

# Legacy YMCA Aquatic Center

Legacy YMCA - Bessemer

10/20/2015

Issue 3

## ***Brrrrr it's getting cold out***

Don't let the chilly fall temps keep you from getting the water exercise you love.

### ***Ways to stay warm***

- Athletic warm-up jacket
- Long or short sleeve tee-shirt
- Aqua shorts
- Capri leggings

There are web sites that specialize in chlorine resistant exercise wear. These clothes

[swimsuitsforall.com](http://swimsuitsforall.com)

[swimx.com/teamrobes.html](http://swimx.com/teamrobes.html)

[waterart.org](http://waterart.org)

### ***Julia's advice:***

Check out the Chlorine resistant exercise wear; you will find most of these items start at approx \$50 and go up from there. If that's too pricy for you shop for cotton or cotton blend zip up sweatshirts and bike or yoga shorts.

Jackets are nice because you don't have to pull them over

*Hopefully they will still be available when this article gets published.*

***The Legacy YMCA's policy indicates you are to wear a bathing suit when using the pool; however, it is ok to layer on extra items to stay warm while exercising***

are out of special fabric that will hold up to months of daily exposure to pool water. Some of these sites are:

[h2owear.com](http://h2owear.com)

[hydrochic.com](http://hydrochic.com)

[hydrofit.com](http://hydrofit.com)

[stepin2now.com](http://stepin2now.com) (a new kind of swimsuit for women with arthritis)

your head to remove them.

The examples on this page were found on-line at Target. I like this Champion jacket because it does not have a hood and it has thumb holes which help to keep your sleeves in place and your hands warm.

I like the capris because of their funky color scheme and they're on clearance for only \$13.99.



If you don't mind pulling a wet shirt over your head after class check out long underwear



shirts; Cuddl Duds (available at Kohl's) and Danskin (available at Walmart) both carry tops you could wear either under or over your bathing suit.



Another item that comes in handy is a warm terry cloth robe. Wrapping up in one of these for your walk from the locker-room to the pool before class and from the pool back to the locker-room after class helps keep the chill off.



Whatever you choose, find something that will keep you warm and comfortable and coming to workout at the YMCA all winter long.

### ***4 Foods for Healthy Aging***

**Prolonged inflammation raises the risk of many diseases, and there is no doubt that diet is an important factor in reducing inflammation. The following are healthy ways to reduce inflammation through diet:**

- 1. Eat a diet rich in omega-3s, including wild Alaskan salmon, sardines, freshly ground flaxseed and walnuts.**
- 2. Incorporate plenty of fresh, organic fruits and vegetables into your meals.**
- 3. Reduce your intake of polyunsaturated vegetable oils (such as sunflower, corn and safflower oils), replacing them instead with extra virgin olive oil.**
- 4. Use healing spices in your cooking: turmeric, ginger and red pepper can add zing to meals and are all naturally anti-inflammatory.**