

June Newsletter

LOCAL EVENTS NEARBY

Live music - Cambridge Square
Every Saturday 6:30-9:30PM

Come listen to live music in the square with free admission.

- June 7th - Joe C. Deville Music
- June 14th - Courtney Daly & The Grind
- June 21st - Forever 13



Nightfall Chattanooga -
Miller Plaza 7PM - June 6, 13, 20, and 27th

Free nightfall concert series held each Friday night until July 4th. Offering quality musical entertainment for you and your family!



Summer Bash Foam Party
June 8th - 11AM-5PM

Kick off summer the right way with the summer bash foam party! Admission \$5 - 5 and under free Includes: Water games, yard games, 20FT splash zone, and free game zone.



NEIGHBORHOOD ANNOUNCEMENTS

Beautification Update - The front entrance landscaping has been completed and the trees that were compromising the entrance walls have been removed.



Pool Key Card Reader - The key card reader has been fixed. It was previously struck by lightening and has now been replaced.

Movie Night Coming to the Pool! - Join us for our first movie night of the summer! We will have pizza and will start Moana 2 at 8:30PM.

- Neighborhood Pool Movie Night!** 🍕🍻
- Join us for a magical evening under the stars!**
- Location: Wellesley Pool**
- Date: June 6th**
- Pizza served at 8:00 PM**
- Movie begins at sundown**
- Now Playing: Moana 2**
- Enjoy the film poolside—bring your floats and friends!**
- Please bring your own drinks**
- All ages welcome! Come early to grab a good spot and enjoy the fun!**

NEIGHBORHOOD EVENTS

Thank you to everyone that came out to the pool party to kick off summer! Special thanks to Sandra & Martha for providing Kona Ice!



NEIGHBORHOOD BUSINESS HIGHLIGHTS

🏠 Transform Your Space with the Power of Paint! 🏠

🌟 A fresh coat of paint can do wonders — from dull and dated to clean and modern, we bring your vision to life.

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- ✓ Clean, Professional, On-Time Service
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- ✓ Curated color consultations

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📍 Chattanooga, TN 🛡️ Licensed & Insured

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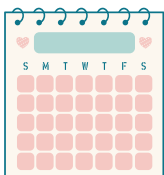
🏠 TRANSFORM YOUR SPACE WITH THE POWER OF PAINT! 🏠

BEFORE

AFTER

CALENDAR REMINDERS

- 6/4 - Bulk trash Day Pickup
- 6/6 - Movie Night at the Pool 8PM
- 6/11 - Brush Pick up day



HEALTH & FITNESS



THE BENEFITS OF STRENGTH TRAINING - Strength training is good for everyone! It is especially helpful for those of us with joint, knee, hip, or back pain from either injury or just simply from aging.

Here are 5 ways building strength can boost good health... (Aubrey, 2024)

- 1. Strength training helps protect joints** - Physical therapists often recommend resistance training for patients with knee and hip pain. "Strength training protects joints, resulting in less stress through the body," says Todd Wheeler, a physical therapist at [MedStar Health Physical Therapy in Washington, D.C.](#) "If joints could talk, they would say 'It's not my fault I'm irritated,'" Wheeler says. They would blame it on weak muscles. He says strong muscles support the joints, which can help decrease joint pain. Wheeler recommends starting small and simple. For instance, try a few squats and table pushups. "Listen to your body and gradually increase intensity over time," he says.
- 2. Building muscle burns more calories** - Aerobic exercise – such as running and cycling – typically burns more calories in real time compared to strength training. However, people who weight train can get a boost in calorie burning over the long-term. "When you're doing resistance training, you're building muscle. That muscle requires energy," says **Bryant Johnson**, a trainer who wrote [The RBJ Workout](#). So, adding muscle mass can help people burn more calories.
- 3. Resistance training protects against injuries and falls** - Millions of Americans, especially women, are under-muscled, and muscle mass is a [predictor of longevity](#). Since muscle mass peaks in our 30s and then starts a long, slow decline, we need to take steps to slow this down. If we don't do strength training exercise, we're more likely to become weak, increasing the risk of falls, which is the [top cause of death](#) among older adults in the U.S. Since muscle loss - also known as [sarcopenia](#) - affects more than 45% of older adults in the U.S., "it's important to know about it and take steps to prevent it," says [Richard Joseph](#), a wellness focused physician. He says strength training [improves bone density](#) which also protects against injuries and falls.
- 4. Strength training helps control blood sugar** - About [1 in 3 adults](#) in the U.S. has prediabetes. Strength training can help control blood sugar by clearing glucose out of the bloodstream. When we use our muscles during exercise, whether it is pushing, pulling, lifting, or moving, they require more glucose for energy. A recent study found strength training can be even [more effective than aerobic activity](#) in controlling blood sugar in people with diabetes.
- 5. Muscle building may help boost mood** - A meta-analysis published in the medical journal JAMA Psychiatry in 2018, which included the results of more than 30 clinical trials, found a [reduction in symptoms of depression](#) among people who did weight training two times a week or more. Research shows strength training can tamp down anxiety as it gets your blood flowing, releasing endorphins (natural mood boosters) and makes you feel good.

Remember, movement is life and when we strengthen our muscles it helps the body move more easily and effectively by protecting joints and lessening the daily physical stress we put on our bodies.

Live your BEST life! - Cindy