



Wellness Matters Newsletter

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Wellness Tips

Fall in Florida may not bring colorful leaves and chilly mornings, but it does offer something wonderful: a welcome change in the weather. As the days become a little cooler and more comfortable, autumn is a great time to refresh your wellness routine, spend more time outdoors, and enjoy all that our community has to offer.



St. Mark Village's Wellness Manager, Michael Gaugler

Get Outside and Enjoy the Weather

Take advantage of cooler mornings and evenings by getting outside. Enjoy a walk around the community, sit outdoors with a cup of coffee, or meet a friend for a little fresh air and conversation. Even a short daily walk can help support strength, balance, mood, and overall well-being. Remember to bring water and use sun protection, even when temperatures feel more comfortable.

Try Something New This Fall

Autumn is a great time for a fresh start. Set a small wellness goal for the season perhaps by walking a little more, joining an activity you've never attended, or spending a few extra minutes outdoors each day.

Fall check list how many can u check off before winter??

Take a walk and enjoy the cooler weather

Join a fall fitness or wellness class

Attend a community social event

Spend time outdoors with a friend

Participate in a fall craft or activity

Visit the library or read a new book

Enjoy a cup of coffee or tea with a neighbor

Check out this month's activities calendar

Get your flu and other recommended seasonal vaccines

Try a new exercise or movement class

Attend a wellness or educational presentation

Call or visit a family member

Participate in a community volunteer



ST. MARK
VILLAGE



Wellness Highlight

- Lyle Gunning has been faithfully coming to Mike's classes he has improved his neck range of motion 10 months ago. His cervical rotation to the right was 50 degrees now 68! Cervical rotation to the left was 52 degrees current 72.
- Pat Gallup started a walking program 10 months ago, varies laps around her floor ten months ago, she could do 1 lap in 3:50 seconds, now she is at 3:15!
- Barbara Bowman, since coming to Mike's strength and balance classes for last 6 months, sees her improvement in.

Fall is heart healthy time

Fall is also a great reminder to focus on the habits that keep our hearts healthy year-round: staying active, eating a balanced diet, managing stress, getting enough sleep, and staying socially connected. So, this season, take advantage of the cooler weather, enjoy nutritious foods, and find ways to keep your heart moving!



Give Your Meals a Fall Refresh

Fall is a wonderful time to add variety to your plate. Try incorporating seasonal produce such as apples, pears, sweet potatoes, pumpkin, squash, leafy greens, and other colorful fruits and vegetables. Aim for balanced meals that include protein, whole grains, fruits and vegetables, and healthy fats.

And don't forget hydration! Florida can remain warm well into the fall, so continue drinking water throughout the day—even when you don't feel particularly thirsty.





START YOUR DAY BRIGHT

Seated Calf Stretch

Sit toward the front of a sturdy chair. Extend one leg forward with the heel on the floor/ place towel around ball of foot keep toe pointed towards you, Hold for 5 seconds x 5 repetitions then switch sides.

Our calf muscles play an important role in everyday movements such as walking, standing, and getting up from a chair. As we get older, regularly moving and gently stretching the lower legs can help maintain comfortable mobility and flexibility.

Benefits may include:

- Maintaining flexibility in the calf and ankle
- Supporting comfortable movement during walking and daily activities
- Encouraging gentle circulation and movement in the lower legs.

Make Sleep a Priority

A good night's sleep is an important part of healthy aging. Keep a consistent bedtime and wake-up schedule, create a relaxing evening routine, and limit caffeine later in the day. Getting some natural daylight and physical activity during the day can also help support a healthy sleep-wake rhythm.

If you find that sleep problems are becoming frequent or affecting your daytime activities, talk with your healthcare provider.

Sleeping – Why It Matters

Quality sleep helps support memory, mood, energy, and overall well-being. As we age, changes in sleep patterns are common, but healthy sleep habits can help us feel more rested and ready to enjoy the day.

3 Simple Tips:

Keep a Routine

Try to go to bed and wake up around the same time each day, including weekends.

Create a Calming Evening

Wind down before bedtime with a relaxing activity such as reading, listening to music, or gentle stretching. Keep your bedroom comfortable, quiet, cool and dark.

Stay Active During the Day

Get some natural daylight and regular physical activity during the day. If you nap, keeping it earlier and relatively short may help protect nighttime sleep.

Take Time to Recharge

Wellness isn't just about physical health. Make time for activities that help you relax and stay connected. Read a book, listen to music, play cards, try a new class, or simply enjoy a conversation with a friend.

Social connection is an important part of well-being, so consider inviting someone to join you for a walk, meal, activity, or cup of coffee.

Make Snacks Count

Think of snacks as an opportunity to add nutrition rather than simply something to fill you up. Pairing protein + fiber can make a satisfying combination for example, an apple with peanut butter or yogurt with berries.



Upcoming Wellness Opportunities

- Balance machine
- Fitness assessment test



Exercise of the month

How to Perform: Shoulder Abduction

1. Stand tall with your feet shoulder-width apart (or sit upright in a sturdy chair).
2. Let your arms rest at your sides with your thumbs pointing upward.
3. Raise your arms straight out to the side that when you raise them it's a Y shape.
4. Lift your arms to about shoulder height or as high as is comfortable.
5. Pause for 2 seconds.
6. Slowly lower your arms back to the starting position.

Perform 3 sets of 5 to 10 repetitions

Benefits:

- Improves shoulder mobility.
- Strengthens the shoulder muscles and rotator cuff.
- Helps with everyday activities such as reaching overhead, dressing, and lifting light objects.
- Promotes better posture and shoulder stability.

WELLNESS QUOTE

"Your health is an investment, not an expense."

