

3 WINS Fitness: Free, Sustainable, Replicable and Scalable. CSUN Kinesiology students leading Los Angeles to better health.

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Participants thoughts on why 3 WINS Fitness is important to them:

Edgar: "Without it, I would not be exercising. I would just be at home. It keeps me on track."

Jenny: "The program brings the community together. I show my friends the squats I can do. Before, I wouldn't be able to. I would still be walking with my cane if it weren't for Daisy (previous 3 WINS Champions For Life Director)."

3 WINS Fitness at David M. Gonzales Recreation Center, Pacoima, CA

Click on [Cindy's picture](#) on the left to



hear her inspiring story. Cindy started our program just over a year ago. We are asking our participants to share their hopes and dreams for their participation in 3 WINS and we've also asked them to reflect on their goals which we hope constantly evolve with their improving health and fitness.

"Joining 3 Wins in 2017 was the best decision of my life. Qualities that were unknown became habits . . . GREAT habits. I learned how to be organized and discipline myself to keep documents in order, have a clean space, etc. Public speaking was a no-no for me in high school; now I can talk for days. The participants light up my world. I remember talking to Leticia one time and she had also lost her father at a very young age and exercise is her only escape. The fact that I can change someone's life through movement is breathtaking." Lulu Morfin, student, 3 WINS Fitness Program Director, Gonzales Rec Center



Pre-diabetic? Find out!
Click on [English](#) or [Español](#) .



Something to think about! **Stay connected to others.** Your brain gets a workout when you interact with other people. In [one study](#), elderly people who had the least social connection at the beginning of the experiment experienced twice as much memory loss over six years compared to those who had the highest levels of social connection. "Widen your social circle," say the authors. "In short, think of your brain as a puppy—both need human connection and something to chew on." Another reason to stay active: one [study](#) of 38- to 60-year-old women found that exercise reduced the onset of Alzheimer's by an average of 9.5 years. Excerpt drawn from Institute for Community Health and Wellbeing <wellbeing@csun.edu> and [Ageless Brain: Think Faster, Remember More, and Stay Sharper by Lowering Your Brain Age](#) . Join 3 WINS FITNESS! [Click here and check us out!](#) www.3winsfitness.com

Exercise can make your world bigger!

The Value of Exercise. We know we're not quite preaching to the choir because many of you that are receiving E-NEWS are not meeting the recommended minimums for daily physical activity or you for sure know people that aren't. The evidence keeps mounting. The evidence is respiratory fitness which we estimate walk-run is associated with lower risk of all-cause mortality and cardiovascular disease. Translate this into Quality of Life and making your world bigger! Some of you may not have



Echo Mountain because you didn't think you could make it to the top or it would take too long or you weren't confident (pick one!) in your fitness. Take this next 2 months to work on your heart-pumping & muscle building exercises to get more fit and join the group when we give it another go (Dec. 8!) or join us for the morning yoga! Here are some of our 3 WINS hikers and YES, we were in the clouds!

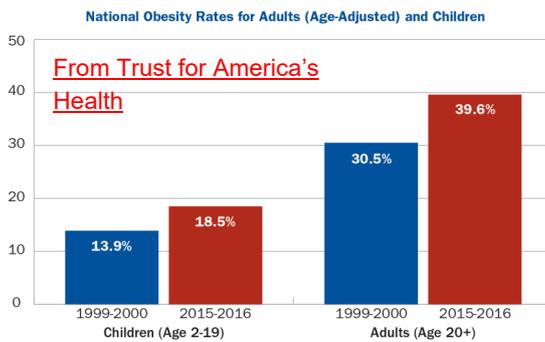
ing regarding its value in that better cardio (higher VO2 max) with the 12 minute walk-run is associated with lower risk of all-cause mortality and cardiovascular disease. Translate this into Quality of Life and making your world bigger! Some of you may not have

Preparing for events helps keep you motivated! Whether you want to walk/run or walk and run a 5K at CSUN on Oct. 13, click on the picture for details of another opportunity to keep you moving! Come early and stay for the CSUN 60th Anniversary Grand Reunion festivities. 3 WINS Fitness will lead the warm up and pace the pack! Start getting in shape, by coming to your nearest 3 WINS Fitness program!



Why is 3 WINS Fitness a valuable program?

We have the opportunity to help with childhood obesity cause the majority of our participants are many mothers and grandmothers in our Findings of one study showed that children whose



mothers eat a healthy diet, exercise regularly, maintain healthy body weight, drink alcohol in moderation, and do not smoke are less likely to become obese. Children of mothers who follow these healthy habits are 75 percent less likely to have weight problems compared with children who do not observe any of these habits.

Further, with a large number of our participants being Latina, we have the opportunity to address 2017 data from the Centers for Disease Control and Prevention which report obesity rates in black women (54.8%) and Latinas (50.6%) were much higher than among the respective males (36.9% and 43.1%) in addition to the racial and ethnic disparities that were present compared to non-Latino white American adults (37.9%) with males and females similar. Get your friends and family to join 3 WINS Fitness!

3 WINS fitness L.A.'S LARGEST FREE DIABETES PREVENTION & EXERCISE PROGRAM



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