

**RAPRD
SPRING 2021
FITNESS
CHALLENGE**

MARCH 1 - MAY 31, 2021

**WEEK 8 - April 19th - April 25th
Astoria, Oregon to Waldport, Oregon
149 Miles to travel!**



Waldport, Oregon

This week you will be traveling due south down highway 101, hugging the beautiful Oregon coastline all the way to Waldport.

Waldport is 15 miles south of Newport on the Alsea River and Alsea Bay. This tiny city is 3.02 square miles; 2.77 square miles of land, the rest water. Waldport has some not so pleasant history. In 1975 a lecture on UFO's was given by Marshall Applewhite attended by 150 people. After the presentation 20 residents abandoned their homes and possessions and joined Applewhite's cult, Heaven's Gate. *True Story*, a 2015 film loosely based on the murder case of Christian Longo's wife and children. Longo was tried and sentenced to death for the 2001 murders, the first homicides recorded in the town. I'm sure some fishing must go on here too!!

HEALTH TIP:

Well this is a challenging one with our history above! We'll just talk about how to keep your bones strong...just in case. If you have received a diagnosis of osteoporosis or osteopenia you were most likely told to do weight-bearing exercises. Currently about 10 million older Americans have osteoporosis and 44 million have low bone density. Half of adults over 50 are at risk for breaking a bone. What are weight bearing exercises? Weight bearing activities are classified as exercises having one foot on the ground at all times. Bones will respond to the demands placed on them, resulting in stronger denser bones. The more we work our bones and muscles even as we age the stronger bones get. Higher-impact exercises include; dancing, hiking, stair climbing, tennis, pickle ball, and jumping rope. Lower-impact options are brisk walking, elliptical and strength training machines, body-weight exercises, functional movements and aquatic fitness. Balance and fall prevention benefit from tai chi, yoga and Pilates. To trigger bone building you need to "load" your body weight. While more effective with specialized equipment there are some things that can be done on your own. Some easy examples are; stepping down stairs with a "thud" or hard drop, walking downhill, rising up on toes and "dropping" heels to ground 100 times. Standing every hour, walking frequently, taking the stairs and beginning a strength training program should also be a goal. A lifestyle adjustment that is easy to make is to get enough sleep and some sun exposure. Natural melatonin production plays a vital role in bone rebuilding. Melatonin levels rise in the evening, putting you in a quiet wakeful state that promotes sleep. People who work night shifts or have erratic sleep habits tend to have less bone density. Exposure to the sun, 20 minutes without sunscreen will give you a shot of Vitamin D. Vitamin D is essential for calcium absorption and bone mineralization. Cheers to stronger bones!