

Why Work at Your Optimum Pace and Fitness Level?

Listen to your body and find your sweet spot for exercise. Pushing yourself too hard or slacking off can hinder your progress and even lead to injury.

- **Overtraining can lead to a plateau or even regression.** When you exercise, you create microscopic tears in your muscle fibers. Rest and recovery allow your body to repair these tears and come back stronger. Overtraining disrupts this process, hindering progress (<https://pubmed.ncbi.nlm.nih.gov/34496702/>).
- **Overtraining increases your risk of injury.** Exhausted muscles and improper form are a recipe for disaster. A study published in the **British Journal of Sports Medicine** found that athletes who reported high levels of training stress were more likely to experience injuries (<https://bjsm.bmj.com/content/bjsports/24/4/231.full.pdf>).
- **Undertraining won't yield significant results.** If your workouts are too easy, your body won't be challenged to adapt and improve. The American College of Sports Medicine recommends that adults get at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise per week, (<https://www.cdc.gov/physicalactivity/basics/adults/index.htm>). SWELL has you covered.

The benefits of working at your optimal pace are numerous.

- **Faster recovery leads to faster progress.** When you train at the right intensity and allow yourself sufficient rest, your body repairs itself efficiently. This allows you to get back to your workouts feeling stronger and ready to push yourself further (<https://pubmed.ncbi.nlm.nih.gov/34496702/>).
- **Improved fitness makes you feel younger.** Exercise strengthens your heart, improves circulation, and boosts your mood. A study by the **Mayo Clinic** showed that regular physical activity can improve cognitive function, sleep quality, and overall well-being, all of which contribute to feeling and growing younger. (<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-aging-and-the-benefits-of-exercising/>).
- **Age is no barrier to fitness.** There's no truth to the myth that you can't improve your fitness as you age. Studies have shown that people can continue to gain strength, flexibility, and balance well into their later years (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8397487/>). Ask Don Sanders.

Listen to your body's signals. Feeling tired after a workout is normal, but persistent fatigue or soreness could be a sign you're pushing yourself too hard. Take rest days, listen to your body, and gradually increase the intensity of your workouts as you get fitter.

Embrace an active lifestyle. Regular exercise is a cornerstone of healthy aging. Don't let occasional fatigue discourage you. Many times you feel fatigued because of lack of exercise. Find activities you enjoy and keep moving throughout your life!



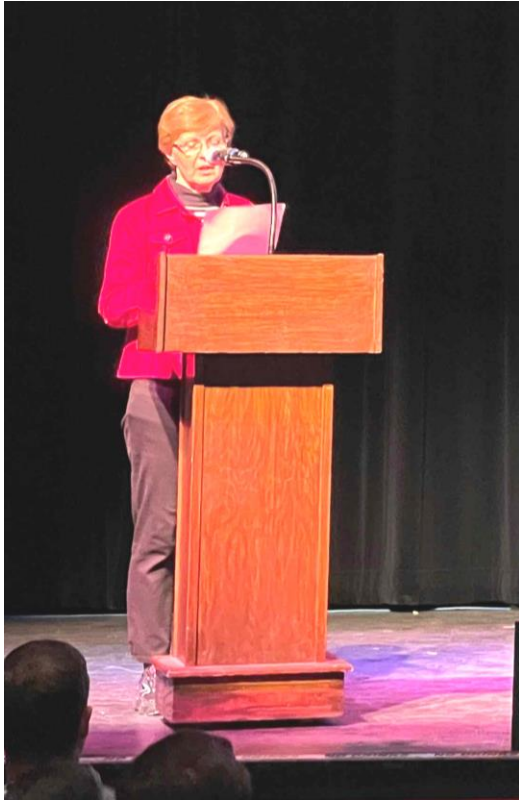
- Gary

Reminder: Adjust Exercises as Needed
During Swell class, always remember to go at your own pace and modify the exercise if necessary.

Bob Knepper has tight hamstring muscles, so he uses a rubber strap to help do the single leg pull.

Picture submitted by Karen Knepper

A night of Gratitude and Social Connection for SWELL



Imagine a room buzzing with 75 passionate SWELL members, united by a desire to make a difference. Forget hors d'oeuvres, this was a feast – meatballs, chicken fingers, chips with spinach dip, a colorful veggie platter, and the sweetest ending with giant cookies. But the real nourishment came after our appetites were sated.

Ten incredible individuals, champions of positive change in Dubuque, shared their inspiring stories. Their



dedication was commendable, leaving us all brimming with admiration. Then came a moment etched in my memory forever. Karen Knepper, with her characteristic grace, read aloud the beautiful collection of nominations - all for the 365 INC Impact Award, bestowed upon yours truly.

Behind this award lies the incredible team at 365ink Magazine, Bryce Parks, and Kristina Nesteby. Their unwavering support for local heroes and the Dubuque arts scene is truly heartwarming. A big thank you goes out to Primer Bank, the Community Foundation of Greater Dubuque, and Diamond Joe Casino for providing the perfect venue and delicious food.

Here's a secret you might not know: the selection committee was overwhelmed by the number of SWELL class nominations. This outpouring of support didn't go unnoticed by Bryce – a testament to the collective impact of our dedicated SWELL family.

This award signifies a profound sense of humility. It's an honor to be recognized among so many incredible individuals who are actively shaping a better Dubuque. Words can't express my gratitude to all of you. The sheer volume of nominations you submitted was truly heartwarming.

A special shout-out to Karen Knepper, who consistently seeks ways to spotlight the University of Dubuque's contributions, and in this case, years of SWELL's community service. John Richey, always a champion for our class, played a key role in organizing this unforgettable event. And to my amazing wife, Lisa, and son, Ted, thank you for providing crucial information and keeping the surprise under wraps. Having my whole family there, celebrating this impactful evening with me, created a wonderful memory.



Finally, a heartfelt thank you to Rich Robertson of Cricket Hill Pottery for crafting this unique and beautiful Impact Award. It will serve as a constant reminder of the incredible journey we shared at SWELL.

Social Connection Bring Us Together Again As We Grow Younger



--Gary



On a beautiful weekend at the beginning of March. Four couples set out to do our annual snowshoeing weekend. With no snow and above average temperatures we hiked instead in the Mukwonago national forest. After hiking over 6 miles four Swell participants (Gary & Beth Brown & Jim & Liz Willems) posed for a photo showing we still had our balance great time was had by all.

-- Liz Willems

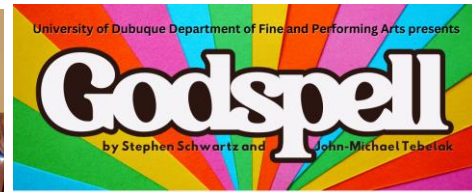


Bob and Karen Knepper Trip to Orange Beach, Alabama



We enjoyed our trip to visit Bob's brother, Jeff, and his wife, Marilyn. For the past five years, they have been escaping Duluth, MN winters by spending four to five months at a beautiful condo in Orange Beach, AL. We took a two-hour walk each day, went on a dolphin cruise, to a 70's music concert, to a sand volleyball tournament, plus we played a new card game called "golf," and Bob played a round of best shot golf with Jeff. It was good to get away and connect with extended family.

-- Bob and Karen Knepper



The excitement in the air as we perused the stunning photography of Donegal Ireland by Noah Bullock at the Bisignano Art Gallery. Stepping into John and Alice Butler Hall, the warm smiles of John and Kris Richey greeted us, their

friendly efficiency evident as they scanned our tickets. Roger Maiers, our ever-helpful usher, guided us to our seats, in anticipation of the upcoming performance.

Then, a hush fell over the audience as the lights dimmed. A gasp rippled through the crowd as Jesus himself, a bucket in hand, walked down the aisle. Amusement and intrigue warred within us as he bathed his apostles. He then presented a bandana to each of them as a unique symbol of his mission to gather followers.

The show then exploded into a vibrant celebration of Holy Week. Jesus and his disciples sang and danced their way through iconic biblical stories, their infectious joy drawing us in. We were reminded of familiar tales – Prepare Ye, the Baptism, the Parable of the Sower, the Widow's Mite, the Unforgiving Servant, the Good Samaritan, the story of Lazarus, and the powerful Sermons on the Mount. Laughter filled the room as the prodigal son squandered his inheritance, only to be welcomed back with open arms (and a delicious roasted calf!). The bond between Jesus and his apostles deepened as they acted out the profound lessons of these stories.

The second half took a more somber turn. We witnessed the heartbreaking betrayal of Judas Iscariot, who exchanged Jesus' whereabouts for a mere 30 pieces of silver at the Last Supper. Fury and sadness washed over us as Judas identified Jesus with a kiss, setting in motion a devastating chain of events.

The play reached a powerful climax as Jesus, his spirit unbroken, was raised on the cross. The scene was raw and emotional, the weight of his sacrifice heavy in the air. A wave of relief washed over us as the apostles, united in grief, carried Jesus away.

Leaving the theater, the SWELL class buzzed with excitement. The UD Performing Arts delivered a truly unforgettable, perfect blend of music, singing, and acting with a fresh, contemporary feel. Godspell's unique blend of laughter and tears left us not only entertained, but also with a profound sense of renewal. We emerged with a deeper appreciation for the timeless message of faith, hope, and love that Jesus taught.

--Gary

**Healthy Recipe by Jean Delaney
Queen of the Kitchen**



**Cabbage Soup
Serves 10**

- 2 lbs. ground beef, brown and drain.**
- 1 tsp. salt**
- ½ tsp. pepper**
- 1 tsp. minced garlic**
- 1 medium diced onion**
- 1 cup shredded or diced carrots**
- 1 cup diced celery**
- 4 cups beef broth**
- ½ head cut cabbage**
- 1 large can rotel tomatoes**
- Boil all ingredients and simmer 45 minutes**

Upcoming performances at the Heritage Center

BritBeat new music set.

Saturday October 19, 2024, 7:30 p.m.

We will submit money in an envelope and hand to Gary.

2024 Dates

Indoor track will be closed on **Wednesday April 24th** and **Friday April 26th** UD Graduation.
If the weather is nice, we can go outside.

THE STAFF

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Feature Writers Bob and Karen Knepper

Feature Writer..... Gary Wittman

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Thanks to those who submitted wonderful articles to our SWELL newsletter.