

KIWASSEE
SEPTEMBER 11, 2007

SMOKE SIGNALS
www.kiwassee.org

KIWANIS
VOLUME XVIII NO. 49

CHAIR: D. Townley
PIG: D. Winger

INVOCATION: B. Burk

MUSIC: Burk/Meyer
EDITOR: Cronenberger

ANNOUNCEMENTS

- Walt Rupprecht led us in a minute of silence in remembrance of the victims of 911.
- Jack Higgins says there are still some T&A ticket envelopes that haven't been picked up. Sales have started off pretty well; keep up the good work.
- Dick Jellum is conducting Adopt A Highway September 15. Be at the Community Center at 9:00
- Don Peterson has set a goal of \$2,500 for the club's contribution to CROP Walk this year. We are off to a good start with \$1,700 pledged.
- Al Burmester and his wife are working on the United Way pledge campaign and encourage all of us to support it with our gifts.

SPECIAL PRESENTATIONS

Mike McNulty presented a \$500 check from Junior Youth to Dave Thomas for 4-H programs.

PROGRAM

Matt Smith, who along with his wife Julie, is an owner of Smitty's Iron Works, a physical fitness business on Wackerly. Matt got started in the field as a fitness and weight control officer in the Army. He said one of the biggest problems people have is just getting started. That is making up your mind to do it, and getting in the habit.

A serious problem people have as they age is loss of bone density, coupled with loss of estrogen in women. The less you use muscles and bones, the weaker they get. Exercise strengthens bones because as you flex a muscle, the tendon attached to it pulls on the bone thereby strengthening it. While walking is good exercise, you need to introduce some weight for resistance to improve bone density. You can start with little dumbbells weighing only a few pounds each.

Another problem exercise helps is Type 2 diabetes. Certainly diabetics need to watch what they eat, but nutrition is not "going on a diet". You have to eat a healthy, balanced diet to support a healthy lifestyle. Again, getting started can be a problem, so think about working into it slowly. This can be as simple as just cutting down on portion sizes.

Injuries may occur in the normal course of an exercise program, but Matt compared that to a car breaking down even though you take good care of it. Stuff happens, but don't let that hold you back. He suggests you talk to your doctor before starting any kind of an exercise program, or adding supplements to your diet. One supplement he did recommend was glucosamine which he claims helps keep joints healthy.

He believes exercise early in the morning before eating is the best time of day. It raises your metabolism, and since you have an empty stomach your body seeks the most available source of energy, which happens to be excess fat. He also prefers free weights over weight machines. This is because free weights let you, the user, adapt them to your own motion as opposed to being restricted to that of the machine.

You may not live longer, but you will feel better and be more active.