120	\$420	\$42
BRONZE	6 one hour sessions	\$37.50	\$ 45	\$225	\$22

You must be an OPC member to sign up.

\* Some restrictions may apply and Personal Training contract must be signed. To purchase tickets, please call the financial desk at 248-659-1029.

**STRENUOUS EXERCISE PROLONGS THE LIVES OF CELLS**

Italian researchers showed that after running a marathon, a person's lymphocytes live longer (BMC Physiology, May 2010). This could help to explain why exercisers live more than 12 years longer than those who do not exercise (*British Journal of Sports Medicine*, March 2008).

Every cell in your body has a programmable cell death called apoptosis. For example, skin cells live 28 days and then die. Cells lining the inside of your mouth and intestines live 48 hours, and your red blood cells live 120 days. When cells become cancerous, they live forever. They lose apoptosis and forget

to die. Cancer cells then transfer to other tissues to prevent them from functioning. For example, breast cancer cells become so abundant that they may travel to your liver and damage it so you lose liver function. They travel to your brain and you lose brain function. Cancer cells kill by preventing other tissues from functioning in your body.

What would happen if your cells lived longer than they are supposed to, but still retained apoptosis and died, only later than they normally do? Perhaps you would live longer. This study shows that running a marathon prolongs the life of cells by increasing many of the

messenger chemicals associated with delayed apoptosis, including SIRT1 (an enzyme that contributes to longevity).

Shortened telomeres (chromosome caps) represent aging. An earlier study showed that fifty-year-old competitive marathon runners have telomeres that were almost the same length as those of 20-year-old runners on the German National Team, and more than 40 percent longer than those of inactive men of the same age .

**SHORT GAME CLINIC –**

On August 25th, from 10:00 am to 11:30 am, there will be a Pitching and Putting Instructional Clinic followed by nine holes of golf at The Hampton Golf Club.

The cost is \$20 which includes the clinic and the nine holes of golf. Riding carts are \$6 per rider, or you can use a pull cart for \$2.



**AUGUST 25TH**

To register, please visit the financial office or call 248-608-0251.