

# Health Notes

## Exercise Now; Here's How!

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The fall is my favorite time of year in our part of New York. The warm weather and humidity this summer brought us eases off. Cooler temperatures with continued sunlight into the early evening is welcomed. All this makes for a perfect time of year to begin or renew an exercise program.

The hardest part of an exercise program is getting started. You need to develop a plan and stick to it! Many people who have never exercised before find that the only way they can successfully stay with it is to make it an integral part of their normal daily activities. Something as simple as walking to the post office three times a week can be the start of an exercise plan. Exercise physiologists recommend a walk of at least 30 minutes to achieve cardiovascular benefits. If 30 minutes seems too long to start, begin with 15 minutes at a time and add 5 minutes each week. You will be amazed at how quickly you progress.

Don't want to walk to the Post Office? Try a walk at **Lippman Park** around the pond. Many people enjoy a walk around the track at the *Ellenville School*. While there, enjoy a soccer or field hockey game, watch a tennis match, or even look on as the football teams work out. People are beginning to hike along the old **D & H Canal** and even through parts of the old **Lundy Estate** in Wawarsing now operated by New York State. I have even noticed people walking on the new sidewalks in Napanoch (imagine that!). A favorite walk for Ellenville residents is through **Green Acres**. There are numerous places for a nice walk in the Town of Wawarsing, with a variety of sceneries to keep it interesting.

Take a comfortable, moderate pace as physiologists have discovered it's not how fast you walk but how long of a period you walk. Remember to wear a good pair of walking shoes. After your three days a week walking, you may consider a little weightlifting. Using dumbbells ranging from even 5-15 pounds, depending on your strength, can provide a great workout. A simple program taking 15-20 minutes will provide good results. Exercise books with dumbbell exercises are available. Or, participate in the exercise routines at *Curves*... sorry guys, ladies only. This has quickly become a popular workout for many of our female residents.

Living in a valley gives you a great place for a bike ride. The hills, for the most part, are gentle and provide a nice complement to a level ride. The streets of our hamlets and many of our country roads are perfect for a hike. When I was growing up in Wawarsing, I regularly rode up the **Lundy Road** to the "green gates." It is a good, steady climb but it was a great downhill ride home. Check out the *Accord Bike Shop* for a new bike, instruction, or repairs.

The fall is a great time for golf. The summer heat backs off, as well as the seasonal residents. Tee time is available often at the last minute, even with discounts. The *Shawangunk Country Club* is beautiful this time of year and is open to the public. The *Nevele* offers 27 holes; there are nine holes at the *Homowack*. The *Hudson Valley Resort* has an 18-hole course and is only north of Ellenville a short distance.

Tennis is a sport that can be enjoyed by players of all ages. In fact, my brother-in-law's grandfather Phil Coombes played until he was ninety. We have beautiful courts behind the *Ellenville High School*. The *Nevele* has both outdoor and indoor courts, as well as racquetball to continue the sport during the winter. Speak to my old friend Ken Baxter at the *Nevele* to sign up for a lesson and court time.

Opportunities for affordable exercise are endless in our community. Start now and be consistent. Before too long you will appreciate the results. 🍁

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