



OWE Update January 2024

Olson Center for Women's Health Upcoming Events

Exercise for Longevity: A Short and Effective Workout Routine

By: Luke Shook at UBX

In the pursuit of a long and healthy life, regular exercise plays a pivotal role. Physical activity not only enhances cardiovascular health and maintains an optimal weight, it also helps to maintain independence as we age. In this article, we will explore a concise yet impactful workout routine designed to boost longevity and functional fitness.

The chosen exercises focus on enhancing cardiovascular endurance, strength, and balance. Regular engagement in such exercises has been linked to a reduced risk of chronic diseases, improved cognitive function, and increased vitality, contributing to a higher quality of life as we age. These exercises can be done in order as a full workout or broken up and done individually. Move slowly and with purpose to prevent injury.

Exercises:

Single Leg Balance (3 sets x 15-20 seconds per leg)

Stand on one leg for the prescribed amount of time. Feel free to do this near a sturdy surface to help with balance and to make you feel safe.

Supported Squats (3 sets x 10 reps)

Stand behind a chair or something else you can put your hands onto for support. Sit back slowly, hinging at the hips instead of your back as though you are sitting in a chair, and then stand back upright. Try to keep more weight on your heels as you move through this motion.

Elevated Pushup (3 sets x 10 reps)

Stand in front of something sturdy (ex: a wall or counter), place your hands on it and keep your hands at shoulder level. Start bending your arms and lowering your chest slowly towards the surface, and then press yourself back up to the starting position.

Cardio (5-15 minutes, aiming for 30 min per day)

Begin with a light warm-up to increase heart rate and blood flow. Gradually increase to a “moderate intensity” during which you can talk in phrases, but not sing. Examples of cardio are brisk walking, marching in place, jumping jacks or stationary cycling.

If you would like to further your efforts beyond this, we recommend seeking out a qualified fitness professional to help create a sustainable plan built around your specific needs. At UBX we offer a 1-hour health mapping session to determine your specific goals and create a plan to reach them. During the month of January we will offer \$49 health mapping sessions (regularly priced \$75) and 50% off of the first month of either of our small group programs, UBStronger 55+ and UBFit Group Training. Call (402) 934-2348 or visit ubxomaha.com to get started.

OWE Partner Offers

Alzheimer’s Association Nebraska Chapter

8790 F St #404

(402) 502-4300

1-800-272-3900

Dementia Diagnosis

Join us Fri., Jan. 19 from 11:30 a.m. – 1:30 p.m. for *Dementia Diagnosis*, a session geared to help a person living with early stage dementia and their care partner. This program is a place to start to help navigate this journey by providing education, guidance and community resources for next steps. There is a required screening in order to attend this program. Registration closes one week prior to the session. Call (800) 272-3900 for screening and to register.

American Red Cross of Nebraska & Southwest Iowa

2912 S 80 Ave

(402) 343-7700

Heroes in the Heartland

Now in its 23rd year, *Heroes in the Heartland* honors individuals who have saved another person’s life during the past year or who have positively impacted the quality of life in the Omaha / Council Bluffs Metro area. Nomination applications are being accepted with over seven different qualifying categories including a Call to Action, Commitment to Community, Gift of Life, and more. Visit redcross.org and click on *Heroes in the Heartland* to nominate a hero.

DC Centre

11830 Stonegate Dr

(402) 393-7431

Winter Bridal Show

Hosted by one of Omaha’s premier bridal venues, DC Centre would like to invite you

to attend their *Winter Bridal Show* on Sun., Jan. 14 from 11 a.m. – 3 p.m. Free for attendees when you RSVP, enjoy complimentary food tastings, fabulous giveaways and prizes, and more! RSVP by visiting dcentre.com and clicking on *Winter Bridal Show*. For more information give Armana a call at (402) 393-7431.

Dee-sign Landscaping & Garden Shop
8530 Blondo St
(402) 392-1444

Seedy Valentines

Join us on Tues., Jan. 30 and create your own *Seedy Valentine*! There will be a choice of easy to grow flowering annuals or native flowering perennials. There is no limit to the number of valentines you create and these do-it-yourself valentines can then be tucked into soil in the spring to grow. Class will begin at 6:30 p.m. and the cost is \$10. Payment is due at the time of registration. For more information, give the store a call at (402) 392-1444.

Fit In The City
213 S Washington St #4
(402) 740-3282

Yoga & So Much More

Get started today with the best yoga classes in Papillion! Join us at Fit In The City and find your inner peace, refresh your body and foster high levels of energy and clarity throughout your daily life. *Yoga & So Much More's* next 10-week session begins Jan. 10 – March 15. Meeting every Wednesday – Friday at 6:15 a.m., the cost is \$139. For more information give Renee a call at (402) 740-3282.

Get Lean & Stay Lean

With the motto, “it has to challenge you to change you” join Renee and the Fit In The City community for either the in-person or virtual *Get Lean & Stay Lean* program. With both sessions beginning on Jan. 8 – March 15, the cost is \$239 for virtual attendance and \$335 for in-person sessions. For specific times and days visit fitinthecity.com.

Fontenelle Forest
1111 Bellevue Blvd N
(402) 731-3140

Winter Wellness

Beat the winter blues and embrace a season of self-care at Fontenelle Forest's *Winter Wellness Series*! Bring your creativity to the Forest as we collage and construct manifestation boards. Envision your goals for the new year and use art and natural materials to express them. This program is geared towards adults 18 and older. Scheduled on Sun., Jan. 7 from 1 – 2:30 p.m., the cost is \$10 for Fontenelle Forest members and \$18 for non-members.

Habitat Hikes

Explore Nebraska's prairies, wetlands and forests at Fontenelle Forest's *Habitat Hikes*! Join our naturalist educators on a guided hike through the Forest's Nature Center and learn about various ecosystems! Traversing easy to moderate terrain,

the event will be on Sun., Jan. 28 from 2 – 4 p.m. Free for Fontenelle Forest members or \$15 for non-members.

Gloss Salon & Day Spa
5709 S 108 St
(402) 502-1850

Oncology Massage & Facial

Gloss Salon & Day Spa now offers a customized *Oncology Massage and Facial*, created for those undergoing or recovering from oncology treatments. Offering Oncology Complexion Protection Facials, Body Restore Massages, Soothing Sole Foot Treatment, Helping Hands Treatment and Tension Release Scalp Massage, service prices vary from \$15 - \$79. To book your appointment or for more information give Krisha a call at (402) 502-1850.

Oasis Massage & Spa
689 N 132 St
(402) 964-2267

Myofascial Release & Fascia Immersion

Learn about some of the fascial planes of the body through discussion and hands-on learning of anatomy through practice. Hosted by Carole Westerman, explore yoga-based movement and techniques designed to target facial tissue. There are two class dates for completion, Sat., Jan. 20 and Sun., Jan. 21 from 10 a.m. – 5 p.m. The cost is \$199. For more information or to register, give Lindsey Carper a call at (402) 964-2267.

Omaha Performing Arts
1200 Douglas St
(402) 345-0606

Mamma Mia

On the eve of her wedding, a daughter's quest to discover the father she's never known brings three men from her mother's past back to the island they last visited decades before. Set on a Greek island paradise where the sun always shines, a tale of love, friendship and identity is beautifully told through the timeless hits of ABBA. In town performing at the Orpheum Theater, show runs Jan. 9 – 14.

Tom Segura: Come Together

Actor, comedian, writer, Tom Segura is one of the biggest names in the comedy business. Segura is best known for his Netflix specials, New York Times best-selling book and numerous appearances on all the late night shows. Performing at the Orpheum Theater, show dates are either Sat., Jan. 20 or Sun., Jan. 21.

BEETLEJUICE

Based on Tim Burton's beloved film, *BEETLEJUICE* tells the story of Lydia Deetz, a strange and unusual teenager whose whole life changes when she meets a recently deceased couple and a demon with a thing for stripes. Showcasing at the Orpheum Theater, show dates are Jan. 30 – Feb. 4.

UBX Fitness & Nutrition
14716 Industrial Rd
(402) 934-2348

New Year Special Offer

Start your new year off right! Get 50% off your first month of any group training Jan. 1 – 31. Offer valid for new clients only. With over four group fitness sessions to select from, make this New Year your ‘New You Year’. For more information or to register, give Luke Shook a call at (402) 934-2348.

UNL Extension in Douglas & Sarpy County
8015 W Center Rd
(402) 444-7872

Soup Up Your Winter

Imagine prepping one meal and being able to transform it into a delicious soup for a second meal. This is a real time saver so you can take care of everything else you need to without worrying “what’s for dinner?” Demonstrations are in-person at 8015 W. Center Rd, with samples provided of each recipe prepared. Class will be Wed., Jan. 17 at 6 p.m. The cost is \$20. To register, call (402) 444-7872.

UNMC Engage Wellness
730 S 38 Ave
(402) 552-7210

Free Friday: New Year, New Journey Into Wellness

Come check out our facility free of charge on Fri., Jan. 5! Every first Friday of the month adults in the community (age 19+) can come try ENGAGE Wellness for free. Test our exercise machines, see what group movement classes we offer or play a round of Pickleball any time after 11 a.m. We’re open 7 a.m. – 4 p.m. on Fridays. Please call (402) 552-7210 if you have any questions.



Download our Recipe of the Month:
Hoppin’ John, Black-Eyed Peas

Black-eyed peas are an affordable source of protein and a great source of fiber, they are low in fat and cholesterol too. Containing a good source of potassium, iron and magnesium, have them for a side or as a delicious main course. The thing that I love about this recipe is there are so many variations that you can try to fit your taste. Enjoy!

If you would like to see the entire partner booklet, which was previously sent to you when you began your membership, call the Olson Women's Health Resource Center at 402-559-6345. Know a great business for the Olson Wellness Exchange? Reach out to Candyce Dunlap with company suggestions for new partners at cdunlap@unmc.edu.

Disclaimer:

The partnership with Omaha companies is for the sole purpose of compiling a listing of local companies interested in health and wellness. The Olson Center for Women's Health does not endorse the services or advice of the individual companies listed in this booklet. The companies listed are meant to complement your health and wellness plan and are not intended to replace the health care provided by your individual health care provider. The Olson Center for Women's Health disclaims all liability associated with the companies within this booklet. Every effort to keep each company's information up-to-date is made, however services, prices, and offerings from companies are subject to change. OWE members are responsible for determining if a company meets their wellness needs and for payment of all services rendered.

Olson Center for Women's Health | UNMC Clinic - 44th & Emile St, Village Pointe Clinic - 175th & Burke St, Omaha, NE 68198

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