



FITNESS FEATURE



JUNE GROUP EXERCISE UPDATES

Instructor and format changes:

- Every Saturday at 10am will be Zumba with Lien.
- Shaq will teach the 6:30pm X-treme Hip Hop on Mondays.
- Sherry N. and Deb Y. will alternate weekly in teaching the Thursday, 9am Pilates class.



Our very own personal trainer and group fitness instructor is a US TV star! **Nicole Gillen**, who you may see around on the gym floor is a spokesperson for those suffering from serious mental illness. She has her own book on Amazon titled, "Schizophrenia & Related Disorders: A Handbook for Caregivers," that helps caregivers, and was recently featured on WTVM. And, she is coming out with another book this summer called, "Connected Care: A Practical Guide to Technology for Serious Mental Illness" which details how to use technology to help provide care for anyone struggling with their mental health.

MEET EAMONN AND LIANE COONEY

Eamonn Cooney started swimming regularly at the Reston YMCA in 2017. He retired a few years ago after a long career as a global business executive working and traveling in more than 60 countries. He continues swimming at the Reston Y 4 to 5 days a week, 100 lengths each time, while listening to music on his waterproof bone conduction headphones.

Liane Cooney retired from her 35 year career as an attorney in 2023 and they began 'Partner Wellness Training' sessions together twice a week with the Y's personal trainers to compliment Eamonn's swimming and Liane's home Peloton classes and 2-3 mile daily walks with their golden retriever/husky Alby. Sherry Narayan, the Reston Y's Group Exercise Coordinator, has been training Eamonn and Liane over the past year with customized sessions twice every week. "We really enjoy how positive and supportive Sherry is when working with us. She always makes the sessions fun and pushes us to improve our form and endurance with varied exercises."



Eamonn is proudly Irish, an American and has also lived in England, Saudi Arabia and Sweden. He and Liane met and lived in Houston TX, then in England for 10 years before moving back to the US in Reston in 2004. With four children (and four grandchildren) living in Charlotte, Salt Lake City, London and Stockholm, they are fortunate to travel regularly to see family and friends.

They always try to keep up with their training wherever their travels take them. Eamonn usually manages to find a local swimming pool and they are always walking and hiking and Sherry provides them with great workouts to follow using bands and body weight exercises that are easy to do when on the road.

If you see Eamonn in the pool or Liane in one of the group fitness classes please say hello!



Jill Smith from the Global Alzheimer's Platform Foundation facilitated a workshop for members called to **Acti-v8 Your Brain!** It was well attended and we got positive feedback! She educated attendees by increasing awareness of activities that help prevent cognitive decline in the brain.

Hungry for a healthy savory and yummy snack?

Try the Spicy Avocado and Hummus Quesadilla Recipe!

Ingredients:

- 4 store bought round whole wheat or white tortillas.
- ¼ cup of hummus (any store bought kind or homemade).
- 1 finger long jalapeno chili pepper cut into small pieces.
- ½ ripe avocado cut into 10 slices
- 1 tablespoon minced cilantro
- 1 ½ ounces shredded feta cheese

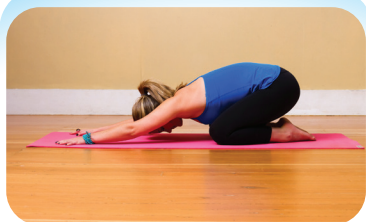
Instructions:

1. In a small bowl, stir together the hummus, jalapeno peppers and cilantro.
2. Spread 1 teaspoon of the hummus mixture on each tortilla. Divide the avocado slices and feta cheese evenly between the tortillas and place on top of each other with fillings inside.
3. Heat a large skillet over medium heat. Place both tortillas in the pan and cook until golden brown, 2 minutes per side.
4. Cut into triangles and serve hot. Enjoy!



FITNESS TIP

Suffering from **low back pain**? Gentle mobility and stretching may help many kinds of lower back pain, especially stiffness from sitting. Muscle tightness, or mild strain. Here are some stretches for relief:



Child's Pose: Kneel, sit back towards your heels, and reach your arms forward on the floor. Hold 20–30 seconds.



Cat/Cow Stretch: On hands and knees, alternate between rounding your spine upward and arching it downward slowly. Inhale as you arch and exhale as you round.



Thread the Needle Rotation: On hands and knees, slide one arm under the other and rotate gently through the mid back and alternate sides.



Figure 4/Piriformis Stretch: Cross one ankle over the opposite knee and gently pull the supporting leg towards you.