



THE FINISH LINE

Arizona's Leader in Senior Fitness



A brief letter from ASO Director Irene Stillwell

Arizona Senior Olympics has been blessed through the years with wonderful friends. One of those friends was on our board of directors until he moved away to work at the University of California. Dr. Richard Gitelson has been a strong supporter of ASO through the years and has stepped forward once again to help us.

It is said that "information is power," and we have found that to be true. For instance, we cannot obtain sponsors unless we have good information about how many athletes we serve, how many are in the games, and whether or not our efforts do them any good. These are just a few of the issues that require accurate information about our athletes.

Dr. Gitelson is a researcher. He is preparing a survey of our athletes that will give us the information we need. That kind of work is very expensive to obtain, but Dr. Gitelson is doing the work as an ASO volunteer. He is hoping to have the survey out this month.

I would like to personally request that each of you who receives the survey responds quickly and frankly. Your information will be of great value to us, and we will share that information with you in future issues of The Finish Line.

Thank you in advance for your support and participation.

ASO Director to serve on leadership council of Falls Coalition

Arizona Lifelong Fitness Foundation Executive Director Irene Stillwell has been asked to serve on the State of Arizona Falls Prevention Coalition. The coalition strives to promote the prevention of falling throughout the state. The Leadership Council guides the coalition in providing educational opportunities to members and information which is distributed through them to the general public. Many of the members of the coalition directly serve seniors and are involved in health services.

The coalition was begun by the Arizona Department of Health Services because falls – and their consequences – are now one of the most serious and expensive health problems in our country. Many of the falls are experienced by seniors.

A study conducted at the National Senior Games showed that Senior Olympians have a lower incidence of falling than that of the general public. It is widely thought that seniors who are stronger and more active are less likely to fall.

Dr. B. Michael Nayeri, FACFE, FABMP, is the Director of the Healthy Aging Program for the Arizona Department of Health Services, and is the leader of



ASO Director Irene Stillwell.

the coalition. He is passionate about fall prevention as a major health initiative. He has been with the organization since its inception and under his guidance, the coalition continues to grow.

Asked about her participation on the council, Stillwell said, "I am honored to serve with caring and capable people who want to move forward in serving the health and wellness of Arizonans by preventing a major health problem that often has tragic consequences."

Summer office hours

It's summer – a little early, but here in Phoenix the sun is warming us up and many of you will be heading for the hills! Here at the offices of the Arizona Lifelong Fitness Foundation, we are just finishing up the details of the 2017 Games and are already working on the 2018 Games that will be a qualifier for the 2019 National Senior Games in Albuquerque.

During this period of time we are out of the office searching for venues, meeting with facility providers and possible sponsors, and rounding up volunteers for next year's games. For



that reason, office hours will be **9 a.m. to 4 p.m. Tuesday, Wednesday and Thursday.**

Don't worry, we haven't forgotten you. We'll be checking the voicemail every weekday and will return your call ASAP. Have a great summer!



The Finish Line
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PARKS AND RECREATION DEPARTMENT

in partnership with the cities of Chandler, Glendale, Mesa, Peoria, Scottsdale, Tempe and the communities of Sun City, Sun City West and Sun City Grand

Arizona Senior Olympics

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www.seniorgames.org



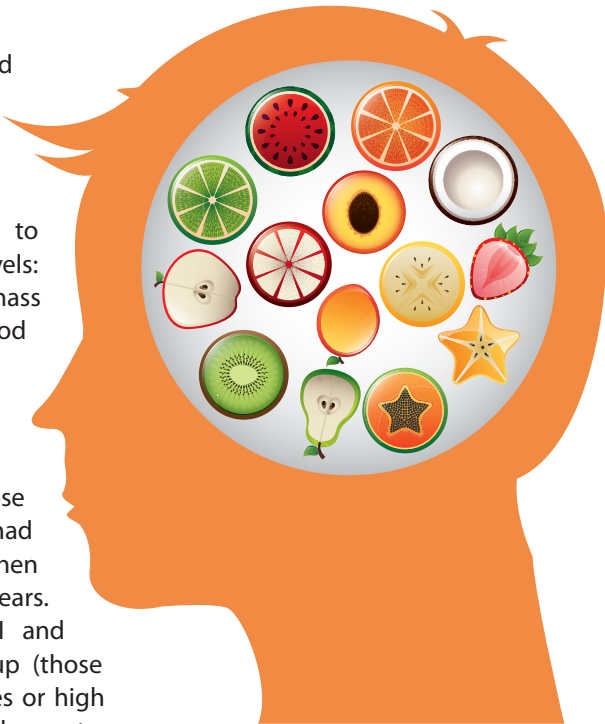


Stay thin to stay smart

BY ELLIE KALLAL

Most of us want to look good and we complain about how much more difficult it is to maintain our weight as we get older. Well, here's another motivation for us to keep our weight at healthy levels: The higher your BMI (body mass index), the greater the likelihood of developing impaired cognitive function.

According to a recent study done on British civil servants ages 39 to 63, those who maintained lower BMIs had better cognitive abilities when tested over the next 10 years. Those with the higher BMI and metabolically unhealthy group (those who were obese, had diabetes or high cholesterol) had faster and greater decline in abilities.



Guidelines for what constitutes healthy are:

- A BMI **over 40** is considered **morbidly obese**
- A BMI **over 30** is considered **obese**
- Between **25 and 29.9** is considered **overweight**
- Between **18.5 and 24.9** is considered a **healthy BMI**
- **Less than 18.5** is considered **underweight**

So how do you calculate your BMI and what will those results tell you? The formula is your weight in pounds divided by your height in inches squared, multiplied by 703. I am 5'4" (64 inches) tall and weigh 114. $64 \times 64 = 4,096$. $114 \text{ pounds} \div 4,096 = .0278 \times 703 = 19.56 \text{ BMI}$.

While BMI is a great indicator of health, it is not the only factor. Those who have been athletes their whole lives and still maintain muscle mass can measure as obese, while not being fat. The famous football player Jim Brown measured as overweight his whole career (he was 6'2" and 212 pounds; this gave him a BMI of

27.2) but he never had a waistline over 29 inches.

Not many can afford to go to a Bod Pod and have their body fat measured, but everyone can do a hip-to-waist ratio. Measure the waist and divide that number by the hip measurement. Men should aim for lower than .90 and women lower than .85.

Today's research shows so many foods that also contribute to brain health. Diets high in antioxidants help fight free radicals – those things that increase the onset of Alzheimer's. It might not be possible to prevent free radicals in the environment, but everyone can combat them, in part, through diet. Fruits, nuts, leafy green vegetables, and brightly colored vegetables are all important. Someone said to "eat a rainbow" and that is so true. The bright red of strawberries, the deep green of kale, the pale tan of walnuts, the bright yellow of peppers, all those things are good for our bodies, brains and weight. Smoking, too much alcohol and inadequate sleep are not.

Living a long time is a good goal, but living a life of being active and alert is even better. Regardless of how weight is measured, keeping it down is crucial to mental and physical health. ■



Senior Olympians who play softball are always looking to improve their abilities when they're up to bat. Softball players of both genders can improve their swing and performance at the new training facility at Body Technologies. It's an opportunity to have help in analyzing

your technique and improving your batting average. Of course it takes more than batting ability to be a really good player. Strength is needed for every position on the field and the better your fitness level, the better your performance will be.

Thanks to Body Technologies



Body Technologies is the home of the Arizona Senior Olympics Powerlifting event. Each year, the gym opens its doors to the Senior Olympians and their families who come to see what their loved ones have accomplished in a year of training. It's a place where everyone feels welcome and comfortable. In fact, the atmosphere is one of caring and helpfulness. Body Technologies is much more than a gym – they offer personal training, weight

management, nutrition counseling, injury prevention, rehabilitation and more.

ASO wishes to thank Body Technologies for hosting our powerlifting and for their commitment to offering fitness training and support for seniors. They are located at 9171 E. Bell Road, Suite 109, Scottsdale, AZ, 85260. Call for information at 480-585-4010.

Nominate the Arizona Senior Olympics Athlete of the Year

There is still time to nominate the Arizona Senior Olympics Athlete of the Year! This is your opportunity to honor someone who meets the criteria (to the right).


To nominate an athlete, please send a letter outlining the achievements of your nominee to:

Arizona Senior Olympics
Attention: Irene Stillwell
P.O. Box 33278
Phoenix, AZ 85067-3278



Candidates must meet the following criteria:

- Outstanding athlete
 - Multiple medal winner
 - Exhibits high level of sportsmanship
 - Constantly strives to improve
 - Knows and follows the rules
 - Reaches out to help other athletes
 - Actively supports ASO
- Exemplifies the Senior Olympics pledge:
“As a Senior Olympian, I pledge myself to the spirit of the Olympics:
THE SPIRIT OF ACHIEVEMENT, that I may reach my goals,
THE SPIRIT OF COMPETITION, that I may win or lose with pride and honor,
THE SPIRIT OF FRIENDSHIP, that I may be a true friend of those around me.”
- I.S. 1984



Puzzle Answers

FROM PUZZLES ON PAGE 23

King Crossword

answers

T	H	R	U		O	V	U	M		S	A	P	
A	E	O	N		D	I	K	E		M	B	A	
C	R	A	S	H	D	I	E	T		A	L	I	
H	O	M	E	R	S				R	I	S	E	R
			A	S		B	R	O	T	H			
G	I	F	T		L	E	I		S	H	O	P	
O	I	L			A	G	O		I	R	E		
D	I	A	L		K	I	T		S	T	E	W	
			S	E	V	E	N		D	O			
T	A	H	O	E				P	O	W	E	R	S
H	I	M			T	R	A	S	H	H	E	A	P
A	D	O			C	O	N	S		A	L	G	A
W	E	B			H	E	A	T		T	S	A	R

Even Exchange

answers

1. Picky, Pinky	6. Scare, Scarf
2. Freed, Fried	7. Miner, Minor
3. Litter, Latter	8. Hearth, Hearty
4. Tamer, Timer	9. Poise, Posse
5. Nature, Mature	10. Bruise, Braise

SCRAMBLERS

solution

1. Mega; 2. Bewitch;
3. Terse; 4. Reach

Today's Word
WEIGHT

Weekly SUDOKU

Answer

3	5	7	6	4	8	2	9	1
4	9	6	1	7	2	5	3	8
2	1	8	9	5	3	7	4	6
6	7	3	4	1	9	8	5	2
9	2	5	3	8	6	1	7	4
1	8	4	7	2	5	3	6	9
7	3	2	8	6	4	9	1	5
5	4	1	2	9	7	6	8	3
8	6	9	5	3	1	4	2	7

Go Figure!

answers

5	-	3	x	9	18
x		x		÷	
4	+	6	+	3	13
-		-		+	
7	x	1	+	8	15
13		17			11

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