

SPOTLIGHT ON HUNNELL LOPEZ

Written by Stephen G. Schaeffer for the Communications Committee

"A few historical facts first," states Hunnell Lopez, one of our three assistant Dining Room Managers, as we sat down for our interview: "Christopher Columbus landed on Jamaica in 1494, claiming it for the Spaniards, who brought African slaves as servants in 1513. The British conquered in 1655 and ruled until independence was achieved in 1962." Today, Jamaica remains part of the Commonwealth.



Born and raised in the rural town of Murray Mountain in St. Ann parish, one of 14 such parishes in Jamaica, Hunnell attended Catholic primary schools before moving to the current capital city of Kingston where he graduated high school. He started his service career with the Kingston police force in 1971, but quickly moved to a more interesting appointment at Protective Security, a specialized branch overseen by the national Jamaican Constabulary Force. Bearing resemblance to the Secret Service and aided with advisory support and training from Scotland Yard, this elite group was charged to "serve, protect, and reassure the country." For about eight years Hunnell had the opportunity to work with leaders from around the world, protecting them as they came for business and pleasure. Pierre Trudeau was his favorite, but he also encountered Rosalind Carter, who came trying to free American

women imprisoned for being "mules" in the drug trade, Andrew Young, African leaders Kenneth Kaunda and Robert G. Mugabe, to name two, and Queen Elizabeth and Prince Charles. Exciting as this work may seem, it was also stressful, and the last of his famous encounters, before Hunnell modified his "service" work, was Henry Kissinger, who was not well-liked in Jamaica.

Hunnell's next step was to the hotel industry for the Sandals Resorts, where for 10 years he managed the beverage concessions, island hopping among the group's expansive resort communities helping hotels correct problems. With the explosion of American tourists to the Caribbean in the 90s, the Sandals Group noticed requests for many beverages which were out of the cultural norm. On a fact-finding mission to Nashville for six weeks to solve this problem, Hunnell got a taste of the South and was taken by its beauty and people.

Moving permanently to the Triangle area in 2001, Hunnell now lives in Durham, and loves the "nice mix of people from all over the world who live in the area." After taking courses in food management at North Carolina Central University, Hunnell was interviewed and hired by The Forest at Duke to work in its dining services. This was a stepping stone to his next hire at the Hope Valley Country Club, where he enjoyed meeting several members who eventually settled at The Cedars. While there, his boss, Executive Chef Russell Neff, moved to a position at The Cedars and wanted Hunnell to come work for him. April marked his 10th anniversary here.

Hunnell can't sing or dance, but he enjoys all forms of music. Additionally, his interest in history, through his own reading and research and the mentoring of a favorite uncle who had a similar interest but no formal education, allows him to entertain dining guests with important historic facts of that day.

As he approaches his sunset years, and a desire to return to his native Jamaica, Hunnell has a positive attitude about life. For him, stumbling blocks became stepping stones. Doors opened for him at particular times, and "he ran with whatever challenge faced him," growing with each.

As my interesting interview came to a close, Hunnell summed up his career this way: "It's just what I do— I am in to service. I think my calling – we all have different ones – is to serve whether for country or this organization. It is a sense of fulfillment for me."



MAY
2024

THE CEDARS POST

MAY BIRTHDAYS



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Gail Sandler	3
Sally Senner	4
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Anne Mathai	15
Ed Morrissett	15
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Mary Kay Bozyski	19
Lou Taff	19
Larry Cobb	20
Gray McAllister	20
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LET'S CELEBRATE

BROADWAY HITS

with Daniel Steinert

Tuesday, May 7, 2pm DuBose Activities Room

Pianist Dr. Daniel Steinert will be sharing hits from that treasure-trove of music composed for *The Great White Way* –Broadway Show Tunes! You'll hear the pianistic prowess of Dr. Dan in musical selections by the Gershwins, Irving Berlin, Cole Porter, Meredith Wilson, Jerome Kern, Frank Loesser, Leonard Bernstein, Stephen Sondheim, Andrew Lloyd Webber, and the imitable Rodgers & Hammerstein writing duo! Listen to your favorite toe-tapping, heart-thrilling songs from the timeless Broadway musicals *Show Boat*, *Fiddler on the Roof*, *Phantom of the Opera*, *Music Man*, *Cabaret*, *West Side Story*, *My Fair Lady*, and of course the timeless *The Sound of Music*.



THE CEDARS MEMBERS WINE TASTING: "THE FLAVORS OF SPRING AND SUMMER"

Wednesday, May 8, 4-5:30pm

Dubose Activities Room

We will sample five wines - two whites, one rose and two reds. The tasting will be conducted by Dick Isabel assisted by a wine expert from

Empire Distributors, one of the country's leading wine distributors. There will not be any charge for the tasting. Members will be able to purchase any of the wines sampled. **Sign up on Cedars Connect beginning May 1st. 30 reservations maximum.**

MOTHER'S DAY BRUNCH WITH GABRIEL PELLI AND BEN LASSITER

Sunday, May 12, 11:30am-1pm Dining Lobby

Gabriel Pelli (fiddle and guitar) and Ben Lassiter (guitar) are rooted in the Gypsy Jazz sounds of 1930's Paris and Stuff Smith's New York City Swing. However, being from 21st Century North Carolina, their diverse influences take the music beyond borders.



MOVIE OF THE MONTH - THE HOLDOVERS

Sunday, May 26, 2:30pm DuBose Activities Room

The Holdovers is a comedy set in late 1970 and early 1971 which stars Paul Giamatti as a strict classics teacher at a New England boarding school who is forced to chaperone a handful of students with nowhere to go on the Christmas break. It is a consistently smart, funny movie about people who are easy to root for and like the ones we know.

BEYOND THE CEDARS



SARA P. DUKE GARDENS GUIDED WALKING TOUR

Friday, May 17, 9:15am Lobby

More than 600,000 visitors from all over the world visit Sarah P. Duke Gardens annually, enjoying its 55 acres of specialized gardens in the heart of

Duke University. Exploring the gardens on foot offers you the opportunity to explore the garden areas at a leisurely pace. This one-hour walking tour is led by a volunteer docent who will introduce you to their plant collections, seasonal highlights and history of Duke Gardens. **Register on Cedars Connect beginning May 1, deadline May 14. Cost: \$22 for guided walking tour and transportation. Maximum 12 people.**

SHOPPING AT TANGER OUTLET CENTER IN MEBANE

Wednesday, May 22, 11am Lobby

Tanger Outlet Center features brand name and designer fashions and accessories including jewelry, housewares and china, home décor, luggage, toys, books, food specialties, and much more. You'll find entire stores filled with merchandise from your favorite brands. **Register on Cedars Connect beginning May 1, deadline 20. Cost \$12 for transportation. Maximum 13 people.**



ARRANGED: RECENT ACQUISITIONS OF MODERN AND CONTEMPORARY PAINTINGS

at the Ackland Art Museum
Friday, May 31, 1:45pm Lobby

Taking its title from a newly acquired work by Peter Halley, *Arranged* brings together a varied selection of over thirty recent acquisitions of modern and contemporary paintings by twenty-two artists. Following similar exhibitions highlighting new additions to the collection of photographs (PhotoVision, 2014), modern prints and portfolios (One

of Many, 2017), and drawings (Drawing Attention, 2021), *Arranged* offers a diverse range of significant paintings from the 1950s to the present that have entered the Ackland's collection by gift, promised gift, and purchase over the past half-dozen years. Twelve of the works are on view for the first time. **Register on Cedars Connect beginning May 1, deadline May 28. Cost: \$9. Maximum 12 people.**

MAKE IT TO THE BUS ON TIME

Please call Laura at 919-259-7944 on regular business days if you have signed up for an outing and are unable to attend or call the Concierge at 919-259-7937.



CHAMBER ORCHESTRA Sunday, May 12, 2pm Lobby

SARA P. DUKE GARDENS GUIDED WALKING TOUR Friday, May 17, 9:15am Lobby

CAROLINA BALLET Saturday, May 18, 1pm Lobby

SHOPPING AT TANGER OUTLET CENTER IN MEBANE Wednesday, May 22, 11am Lobby

ARRANGED AT THE ACKLAND ART MUSEUM Friday, May 31, 1:45pm Lobby



Very informative lecture by Jane Norwall on small scale gardening followed by an outing to Southern States

THE CEDARS EVENTS

5/1 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■
 1pm Party Bridge **CV4** ■
 2pm Mah Jongg **CV2** ■

5/2 THURSDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Sit and Be Fit **D-AR** ■
 11am Cedars University **D-AR** ■
 12:30pm Golf Croquet **GL** ■
 1:30pm American Canasta **CV3** ■
 3pm Scrabble **CV4** ■
3pm The Road to the Kentucky Derby with Bill Kirwan D-AR ■

5/3 FRIDAY

9:30am Balance Basics **D-AR** ■
 10:15am Balance Challenge **D-AR** ■
 11am Fit Friday: Strength and Conditioning **D-AR** ■
 1pm Chess Club **CV2** ■
 1pm Mexican Train Dominos **CV4** ■
 1:30pm Men's Bridge Group **CV3** ■
 3pm Canasta **CV4** ■

5/4 SATURDAY

10am Cribbage **CV2** ■
 1:30pm Modern American Canasta **CV2** ■
 12:30pm Duplicate Bridge **D-AR** ■
 2pm Hand Canasta **CV3** ■
 2pm Mexican Train Dominos **CV4** ■

5/5 SUNDAY

11am Interdenominational Service **D-AR** ■

5/6 MONDAY

10am Pilates Fusion with Joan **Z** ■
 12:30pm Play Reading Group **Z** ■
 1pm Poker **CV3** ■
 2pm Chess Club **CV2** ■
 2pm Mexican Train Dominos **CV4** ■
2:30pm Movie matinee: Saving Mr. Banks D-AR ■

5/7 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■
 9:30am Sit & Be Fit **D-AR** ■
 12:30pm Golf Croquet **GL** ■
 1pm Mah Jongg **CV4** ■

1:30pm Mah Jongg **CV2** ■
2pm Broadway Hits with Daniel Steinert D-AR ■

5/8 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■
 1pm Party Bridge **CV4** ■
 2pm Mah Jongg **CV2** ■
4pm The Cedars wine tasting D-AR ■

5/9 THURSDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Sit and Be Fit **D-AR** ■
 11am Cedars University **D-AR** ■
 12:30pm Golf Croquet **GL** ■
 1:30pm American Canasta **CV3** ■
 3pm Scrabble **CV4** ■


5/10 FRIDAY

9:30am Balance Basics **D-AR** ■
 10:15am Balance Challenge **D-AR** ■
 11am Fit Friday: Strength and Conditioning **D-AR** ■
 1pm Chess Club **CV2** ■
 1pm Mexican Train Dominos **CV4** ■
 1:30pm Men's Bridge Group **CV3** ■
 3pm Canasta **CV4** ■

5/11 SATURDAY

10am Cribbage **CV2** ■
 1:30pm Modern American Canasta **CV2** ■
 12:30pm Duplicate Bridge **D-AR** ■
 2pm Hand Canasta **CV3** ■
 2pm Mexican Train Dominos **CV4** ■

5/12 SUNDAY

Happy Mother's Day! 
 11am Interdenominational Service **D-AR** ■
11:30am Mother's Day Brunch with the Gabriel Pelli and Ben Lassiter DL ■
2pm Chamber Orchestra LB ■
2:30pm Movie matinee: Boys in the Boat D-AR ■

5/13 MONDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Balance Basics **D-AR** ■
 10am Pilates Fusion with Joan **Z** ■
 10:15am Balance Challenge **D-AR** ■

11:30am Tai Chi **D-AR** ■
 12:30pm Play Reading Group **Z** ■
 1pm Poker **CV3** ■
2pm Art with Ali D-AR ■
 2pm Chess Club **CV2** ■
 2pm Mexican Train Dominos **CV4** ■

5/14 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■
 9:30am Sit & Be Fit **D-AR** ■
 12:30pm Golf Croquet **GL** ■
 1pm Mah Jongg **CV4** ■
 1:30pm Mah Jongg **CV2** ■
2pm The Cedars Lecture Series with Howard Lee D-AR ■

5/15 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■
 1pm Party Bridge **CV4** ■
 2pm Mah Jongg **CV2** ■

5/16 THURSDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Sit and Be Fit **D-AR** ■
 11am Cedars University **D-AR** ■
 12:30pm Golf Croquet **GL** ■
 1:30pm American Canasta **CV3** ■
 3pm Scrabble **CV4** ■

5/17 FRIDAY

9:15am Sara P. Duke Gardens Guided Walking Tour LB ■
 9:30am Balance Basics **D-AR** ■
 10:15am Balance Challenge **D-AR** ■
 11am Fit Friday: Strength and Conditioning **D-AR** ■
 1pm Chess Club **CV2** ■
 1pm Mexican Train Dominos **CV4** ■
 1:30pm Men's Bridge Group **CV3** ■
 3pm Canasta **CV4** ■

5/18 SATURDAY

10am Cribbage **CV2** ■
 1:30pm Modern American Canasta **CV2** ■
 12:30pm Duplicate Bridge **D-AR** ■
1pm Carolina Ballet LB ■
 2pm Hand Canasta **CV3** ■
 2pm Mexican Train Dominos **CV4** ■

5/19 SUNDAY

11am Interdenominational Service **D-AR** ■

5/20 MONDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Balance Basics **D-AR** ■
- 10am Pilates Fusion with Joan z ■
- 10:15am Balance Challenge **D-AR** ■
- 11:30am Tai Chi **D-AR** ■
- 12:30pm Play Reading Group z ■
- 1pm Poker **cv3** ■
- 2pm Art with Ali **D-AR** 📎 ■
- 2pm Chess Club **cv2** ■
- 2pm Mexican Train Dominos **cv4** ■
- 3:30pm Finishing Touches Program **D-AR** ■

5/21 TUESDAY

- 8:30am Total Body Strength & Stretch **D-AR** ■
- 9:30am Sit & Be Fit **D-AR** ■
- 12:30pm Golf Croquet **GL** ■
- 1pm Mah Jongg **cv4** ■
- 1:30pm Mah Jongg **cv2** ■

5/22 WEDNESDAY

- 10am Open Door Bible Group **D-AR/Zoom** ■
- 11am Tanger Outlet Center **LB** 📎 ■
- 1pm Party Bridge **cv4** ■
- 2pm Mah Jongg **cv2** ■

5/23 THURSDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Sit and Be Fit **D-AR** ■
- 11am Cedars University **D-AR** ■
- 12:30pm Golf Croquet **GL** ■
- 1:30pm American Canasta **cv3** ■
- 2pm The Ackland Art Museum with Katie Ziglar **D-AR** ■
- 3pm Scrabble **cv4** ■

5/24 FRIDAY

- 9:30am Balance Basics **D-AR** ■
- 10:15am Balance Challenge **D-AR** ■
- 11am Fit Friday: Strength and Conditioning **D-AR** ■
- 1pm Chess Club **cv2** ■
- 1pm Mexican Train Dominos **cv4** ■
- 1:30pm Men's Bridge Group **cv3** ■
- 3pm Canasta **cv4** ■

5/25 SATURDAY

- 10am Cribbage **cv2** ■
- 1:30pm Modern American Canasta **cv2** ■
- 12:30pm Duplicate Bridge **D-AR** ■

- 2pm Hand Canasta **cv3** ■
- 2pm Mexican Train Dominos **cv4** ■

5/26 SUNDAY

- 11am Interdenominational Service **D-AR** ■
- 2:30pm Monthly Movie – *The Holdovers* **D-AR** ■

5/27 MONDAY

Memorial Day



- 12:30pm Play Reading Group z ■
- 1pm Poker **cv3** ■
- 2pm Chess Club **cv2** ■
- 2pm Mexican Train Dominos **cv4** ■

5/28 TUESDAY

- 8:30am Total Body Strength & Stretch **D-AR** ■
- 9:30am Sit & Be Fit **D-AR** ■
- 12:30pm Golf Croquet **GL** ■
- 1pm Let's Talk Cinema Film *Whiplash* followed by discussion led by Linda Luftig **D-AR** ■
- 1pm Mah Jongg **cv4** ■
- 1:30pm Mah Jongg **cv2** ■

5/29 WEDNESDAY

- 10am Open Door Bible Group **D-AR/Zoom** ■
- 1pm Party Bridge **cv4** ■
- 2pm Mah Jongg **cv2** ■

5/30 THURSDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Sit and Be Fit **D-AR** ■
- 11am Cedars University **D-AR** ■
- 12:30pm Golf Croquet **GL** ■
- 1:30pm American Canasta **cv3** ■
- 2pm Members Meeting **D-AR** ■
- 3pm Scrabble **cv4** ■

5/31 FRIDAY

- 9:30am Balance Basics **D-AR** ■
- 10:15am Balance Challenge **D-AR** ■
- 11am Fit Friday: Strength and Conditioning **D-AR** ■
- 1pm Chess Club **cv2** ■
- 1pm Mexican Train Dominos **cv4** ■
- 1:30pm Men's Bridge Group **cv3** ■
- 1:45pm Arranged at the Ackland Art Museum **LB** 📎 ■
- 3pm Canasta **cv4** ■

ANNOUNCEMENTS

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, May 3, 2-3pm
DuBose Elm Dining Room

CEDARS PORCH COLLECTION

Monday, May 20, 8:30am



Food should be out for pickup by 8:30am on Front Porches or Veranda Parking Lot Bench, or you can leave a check anytime with the Clubhouse Concierge. Questions, contact Joy Metelits at 919-933-0724.

FINISHING TOUCHES PROGRAM

Monday, May 20, 3:30pm DuBose Activities Room

Gavin and Brandy will speak specifically on the process of VSED (voluntary stopping eating and drinking) at The Cedars.

GET INVOLVED

GREAT SHORT STORIES

Monday, May 6, 10am
Camden Villa 2nd Floor

Angel Levine by Bernard Malamud

SHABBAT SERVICE LED BY CONNIE MARGOLIN

Friday, May 10, 4pm DuBose Conference Room (2nd Fridays)



Beautiful day for our solar eclipse watch party!

Lectures on DVD

***THE AMERICAN WEST:
HISTORY, MYTH,
AND LEGACY***

*Taught by Patrick N. Allitt,
Ph.D. Professor,
Emory University*
**Thursdays through May 16, 11am
DuBose Activities Room**

The brutal conflict of cowboys and Indians. Dusty, dangerous outposts policed by vigilante justice. The six-shooter showdown at high noon. Daring railroad heists and arduous cattle drives. These and other scenes from countless Western films have so shaped our conception of the American West that it's impossible to separate myth from reality. But how wild was the West? Was it really ever "won"?

***LOST ART: THE
STORIES OF MISSING
MASTERPIECES***

*Taught by Noah Charney, PhD
Professor, Yale University*
**Thursdays, May 23-June 27, 11am
DuBose Activities Room**



In *Lost Art: The Stories of Missing Masterpieces*, art historian and art crime expert Noah Charney guides you through just such an imaginary museum. In 12 fascinating lectures accompanied by stunning images, you will hear the stories behind the theft and/or destruction of some of the world's most famous pieces of art. From the earthquake that felled the Colossus of Rhodes in 226 BCE to the Taliban's iconoclastic destruction of the 500-year-old Buddha Statues at Bamiyan in the 21st century, no one knows how many great works of art have been destroyed or lost throughout history. Only very few have ever resurfaced.

LEARNING OPPORTUNITIES

**THE ROAD TO
THE KENTUCKY
DERBY**

with Bill Kirwan
**Thursday, May 2, 3pm
DuBose Activities Room**



The most exciting two minutes in sports is nearly here! This year marks the 150th edition of the annual horse race which is the most-watched and highest-attended horse race in the United States. Bill will talk about the history of the Kentucky Derby, how horses qualify and this years entries. Due to construction we will not be having a Kentucky Derby watch party but Members are encouraged to gather in their homes to watch the race on Saturday, May 4th.



**ART WITH ALI: INTRODUCTION
TO SPRING FLORAL
WATERCOLORS**

**Monday, May 13 & 20, 2-3:15pm DuBose Activities
Room**

Alison Terry is a certified art teacher, with a degree in fine art and graphic design, a small business owner, and an entrepreneur. This course includes introduction to brush techniques, color mixing, and watercolor techniques. **All supplies included: brushes, watercolors, and watercolor paper. No experience needed. Register on Cedars Connect beginning May 1, deadline May 11. Cost: \$20 for 2 classes. Maximum 10 people.**

**THE CEDARS LECTURE SERIES
HOSTED BY DICK ISABEL
WITH HOWARD LEE**

Tuesday, May 14, 2pm DuBose Activities Room

Howard Lee will speak on his experiences as the first black mayor in the South and his time as mayor of Chapel Hill. He was elected to his first term as Chapel Hill's mayor only five years after the Federal Civil Rights Act was passed in 1964. Mayor Lee was the first Black man to serve as mayor of a southern city with a majority white population since Reconstruction. During his tenure, Lee addressed legislators in Washington D.C. convincing them to provide federal funding to modernize water and sewer lines in the Northside community. He faced major opposition while trying to implement a public transportation system. Today, that system is one of the most widely recognized in the country.



LEARNING OPPORTUNITIES

THE ACKLAND ART MUSEUM
with Katie Ziglar, Director
Thursday, May 23, 2pm DuBose Activities Room

The Ackland Art Museum, with its broad and deep collection of artwork on paper, European masterpieces, and one of the only Asian art collections in the southeastern U.S (and the only one in N.C.), retains its position as North Carolina's best university art museum and a top 10 public university art museum in the country. However, the Museum is in great need of more space and upgraded facilities. After "turning up the dial" on increasing its visibility, visitation, and membership, while doubling its annual budget, increasing service to the community, rebranding and creating a new website, the Ackland is preparing to construct a new wing on its eastern side. It must raise \$40M in private philanthropy to accomplish this, which will give it 75% more space. Ackland director Katie Ziglar will explain the Ackland's current status and short- and envisioned long-term future of the Ackland in a talk about what's in store in an image-packed presentation. Following the lecture we will take an outing to the museum on May 31st for a docent tour of the *Arranged* exhibit.

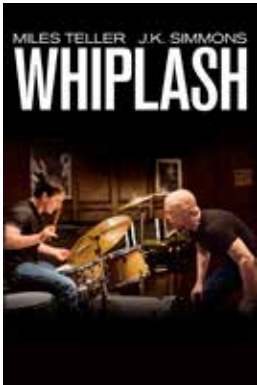


LET'S TALK CINEMA

Whiplash

Tuesday, May 28, 1pm Film Followed by Discussion Led by Linda Luftig in the DuBose Activities Room

Whiplash is a psychological drama about an ambitious music student and aspiring jazz drummer who is pushed to his limit by his abusive instructor. Director Damien Chazelle explores the price of greatness and captures terrific performances from Miles Teller and J. K. Simmons (who won the Academy Award for Best Supporting Actor for this role). One of the best films of 2014. Streaming on Amazon Prime.



SUDOKU PUZZLE

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle rating: **Hard**

				7	6		3	5
		7	3	9				
		2				8		
				6		1	4	
2			1		4			9
	6	1		5				
		9				7		
				2	5	9		
1	2		9	3				

Puzzle by websudoku.com

REGULAR GROUP ACTIVITIES CONTACT INFORMATION

Chess Club	Carol Downs 703-282-6191
Classic Canasta	Sally Sullivan 919-903-8077
Cribbage	Malcolm Jackson 919-951-7626
Duplicate Bridge	Betty White 919-967-4064
Early Birds	Joan Bingham 919-968-3213
Golf Croquet	Rhonda Innes 919-259-7150
Interdenominational Service	Nancy Cobey 919-619-4534
Knit & Stitch	Margaret Rook 919-292-1497
Mah Jongg	Norma Kupersmidt 919-724-9070
Memoir Writing Group....	Nancy Lebo 919-259-7330
Mexican Train Dominoes	Mary Ann Van Kampen 919-943-8670
Modern American.....	Bonnie Farb 561-613-7509
Open Door Bible Study ...	Nancy Cobey 919-619-4534
Ping Pong	Pat Kelley 919-489-0053
Play Reading Group ...	Sue Bielawski 919-933-4428
Poker.....	Richard Orcutt 919-259-7533
Pole Walking.....	Joan Ontjes 919-219-5128

FITNESS ARTICLE

THE HEALTH BENEFITS OF EXERCISING OUTSIDE

As spring brings warmer temperatures and blossoming flowers, exercising outdoors becomes more comfortable and enticing. Here are some of the benefits of moving alfresco:

Working out longer. When you are outside, the distractions of your surroundings take your mind off the work of working out. As a result, you may end up going a lot farther that you would have if you had been indoors.

Challenging your body. When exercising on an ever-changing outdoor terrain, your body is challenged more than when working out on a flat indoor surface. Research shows that people burn 10 percent more calories when they walk or run outdoors than they do when they are on a treadmill at the same speed.

Reducing stress and increasing sense of well-being. Research has shown that stress is lowered during activities that take place in nature. In a number of studies that had participants walking the same time or distance both inside and outdoors, virtually all of them scored significantly higher on psychological tests measuring vitality and energy and lower in anger and depression.

Soaking up sunshine. Sunshine is a natural source of vitamin D, which is critical for bone health and metabolism. Building vitamin D levels easily improves overall health including sleep quality and immune health.

Increasing motivation. Nature is constantly changing. Exercising outdoors allows you to experience the spontaneity and beauty of each day. This keeps each exercise regimen fresh and rejuvenating, increasing motivation and decreasing boredom.

WHEN EXERCISING OUTSIDE, BE SURE TO HAVE THE FOLLOWING:

Sun protection. SPF, sunglasses and a hat will keep your skin and eyes healthy. The Skin Cancer Foundation reports that clinical studies have never found that everyday sunscreen use leads to vitamin D insufficiency. In fact, the prevailing studies show that people who use sunscreen daily can maintain their vitamin D levels.

Supportive walking or running shoes. Good shoes protect the entire body from injury.

Water. A good rule of thumb: sip 4 to 6 ounces of water every 15 to 20 minutes you are outside.

Sources: WebMD, Piedmont Healthcare, The Skin Cancer Foundation



The Cedars Club, Inc.

100 Cedar Club Circle, Chapel Hill NC 27517

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Spa & Salon..... 919-259-7940

Dining Reservations 919-259-7932

Work Orders 919-259-7918

Security 919-883-7666

Transportation..... 919-259-7740

The Cedars Post is published monthly for the purpose of advertising on and off campus activities.