

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



Wellness Newsletter



Dear Fitness Friends,

May is Mind and Body awareness month. May is designated as National Mental Health Awareness month and National Physical Fitness and Sports month. As complex human beings our mind and body are deeply intertwined. Poor mental health can increase the risk of physical illnesses, and conversely, physical health problems can contribute to or worsen mental health conditions. Our goal in self care is to get and keep the mind and body on the same healthy "page" so to speak.

"A healthy body is a platform for flourishing a healthy mind." Pawan Mishra

*Yours In Wellness,
Bayley Wellness Staff*



The Relationship of Mental And Physical Health

Mental Health Impacts Physical Health:

- Increased risk of chronic disease—poor mental health, especially depression and anxiety, can increase the risk of developing chronic diseases like heart disease, diabetes, and obesity. This is often due to unhealthy coping mechanisms like overeating, smoking, and lack of physical activity.
- Physical symptoms of mental health issues—headaches, muscle tension, digestive issues, and fatigue.

Physical Health Impacts Mental Health:

- Increased risk of mental health conditions—Chronic physical illnesses can increase the risk of developing mental health problems, particularly depression and anxiety.
- Worsening existing mental health conditions—Physical health issues can exacerbate existing mental health conditions or make them harder to manage.
- Impact on coping and motivation—Physical limitations or pain associated with chronic illnesses can decrease motivation and make it more challenging to engage in activities that support mental well-being.

The relationship between mental and physical health is a complex and dynamic one, where each aspect influences and affects the other. Recognizing this interconnectedness is crucial for promoting holistic health and well-being. Improvements in one area of health can lead to improvements in the other, creating a positive cycle of well-being

Upcoming Events

- ⇒ Friday, May 23 2:00-3:00pm
Armchair Travels Paris France
- ⇒ Friday, May 30th from 12p-1p
Bailey Members Campus Walk
- ⇒ Month of May T-shirt Sale!

Class Spotlight Silver Sneakers Splash

In the water addition to our very popular Silver Sneakers classes, you will splash your way into water movement designed to enhance joint range of motion and agility, increase heart health and improve muscular strength. Classes are taught by Silver Sneakers Splash instructor Tina Miller.

Tuesdays & Thursdays 8:45am



Arm Chair Travels
Paris, France
Friday, 5/23 2p-3p

Join us for a trip to Paris, France with out leaving the comfort of your chair! Wendy Gray will share her trip to Paris through a colorful slide show and interesting stories. Register @ the Welcome Desk or call 513-347-1400.



National Physical Fitness Month
Campus Walk

Bayley Fitness Members : Please join us for a delightful walk around campus in practice of physical fitness month. Basket Raffle and Split the Pot chances available for all walkers.

Friday , May 30 12:00-1:00pm

In honor of Memory Care
& Alzheimer's Walk:

Bayley will be holding several bake sales, t-shirt sales, and "Forget Me Not" sales for the cause, beginning in May, and running through the summer months.



Fitness Club Hours:
Monday, May 26
6:30am—12:00pm
No Classes!

Walking
Why it is the best exercise

By William Cromie

Physical Instructor, University of Pennsylvania

The following information about walking is taken from an article published in the "The Peoples Home Journal, October 1919" well over a hundred years ago!

Full copy of article is available at Welcome Desk. THANK YOU TO MEMBER DAVID STENGER FOR SHARING THIS ARTICLE WITH US!!!

~ Because of its simplicity, many men and women are apt to disregard walking as an effective exercise. It is simple, easy, beneficial and safe....

~ Walking is the best exercise for the middle aged and elderly, because it requires the least amount of effort and produces the maximum of beneficial results.

~walking is the best because of the limited strain on the system. This is due to the even distribution it establishes over the entire muscular system of the body. No single muscle needs to be taxed to full capacity, but each may be used in moderation.

Article continues with a fascinating discussion of impact of walking on muscles, heart, lungs, "constitution", nerves and sleep and the importance of correct walking shoes. Article concludes with....

~ It is one the greatest tragedies of our modern life that people of the cities, especially women, are fast forgetting how to walk. We travel by swiftly moving taxi cabs and automobiles, by surface, subway and elevated cars and we even project our personality over the telephone and telegraph wire. We sit all day, crumpled up, crowding the internal organs, so that their free movement is destroyed. In the evening or when we have a half-holiday, instead of getting out onto the country to walk and breathe deeply of good fresh air, we ride to the theater or moving -picture show and sit for several hours in a bath of poisonous air.

~ Is it any wonder we get flabby legs and , later flabby brains?

In The Know...

- **Introduction to Kettle Bell** : Abby will be teaching how to use kettle bells to enhance your workout downstairs in the Fitness Center. Times to meet with her are posted on the bulletin board and at the Welcome Desk.
- **Sign-up for classes is required**: Registration opens 3 days prior to class time. Many classes are running close to capacity so please register early so that you're not left out of the class. Ways to register: In person, Club Automation website, Bayley App or by phone.
- **Please be considerate when parking**: Spots in circle are handicapped parking only. The rest is used for Adult Day transportation & emergency vehicle thoroughfare. Reminder there is parking behind the building & a lower parking lot. Please DO NOT park on street beside building. (Mattingly). Thank you!