



www.fayss.org

Have you seen our newly improved Website? For Internet users the Website is your place to find the latest information on current classes, workshops and special events being offered.

You will find the monthly Café menu as well as information on all of the classes and activities offered at the Center.

A new "virtual tour" has been added that showcases our beautiful Center, special events, programs and classes. Take the tour yourself and you just might see some familiar faces!

Calling all Volunteers!

Fayette Senior Services Volunteer's Meeting

Join us the second Tuesday of every month at 3 p.m. to learn all about the many volunteer opportunities at FSS, our latest news and training sessions.

Our volunteers are the power behind the Center. Without this mighty volunteer corps we would not be able to provide important social services like Meals on Wheels in the community or have all of the great activities and programs at the Center. Currently we have a need for **fitness room and special events volunteers**. We are also planning a **"holiday decorating party"** for Monday afternoon, December 1. If you would like to help please join us! Not a volunteer? What are you waiting for?! Contact Patsy Deyton at 770-461-0813 ext. 105 and get involved!

**Due to the Veteran's Day closing,
the next Volunteer's meeting is
December 9 at 3 p.m.**



Fit for Life

By "The Fitness Diva" Dawn Davis

Why We Gain Weight As We Age

As I am sure you know, gaining weight as we age is very common. Genetics, muscle mass, gender, calorie consumption versus expenditure, and lifestyle are all factors in weight gain.

Many of us start to reduce our physical activity around age 30 when work, home and family responsibilities take over our lives. So often we don't take the time for the activities that keep our bodies strong. Unfortunately this reduction in physical activity begins a decline in physical abilities. This decline continues throughout our life, and reaches

a plateau between ages 60 and 70. After age 70, a slower decline follows. These physiological changes affect the body's composition (muscle mass versus body fat) and cardio-pulmonary (heart and lung) function, thus

reducing our ability to work and exercise and lose weight. With this loss of muscle strength, we tend to spontaneously become even less active because daily activities become more difficult and exhausting to perform.

On average, due to this loss of activity, we lose one-third to one-half of a pound of muscle each year and gain that much in body fat. Although this may seem minuscule, in fact it is quite significant as it translates to about a 1 to 2 percent loss of muscle strength each year. This makes weight loss even more challenging, because the less muscle we have, the fewer calories we burn. This is because muscle is metabolically active. Stored fat, on the other hand, is not metabolically active, uses very little energy, and therefore burns minimal calories. The more muscle you have, the more calories you burn throughout the day—whether you are walking, vacuuming, or sleeping.

Unfortunately, as we become less active and lose muscle, we don't experience a decline in appetite. Most of us will consume calories in excess of our body requirements, which results in weight gain over the years. To prevent this age-related gain in weight, we need to avoid the imbalance between calorie consumption and expenditure and consider the effects of aging while maintaining a healthy diet and lifestyle.

While aerobic exercise is very important because it will improve cardiovascular fitness and burn calories, it

DID YOU KNOW?

A woman weighing 125 pounds will need to do two hours and 47 minutes of aerobic dancing to burn off the 950 calories from a junior bacon cheeseburger, medium fries and medium soft drink.

does not seem to influence muscle mass or strength. Strength training, on the other hand, has been shown to increase both muscle mass and muscle strength. Regular muscle loading exercises such as weight training, walking, and physically challenging

occupations help preserve muscle mass. Strength training has also been shown to increase bone mass, which is extremely important for women because of the increased risk of developing osteoporosis.

And here's the good news! Through aerobic and strength training exercises, anyone, at any age, can regain physical ability and strength to reduce weight and make daily activities doable and fun!

In addition to the free aerobics classes for members, a variety of reasonably priced strength training exercise classes for all physical abilities are offered here at the Center and are listed in this newsletter. Sign up today and discover what a difference exercise can make in your life!

Dawn Davis is a Certified Personal Trainer and Senior Fitness Instructor with special certifications in a variety of special programs including yoga, tai chi, pilates and Zumba Gold.