

**SWELL NTTER**  
**September 2023 Volume 3, Issue**

**SWELL PICNIC**  
**WEDNESDAY OCTOBER 4TH**  
**STARTS 4:15-4:30 PM**  
**EAT AT 5:00 PM**  
**16674 WITTMAN HAMM CT.**  
**DUBUQUE, IA 52001**



**BRING TABLE SETTING, A DRINK, YOUR FAVORITE  
DISH TO PASS, AND A CHAIR**

**SWELL WILL SUPPLY PULLED MEAT AND BUNS**

**RSVP SELF AND GUEST**

**RETURN TO THIS EMAIL**

**[garydonaldwittman@gmail.com](mailto:garydonaldwittman@gmail.com)**

**We could use a few volunteers to help with parking.**



**Izayah taught the entire SWELL class including Tai Chi on his last day. We appreciate you Izayah, you are one of the top interns to ever teach SWELL.**

I first heard about the SWELL program because I was looking for an internship. Professor Romagna was the one who told me about it. Once I found out there were so many SWELL students, I got nervous. But I wanted to be a physical therapist and I knew this would be a great start. At first, I was overwhelmed by all the workouts I had to learn. But Gary told me I would get the hang of it. Before you knew it, I improved and got better every week helping everyone. I soon started teaching the class by myself. I loved every second helping Gary. I'm so glad I picked this internship. I met so many wonderful people. They were so welcoming from the start which helped me have more confidence teaching. The thing I'm most proud of is teaching the tai Chi on my last day. I felt great afterwards. I appreciate everyone in the class. Time flew by this summer teaching.

Thanks,  
Izayah

**On August 28<sup>th</sup> we started Exercises at 8:00 a.m. We must have liked it 117 SWELL people showed up.**

**You can come to class around 7:30 to make sure you are warmed-up before we start. The exercises will be between 50 and 55 minutes. At the completion of exercises, you can walk some more and cool down. Wait a minute what is this cool-down thing. I learned about cool-downs during my freshmen year in high school.**

**My first year at Wahlert H.S. Coach Jim Brimeyer (JL) coach Ted Burgmeier and myself in football and the pole vault. One day coach said, "Witt and Burgie you need to cool-down before you hit the showers." He explained that after working out and using all of our muscles, we need to gradually slow down our metabolism. Coach said it will lower our heart rate and prevent us from being stiff and sore the next day. He said, "If you stop abruptly the lactate acid will stay in your muscles and later, you will be stiff and sore which can lead to injury".**

So Burgie and I would gradually cool down, jogging slowly for 5 to 10 minutes to work the lactate acid out of our muscles. We came back to practice the next day feeling great and no signs of those stiff and sore muscles that we had before. We were amazed, because coach put us through grueling workouts like we were training for the Olympics. We loved and respected Coach Brimeyer though, he taught us how to work hard and accomplish big things. Also, we never got the injuries that other athletes got from neglecting their cool-downs. Coach Brimeyer taught us more than fitness; he taught us philosophies that molded us into young men. Two things I remember that coach told us. “When the going gets tough the tough gets going” and “if you don’t feel good today that’s ok, work hard anyway, when you feel better you will accomplish great things”. Thanks, coach Jim Brimeyer for your great wisdom.

So do a walking warm-up, gradually walk quicker before we start. After exercise, gradually slow-down your walk lowering the heart rate and remove the lactate acid.

--Gary Wittman

## Warm Up, Cool Down



“Warming up and cooling down are good for your exercise performance — you’ll do better, faster, stronger — and for your heart since the increased work on the heart ‘steps up’ with exercise,” said Richard Stein, M.D., professor of cardiology in the Department of Medicine at New York University and co-director of Cardiology Consult Services.

“Stretching also makes many people feel better during and after exercise and in some people decreases muscle pain and stiffness.” When done properly, stretching activities increase flexibility.

*So, what’s the big deal?*

A good warm-up before a workout dilates your blood vessels, ensuring that your muscles are well supplied with oxygen. It also raises your muscles’ temperature for optimal flexibility and efficiency. By slowly raising your heart rate, the warm-up also helps minimize stress on your heart.

“Warming up before any workout or sport is critical for preventing injury and prepping your body,” said Johnny Lee, M.D., director of the Asian Heart Initiative at the New York University Langone Medical Center and president of New York Heart Associates in New York City.

## Cool down+

Cooling down after a workout is as important as warming up. After physical activity, your heart is still beating faster than normal, your body temperature is higher, and your blood vessels are dilated. This means if you stop too fast, you could pass out or feel sick. A cool-down after physical activity allows a gradual decrease at the end of the episode.

It's good to stretch when you're cooling down because your limbs, muscles and joints are still warm. Stretching can help reduce the buildup of lactic acid, which can lead to muscles cramping and stiffness.

Written by American Heart Association editorial staff and reviewed by science and medicine advisors. [See our editorial policies and staff](#)

**On a beautiful day for SWELL at Flora Park 48 dedicated SWELL people showed up.**

## **Saturday August 19, 2023, TH Morning maneuvers**

University Of Dubuque senior wellness program participants take part in their class at Flora Park on Friday morning. Participants worked on strength training, tai chi, and mat exercises.



### **Lynn Hawks**

**The end of a SWELL icon. Lynn started SWELL 32 years ago and only missed class when she was traveling or doing something important, usually involving being with her family. She would always call or tell me when she would not be in class. Lynn always kept me involved teaching the class during the summer at Flora Park when I was working in the Dubuque Community School District for 15 years. She is why SWELL survived those 15 years, would call and ask if I would be back for the summer. Lynn has informed me that because of many reasons that she can not make it to SWELL. I have told her that she is always welcome to come attend if and when possible. Have a good one Birthday Girl we will miss your smiling face and your bottle of water.**

**Love you always, Gary.**



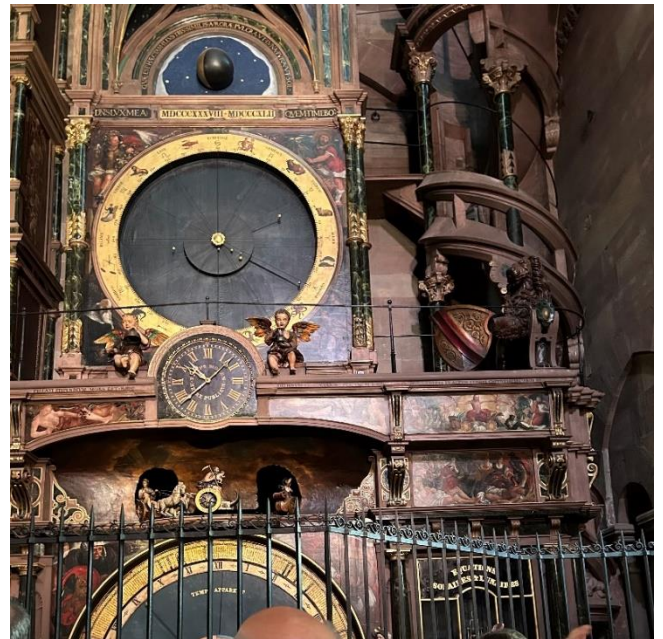
**At Flora Park we averaged around 60 and will be heading back inside next week.**

**It has been a great summer, get ready to dedicate yourself as we start a new school year.**

## Claudette and Tim Bees Viking Rhine River Cruise



We enjoyed our time in Germany. Claudette in the Black Forest after a Black Forest cake demonstration. Yes, Tim found all the fine gourmet places to eat- Five Guys and McDonald's. We visited the windmills and learned that people actually live in them. We visited many churches that were hundreds of years old. I would strongly recommend this trip.





**Live to 100: Secrets of the Blue Zones**

99% Match 2023 TV-PG Docuseries 4 Episodes

**Captivating • Inspiring • Travel & Adventure**

Travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and vibrant lives.

Roger Maiers shared this 4-episode series by Dan Buettner the author of the Blue Zones. I have talked and written about the Blue Zones in our SWELL newsletter. This documentary is a captivating look into the lives of these healthy groups of people.

**Times and dates that we will not be able to have SWELL 2023-2024  
The CRWC or indoor track is closed.**

**There may be more dates that come up throughout the year. The University of Dubuque policy is students first, so we need to be flexible and appreciate what we have.**

**2023 Dates**

- Monday September 4, 2023, **Labor Day No Class**
- Wednesday November 22, 2023, **No Class**
- Friday November 24, 2023, **No Class**
- Friday December 22, 2023, **No Class**
- Monday December 25, 2023, **No Class**
- Monday September 4<sup>th</sup>, **Labor Day No Class**

Friday December 29, 2023, **No Class**

**2024 Dates**

- Monday January 1, 2024, **No Class**
- Monday February 19, 2024, **No Class**
- Friday March 29, 2024, **Flora Park**
- Monday May 27, 2024, **Flora Park**

**THE STAFF**

- Editor..... Gary Wittman**
- Feature Writer..... Izayah McKinnie**
- Feature Writer..... Claudette Bees**
- Feature Writer..... Gary Wittman**

**We are looking for feature writers each month, try your hand at it.  
Suggestions (Vacation or travels, sports, important milestones like anniversaries, and hobbies).  
Email articles to: [garydonaldwittman@gmail.com](mailto:garydonaldwittman@gmail.com)**