



Focus: Having Good Posture

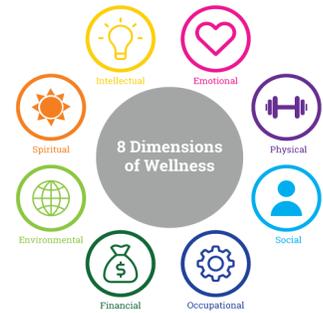
With age and other factors it can be more challenging to practice good posture. Muscles shorten and tighten as they are used less and in a smaller range of movement. This often causing the shoulders to round forward and muscles in the chest to tighten. Exercise and becoming aware of your posture throughout the day can be beneficial in improving posture.

Having good posture can help improve balance, strengthen your muscles and improve overall endurance. On the flip side, having poor posture can attribute to decreased balance, lack of endurance from decreased lung capacity, headaches, low back and shoulder pain. Here are some tips the may help you improve your posture:

- Take frequent breaks from sitting to

move around and avoid long periods of time sitting in a lazy chair or sofa

- As you stand distribute your weight evenly between your feet
- Keep your shoulders from rounding forward by bringing them down and back
- Have your chin and back in line with your shoulders
- Engage your abdominal muscles, middle back and buttocks
- Exercise to improve core strength
- Practice rolling your shoulders backwards and bringing your shoulder blades together



- Wall Angels: (pictured below) with your back pressed against the wall, beginning with your arms overhead lower them toward your sides
- Talk with a Physical Therapist

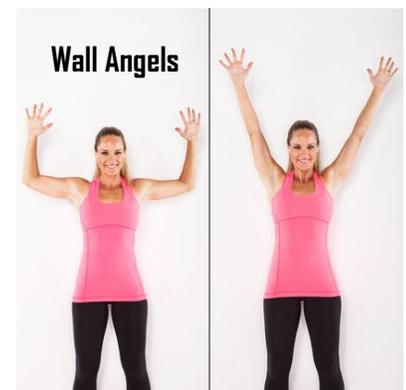
Below are a couple of exercises to help with improving posture, strengthening your core and maintaining a healthy range of motion in the upper body.

September/August Holidays

- August 1st- Friendship Day
- August 30th- National Grief Awareness Day
- September 6th- Labor Day
- September 26th- Health & Fitness Day



Bird Dogs



NUTRITION



This month is all about Vitamin D and sunshine!

Vitamin D consumption is important for helping your body adsorb calcium, which is vital for maintaining strong bones. Vit D also plays an important role in the muscular, nervous and immune systems of the body. With age, the recommendation for Vit D consumption increases.

There are a few ways our bodies are able meet dietary guidelines for Vitamin D consumption. Primarily, Vit D can be consumed from exposure to the sun. When the skin is exposed to the sun,

your body is able to produce Vit D with the help of other micronutrients present in the body. During the months with limited sun exposure, some individuals may need to increase the amount of Vit D they are consuming through dietary sources or supplements.

Vit D is found naturally in very few foods. Small traces can be found in beef liver, cheese and egg yolks. Vit D is added into milk, as well as most plant-based milk alternatives. This

vitamin will often be added into foods such as breakfast cereals, yogurts, orange juice and some other food products.

Vit D is beneficial for maintaining a healthy heart, normal blood pressure and brain function. Some studies have looked at the effects of low levels of vitamin D and a risk of depression as well. Overall, Vit D plays a vital role in the major functions of your body. So, get outside and soak up some Vit D these last couple months of summer.

What’s upcoming at Capital Manor!

- **Field Day:** August 20th
- **Off-campus Hiking Trip to McDowell Creek Falls:** August 24th
- **August Manor to Coast Walking Challenge**– Tracking sheets available in the Wellness Kiosk
- **Brain Games:** Check Manor Matters weekly

Check Manor Matters weekly for up to date information!

“A good stance and posture, reflect a proper state of mind.”



Say the Color of each Word!

(Don't read the word)

How Fast can you say it?

black white yellow green red blue
 yellow red black green white red
 white green red black yellow green
 black white yellow green red blue
 white green red black yellow green
 yellow red black green white red
 white green red black yellow green

Capital Manor

Sarah Aanes

Phone: (503) 375 5905

Email: saanes@capitalmanor.com