Exercising regularly is imperative to maintain a fit and healthy body. Swimming is one exercise that is an overall workout for strength, cardio, balance, and flexibility. Best of all, it is a sport that is low impact, and one you can do throughout life.

Teresa, a resident at Independence Hill Retirement Community, has always been a runner. While she no longer runs she still pushes herself with long walks and enjoys attending water aerobics classes at home. Teresa explains, “Even though I walk everyday, the water exercise allows me to do more and it is easier on my body. After walking I sometimes have pain, but with my water aerobics class, I feel no pain during or after. I get a more intense workout than I could ever do on land. Our instructor, Connie, is great! She reminds us to breathe, keep moving at all times, and keep our tummy tucked in, which is important to maintain core strength for good posture and balance.”

Connie has been leading our “Aquasize” classes at Independence Hill for over 6 years and finds it very rewarding. “I love seeing the residents feeling carefree, laughing, telling jokes, and getting emotionally fit as well as a total body workout,” Connie comments. “My students find working out in the water an excellent way to improve their overall well-being, and those with arthritis, joint disease and circulatory problems find relief. The warmth of the heated pool, the buoyancy, and the resistance of the water challenges the body while easing any strain. It is a very safe, low impact workout that allows free movement of the joints, as a 140 pound person only weighs 14 pounds in the water. This can help reduce pain as it allows the focus to be on the muscles and connective tissues.”

“As we age, we have to keep moving... if we want to keep moving!” says Patricia, a retired water safety instructor for the Red Cross, an Independence Hill resident and Senior Games swimmer. “I have been swimming, walking, and biking for 40 years because I want to make sure I am getting a total body workout. Since living at Independence Hill, I attend a variety of fitness classes offered throughout the week including Aquasize twice per week, week including Aquasize twice per week, Aquasize twice per week! Patricia is always encouraging others, saying, “If you have never exercised, that’s okay. Start now! Water aerobics is the perfect way to get started. Many say their body isn’t what it used to be so they don’t want to wear a bathing suit in public. I remind them that we are all in the same boat, we all look alike at this point and no one is judging. Just come try it out!”

Interested in seeing how residents of Independence Hill Retirement Community are leading such a full and active life? Plan a visit during one of our exercise classes. Call Sherrill or Laura at (210) 209-8956 to set up your personal tour and stick around for the Wine Club!

Independence Hill Retirement Resort Community is located at 20450 Huebner Rd., San Antonio, TX 78258. For more information, call (210) 209-8956 or visit www.independencehill.com.

What’s Next

At Groomer’s

We are approaching the time of the year that all true seafoodies look forward to. I am, of course, talking about the season of wild-caught Alaskan salmon, one of the best tastes of the summer, and it starts at the end of May. Full of flavor, rich in omega-3’s, and sustainably caught, wild salmon is the perfect choice for weekend barbecues with friends or even for a quick weeknight meal. Not to mention, wild salmon is also a fantastic source of DHA, the omega-3 fatty acid that is essential for brain development, and comes from phytoplankton. DHA is stored in salmon’s fat, and one 4-ounce serving of salmon can dish up 2,400 mg of omega-3s! But what’s the difference between our Alaskan salmon and others? Simple, the difference is freshness.

Groomer’s Seafood only brings in fresh, never frozen, Alaskan salmon. While this may sound common for a fresh fish market, many “fresh” markets merely bring in salmon frozen and thaw it out for the daily display. Groomer’s Seafood just refuses to do that. We understand that when you come here, you’re passing up many local grocery stores to get something you just can’t find anywhere else. Our buying team goes above and beyond for this reason and works directly with the hard working fishermen of Alaska on procurement. We always bring these salmon in whole and cut it right off the bone to your order. This prevents oxidation that can happen when the fillet is left out exposed to the air. Our expert fishmongers then debone, trim, and portion your fillet exactly how you desire, a service that you’d be hard pressed to find anywhere else. The end result is some of the finest salmon in the entire country, with types like King (Chinook) Salmon, Sockeye Alaskan salmon, and even the rarer kinds like Ivory and Marble!

Remember to come by soon because this season doesn’t last too long! Once the summer turns to fall the salmon runs tend to diminish! If you want to get more information on availability, the health benefits, and specials on our Wild salmon be sure to go to our websitegroomerseafood.com to sign up for our newsletter.

Also if you ever have any seafood question at all feel free to send us an email at groomerseafood@gmail.com.

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