

JULY

United States of America

250TH ANNIVERSARY

1776 - 2026

401 Farrell Court
Cincinnati, OH 45233
513-347-1400
www.BayleyLife.org



Dear Fitness Friends,

Our nation's 250th anniversary is a rare and meaningful milestone, inviting Americans to reflect on the origins, growth, and evolution of the United States. From early settlements and westward expansion, to war, innovation, civic progress, and cultural development, each era has shaped the country we know today and deepened the relevance of its history in the present. Enjoy celebrating with your family and friends as we recognize the uniquely special qualities of America!

Yours In Wellness,
Bayley Wellness Staff



America: 250 Years At-A-Glance

The Foundation Era (1770-1800s)

- 1776:** 13 colonies declare separation from British rule
- 1775-1783:** The Revolutionary War
- 1787:** Signing of The Constitution
- 1789-97:** First presidency
- 1803:** Louisiana Purchase doubling the nation's size

The Growing Pains of a Young Nation (1800s-1860s)

- 1812** The War of 1812 solidified American independence and fostered a sense of national unity
- 1820** Missouri Compromise revealed the deepening tensions over slavery
- 1830** Indian Removal Act displaces Native Americans
- 1846-48** Mexican-American added vast territories to US
- 1861-65** The Civil War
- 1865** 18th Amendment abolishes slavery

Industrial America and Global Power (1870s-1920s)

- 1869** Transcontinental Railway completed
- 1870** Rapid industrial growth created great wealth & stark inequality
- 1898** Spanish-American War US emerges as a global power
- 1917-18** World War I
- 1920** Ratification of the 19th amendment

Upcoming Events

July Ongoing: Personal Training
Available see Welcome Desk for details.

July Ongoing: Art Collective by Wendy Gray, available for purchase, see Welcome Desk for contact information.

July 4: Happy Independence Day!
Hours: 7am-12pm & no classes.

July 22: New Barre Class! 7:00-7:45pm

July 10: Bake Sale for Alzheimer's
8:30-11:15am

July 15: Music with Stephen & Lemonade Stand 2:00pm
@Bayley Enrichment Center

New Class Spotlight

Join our new Group Exercise Instructor Debbie Lipps for a new Barre Above Class on Wednesday evenings at 7:00pm beginning July 22. Barre Above is a full body workout fusing calisthenics, core and balance exercises utilizing a barre, different forms of resistance and mat work.

"My dream is of a place and a time where America will once again be seen as the last best hope of earth."

~ Abraham Lincoln

HAPPY 4TH OF JULY

Hours:
7:00am-12:00pm
No classes!

Aquatic Exercise:

Fitness, Inflammation, and Why the Pool Matters

Aquatic exercise can do more than improve fitness—it may also help reduce inflammation. Older people living with obesity often have elevated levels of inflammatory markers, including interleukin-6 (IL-6), a cytokine associated with inflammation. When IL-6 remains chronically elevated, it is linked to increased inflammation and a greater risk of cardiometabolic and autoimmune diseases.

The challenge with land based exercise is many people carrying excess weight also experience joint pain, mobility limitations, or discomfort during traditional exercise. As a result, high-intensity land-based workouts do not feel accessible or sustainable.

That is where water comes in. Aquatic exercise is often viewed as a low-impact, low-intensity option. But high-intensity interval training (HIIT) in the pool can be both accessible and highly effective.

A 2022 study explored whether high-intensity aquatic fitness could serve as an effective alternative to land-based training. In the study, women carrying excessive weight completed an eight-week aquatic HIIT program, attending three sessions per week. The results showed improvements in several key areas: Cardiovascular fitness, Cholesterol levels, Body mass index (BMI), and reduced IL-6 levels, suggesting a reduction in systemic inflammation.

Aquatic fitness is often viewed primarily as a tool for rehabilitation or recovery—a stepping stone to becoming fit enough for land-based exercise. But the science suggests otherwise. The aquatic environment can produce meaningful improvements in both health and fitness. Pool-Based HIIT is no joke, when programmed effectively, HIIT in the pool is anything but easy.

The women in this study were not simply moving around in the shallow end—they trained hard enough to create meaningful change: 30 minutes, three times per week, for eight weeks. So, what are you waiting for?

Bayley Alzheimer and Dementia Care Initiatives

Please join us in supporting Alzheimer's and Dementia Care by participating in these July events:

- ◆ **Music with Stephen Seta** with Lemonade Stand on Wednesday, July 15th at 2:00 pm at Bayley Enrichment Center
- ◆ **Bake Sale** at the Fitness Center, Friday, July 10th 8:30-11:15am

America: 250 Years At-A-Glance (con't)

Economic Upheaval and Global Conflict (1920s-1950s)

1929 The Great Depression

1933-38 Franklin Roosevelt's new deal significantly transforms US economy and creates social programs

1941 Attack on Pearl Harbor

1941-45 World War 2 transformed the US into the world's dominant military and economic power

Superpower and Social Revolution (1950s-1980s)

1947-91 The Cold War defined American foreign policy for nearly half a century, leading to conflicts in Korea and Vietnam

1954-68 Civil Rights Movement aimed to abolish legalized racial segregation, discrimination, and disenfranchisement

1969 Appollo 11 lands on the moon

1972-74 Watergate and resignation of President Nixon

1979-81 Iran Hostage Crisis 66 Americans held hostage in US Embassy in Tehran

The Modern Era (1980s-Present)

1986 Space Shuttle Challenger Disaster killing all seven astronauts

1991 World Wide Web is launched

1996 US Hosts the Olympics in Atlanta

2001 9/11 Attack on World Trade Center and Pentagon

2008-16 First African American President Barack Obama

2020 Worldwide Covid-19 Pandemic

2021 In an attempt to prevent the U.S. presidential electoral vote count The Capitol was attacked

2026 US attacks Iran

2026 US, Canada & Mexico hosts the World Cup Soccer Tournament hosting teams from 48 countries