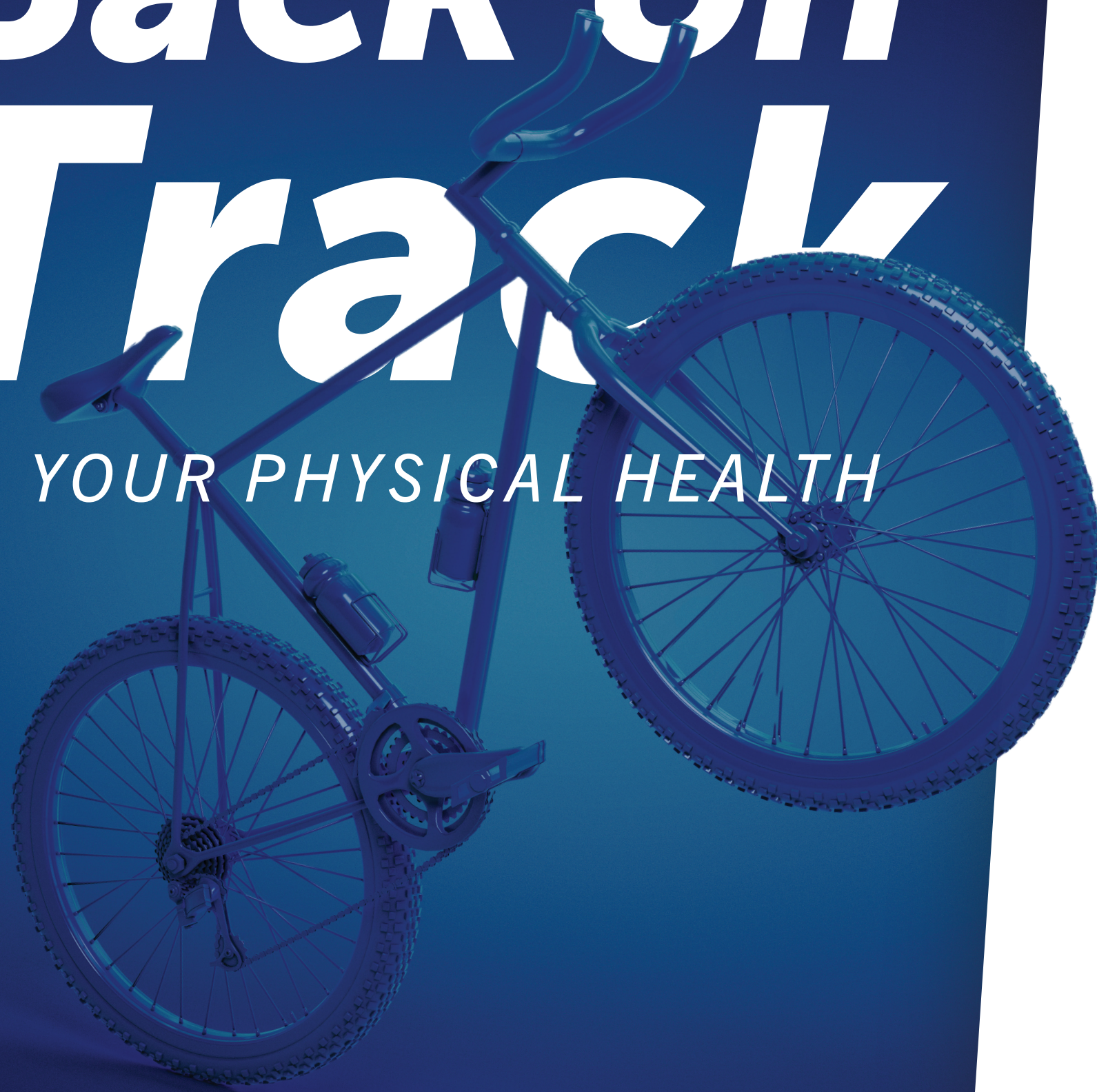


Back on Track

TO YOUR PHYSICAL HEALTH



LACERS

LA CITY EMPLOYEES'
RETIREMENT SYSTEM

***According to the Centers
for Disease Control and
Prevention (CDC),***

older adults can benefit from regular, moderate physical activity. This is true especially for people with medical conditions such as arthritis, obesity, heart disease, and high blood pressure. Ideally, exercise routines for older adults should incorporate a blend of aerobic exercise, strength/resistance training, and stretching/flexibility exercises.



Fitness Made Simple by Coach Sean



Visit the Wellness videos playlist on the **LACERS YouTube channel** to view **“Fitness Made Simple”** virtual training recordings from prior classes and get inspired to join the fun in 2022!

What do you think of when you hear the word “exercise?”

We all know regular physical activity and exercise is good for us. In fact, ask 10 people if they believe exercise is good for them, and 10 out of 10 will most likely tell you they believe it is. Yet, over 80% of Americans (8 out of 10 of us) do not exercise enough to maintain our present health and fitness.

We got to thinking: there has to be a better way.

We believe it’s time to move away from the old way of doing exercise and move towards a new way of moving more and sitting less. Why just talk or dream about exercise when we can **“Make Fitness Simple”**?

Beginning January 19, 2022, join Coach Sean Foy as he helps you train in the comfort and convenience of your own home to realize your personal health and fitness goals for the New Year!

From the convenience of your home computer, and even on-the-go with your mobile phone, Coach Sean will show you how simple it can be to get fit and stay fit, anytime, anywhere—empowering you with ongoing inspiration, training, tools, and coaching to help you realize your desired personal health and fitness goals for 2022!

“It’s like having a personal trainer in your living room!”



Check out some of the wonderful feedback we received from participants that have already completed Coach Sean’s **“Fitness Made Simple”** virtual training program:

“I like the breakdown of exercise into short segments of one or more minutes that can be done throughout the day. I find it is very doable and helps wake up the body, stretch it, and keep it flexible and relaxed.”

“It felt like having a personal trainer. Sean was thorough in his instructions and gave alternate tips to do exercises for those of us with physical condition issues. I also enjoyed the interaction and motivation the virtual group meeting provides.”

“I liked Coach Sean’s style of gentle encouragement, calm focus, constructive critics, and always positive attitude.”

“I lost 5 pounds!”

For this we know, moving your body is key to moving your life.

If you move your body, you will move your:

- Confidence
- Happiness
- Health
- Purpose
- Potential
- Cause
- Dreams
- Future, and ultimately
- Your world

Come and move with us in 2022!

The **“Fitness Made Simple”** classes with Sean Foy are available on a recurring, monthly basis, so be sure to check the **LACERS Well Events Page** at <https://www.lacers.org/lacers-well-events> for additional class dates and to register via **MyLACERS**. **Space is limited, so register early for all class dates.**

“To move the world we must first move ourselves.”

-Socrates





Farewell from **Alex Rabrenovich**

By the time you read this, I will be retired after 32 years of City service: 18 years at LACERS and over a decade in the role of Health Benefits Director. I just wanted to express to all of our retired members what a privilege it has been to serve you. On my first day as director, I recall sitting in the chair in my new office and feeling the weight of responsibility on my shoulders. I wanted to make sure I did right by you. Over the years, we have continued to provide comprehensive health insurance coverage while keeping premium cost increases to a minimum. We have even been able to add some new benefits along the way. Our wellness program has grown and evolved into a wonderful resource to help you achieve overall well-being including purpose, health, financial fitness, social engagement, and community. If you haven't participated in our **LACERS Well Program** yet, please check it out at lacers.org/lacers-well. There are so many great offerings to keep you on the path to wellness virtually, and hopefully in person again in the near future.

One of the things I loved most about my job was being able to meet and talk with our retired members at our various events. We always listen to your feedback and do our best to meet your needs. Given that we have about 24,000 people in our health plans, it's difficult to please everyone, but hopefully you understand the great challenge we have in balancing your needs with costs. We want this program to be sustainable so that you can enjoy the benefits we offer long into the future.

I am retiring comfortable with the knowledge that the **LACERS health benefits program** is in excellent standing and I hope you felt that, during my tenure as health benefits director, I did my very best to serve you.



Health Plan Website Information

ANTHEM BLUE CROSS – anthem.com/ca

KAISER PERMANENTE – my.kp.org/lacers

SCAN HEALTH PLAN – scanhealthplan.com/lacers

UNITEDHEALTHCARE – uhcretiree.com



Did you miss a LACERS Well virtual event?

Visit the **LACERS YouTube Channel** at youtube.com/lacersyoutube by hovering your mobile device camera over the QR code image to view video content. Make sure to click the subscribe button to be notified about the latest content.



Connect with your LACERS Well community via Facebook.

Visit facebook.com and search for the **LACERS Well Private Group** and request to join the group. Be sure to visit the page periodically for content available exclusively to LACERS Well Facebook subscribers.

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A Message from **Stephanie Smith**

Wellness Program Manager

In this issue, we're encouraging an
active lifestyle.

Some of us have experienced a significant decrease in activity level, sleep quality, and well-being during the COVID-19 pandemic. We need a kickstart to get us back on track with our fitness goals.

Research has shown that physical activity can help manage weight, prevent and manage chronic disease, and improve our mood. Before getting started with any program, we recommend having a discussion with your primary care doctor. Achieving your physical health goal, whether it is losing weight, having more energy, or improving your mood, is a team effort.

Your **LACERS Well Team**, along with your primary care doctor and health plan carrier resources, are available to help you achieve an active lifestyle.

Back on Track

TO YOUR PHYSICAL HEALTH

Regular activity can positively impact physical health as well as mental and emotional well-being. It can also help give us more energy and greater self-confidence. Incorporating physical activity can also alleviate osteoarthritis pain, prevent chronic disease and bone loss, boost immunity, and improve mood.

To learn more about exercise and fitness for older adults, visit



NATIONAL COUNCIL ON AGING at ncoa.org/older-adults/health

and



SilverSneakers.com, **SilverAndFit.com**, and **ActiveAndFit.com** for fitness-related classes and information.

Yoga, pilates, aerobic exercise, and strength training are great workout options to help improve mobility, build strength, and enhance balance and coordination. Sometimes exercise is more enjoyable with a friend. If you lack a fitness partner, a community-based program can provide the social connection and motivation you need to stick with it. Before starting any exercise regimen, it's important to talk with your doctor to learn which options are right for your health and activity level.





LACERS Well Member Highlight – Champion **Ben Gaetos**

Join Ben for monthly hikes at Griffith Park or the Rose Bowl **the last Thursday of every month at 8:00 a.m.** for an invigorating hike.

Please wear comfortable attire and proper shoes for hiking, and bring a bottle of water and your mask! RSVP with him directly at ben.gaetos@gmail.com.

Be sure to check out the in-person/outdoor and virtual events calendar of Champion-led activities included in your monthly paycheck flyer and available on our website at www.lacers.org/calendar.

What was your job as an employee of the City of Los Angeles, what year did you retire, and how many years did you work for the City?

I worked with the City for 29 years and retired in December 2020. I started as an entry level Civil Engineering Drafting Technician with the Bureau of Engineering (BOE) – Structural Engineering Division in November 1991.

I was promoted to the Department of Water and Power, then promoted to the Department of Recreation and Parks as Architectural Associate, transferred and promoted to BOE – Architectural Division, and finally the last five years returned via promotion as Full Architect with the Department of Recreation and Parks – Planning, Maintenance and Construction.

How would you describe your role as a retiree as it relates to your purpose in life?

During my career with the City and pre-retirement days, I spent considerable time providing some of my hard-earned knowledge and experience to my younger staff to help them attain their architect license. To date, I remain a source of information regarding building codes and design and construction issues.

I have always been a mentor not only in my architectural profession, but also in my passion for running. I have helped novice runners, running a mere 5k, fulfill their dreams of increasing up to a 26.2-mile marathon distance. Some intrepid runners even followed my footsteps to run 100-mile ultramarathons and the holy grail of endurance races, the Badwater 135-mile ultramarathon. Being a part of someone's success as a mentor is a feeling of victory.

Now that I am retired from civil service, nothing much has changed in my purpose in life. I remain a mentor and active both physically and in my architecture private practice. Most importantly, I have more time with my family. The game continues.



More about Ben:

He has published two books: *I Dream, I Ran, I Conquered and Dream: Great Things Are Coming Again*. He has a busy retirement schedule working out (running, hiking, road/mountain biking, weight training, and indoor cycling) once or twice a day, 7 days a week. He enjoys taking his two dogs (a maltese and maltipoo) for daily walks while balancing time between his home improvement projects, his wife's to-do requests, and his private architecture practice. As of October 2021, his practice has three active projects at LA Building and Safety involving a residential building addition and Additional Dwelling Units (ADUs). He meets with his staff every month on project updates or visits job construction sites.



The Joy of Active Living by Melissa

MELISSA'S
RECOMMENDED
RESOURCES

Tiny Habits
by BJ Fogg

Food Rules
by Michael Pollan

Melissa Wogahn is owner of *Joy of Active Living™*, a company dedicated to helping people discover an active life that fits who they are so they can feel better, sleep better, and live their best life. She is an exercise physiologist and a National Board-Certified Health & Wellness Coach. Melissa is a **LACERS Well Expert-Speaker** for topics such as exercise, healthy eating, and fall prevention. Always check with your own physician or medical professional before trying or implementing any information read here.

Perhaps you've been told by your doctor to move more, or you realize that you're not getting any younger and you want to be around to see your grandkids grow. Or, maybe, in this new year, you want to focus on self-care. Whatever the reason, you may find yourself asking, "How can I move more when I don't like to exercise?" If you feel like this, you are not alone. Nearly 80% of the US adult population does not get the recommended amount of exercise.

Benefits from physical activity come as no surprise. Our body simply functions better the more we move. Our heart and lungs get stronger, we use oxygen more efficiently, our blood sugar and lipid levels improve, depression levels decrease, and we need fewer medications. But judging from the data, knowledge of these miraculous benefits don't increase physical activity levels.

Then what is the secret to living a more active life?

In my 40 years of working in the health and fitness industry, I've come to understand that moving more is tied into something bigger than health improvement. Physical activity can be a vehicle to thrive; a way of engaging with life. Movement can be a source of meaning by allowing the body to be a vehicle for resilience through difficult times.

Research suggests that when a muscle moves (regardless of the activity), the muscle secretes chemicals that travel through the blood to the brain to increase sensitivity to joy and improve mood, trauma management, and future stress; a dose of hope if you will.

5 tips

If you struggle with living an active life, here are

to help you look at physical activity with a fresh mindset:

- 1. Connect moving more with why it is important to you.** What would your life look like if you lived actively? How would you feel?
- 2. Try activities that remind you of who you are or those that help envision who you want to become.** For example, a client remarked that she recently took up bike riding in her neighborhood, as the feeling of the wind against her face and hair reminded her of her childhood. Someone else, after retirement, chose weightlifting because it helped tap into his sense of inner strength.
- 3. Start walking. Even a 15-minute walk can lift spirits.** Start or join a walking group with the LACERS Well Champion volunteer program. Research suggests when people move together feelings of bonding, trust, and community are fostered. When the pandemic first hit and our world shut down, I saw two women walking in my neighborhood, both holding the end of a 6-foot string. Social connection can be created through physical activity.
- 4. Try a few different activities or classes.** Ask yourself, "Does this movement make me feel better about myself?" Give yourself time to get acquainted with an activity and go easy on yourself. Sometimes it takes time to get used to moving more.
- 5. Exercise** self-compassion and courage, and remember: anything you do is better than nothing at all.

