

Prime Fitness

October November December

How music affects us

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1. **Elevates mood:** Music reduces stress and anxiety by raising our dopamine levels. This means that your cortisol decreases too.
2. **Increases workout endurance:** When music during a workout, you can find yourself moving to the beat, which may increase your pace.
3. **Stimulates memories:** Music can bring us back to a happy place in life. For those with memory impairment, listening to their all time favorite song may be what can turn their mood around.
4. **Eases pain:** Think about when you start nodding your head to a great song, you had probably already forgotten about any pain you were experiencing. This can be through endorphins or simply just enjoying yourself.
5. **Relieves depression:** Lots of music can be used as a pick me up when you're feeling down. Pair that with exercise and you'll be leaving much happier than you came.

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*Both the gym and pool have an Alexa speaker, directions are posted near the speaker.



Healthy Pumpkin Muffins

Dry Ingredients:

- 1 1/2 cup pastry flour (or whatever flour you have)
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon pumpkin pie spice
- 1 teaspoon salt
- 1 teaspoon baking soda

Wet Ingredients:

- 1 cup canned pumpkin
- 1/2 cup raisins (or chocolate chips)
- 1/4 cup vanilla greek yogurt
- 1/4 cup unsweetened applesauce
- 2 eggs

Instructions:

Preheat oven to 350.

1. In two separate bowls, mix dry, then wet, and then combine, adding wet to dry and stirring gently until the mixture is uniform-ish.
2. Depending if you are making bread or muffins, either spoon the mixture into a non-stick (or greased) muffin tray or bread pan.
3. Pop them in the oven for about 25 minutes (for muffins) or 75 minutes (for bread) and do a fork check near the end to test done-ness.

Contact us:

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Upcoming events:

October

- Vaccine pre-registration: Oct 2nd
- Wellness Fair: Oct 4th
- Vaccine clinic: Oct 25th
- Meditation class by George: Starting Oct. 11

November

- Drumming class
- Afternoon water aerobics

December

- Christmas exercise challenge
 - Cookie decorating
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