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Felicia Julien, Lou Shaver, Ashley Kayler and Joy Almond take part in yoga at Uwharrie Brewing in Albemarle. (Contributed)

Beer and yoga? They'll drink to that.

By Chris Miller

After an hour of exercise, featuring common poses such as downward dog, participants in Meagen Clavey's yoga classes look forward to some refreshments. But it's not water they are craving.

The key perk of taking part in her weekly "Class and a Glass" yoga classes, held at Uwharrie Brewing every Sunday at noon, is that people get to enjoy a glass of beer afterwards.

While it may seem like an unlikely match, yoga classes followed by beer have become increas-

ingly popular at breweries throughout the country in recent years.

Having previously hosted similar classes at Tiffany's at the Boardroom, Clavey was excited

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YOGA

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when she heard Albemarle's first brewery was opening earlier this year.

"It's something that I see a lot in other cities — Charlotte and Salisbury, places like that — and when I saw Uwharrie Brewery was opening up, I was like, 'Oh, this could be fun,'" Clavey said.

Clavey, who works as a massage therapist with Massage 101 in Albemarle, has been practicing yoga for the past six years.

The classes, which began in mid-March, are open to anyone, regardless of their prior yoga experience. All people need to bring is a yoga mat (though Clavey keeps a few extras) and \$15, which covers both the class and the beer.

"It has been so much fun," she said, noting she enjoys seeing all

kinds of people coming together. "It has become my favorite time of the week. As soon as Monday starts, it's like, 'Man, when is it going to be Sunday again?'"

The group has the space to themselves, as the brewery does not open to patrons until 1 p.m.

Understanding participants have varying wells of yoga experience, Clavey customizes each class to make it "as simple or as challenging for anybody to come and take."

She likes to switch up the exercises each week to keep things fresh.

To recruit more people, Clavey has recently been posting photos on her Facebook page of participants holding a blue sign with the words: "You Should Be Here!"

Though attendance fluctuates from week to week, as many as a dozen people have taken part in the exercises — including Uwharrie Brewery

owner Colton Baker and Joy Almond, director of Albemarle Downtown Development Corporation.

"It's been a nice thing to clear out the tables and get a little yoga done on the mornings on Sunday," said Baker, adding as someone with little prior experience, he appreciates the classes are for "all skill levels."

Having worked at breweries in the Asheville area before coming to

Albemarle, Baker was familiar with the concept of marrying yoga with beer and was excited when Clavey first brought the idea to him.

"We kind of hashed it out together," Baker said. "I definitely wanted to do yoga."

Clavey has taught at other places over the years, but "this one is probably by far my favorite class to teach."



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Owner: Hemp sales bigger than expected

By Chris Miller

Monica Hailey Sharpe understands the value of organic hemp.

She used CBD gummies and oil to help with stress while her daughter Christina, a malignant tumor survivor, benefited from products during chemotherapy and radiation treatment.

She now enjoys educating others about the benefits of hemp. Sharpe is the owner of Carolina Hemp Company in Locust at 11624 Red Bridge Road, which opened at the beginning of April. She also owns another Carolina Hemp Company store in Mint Hill.

First established in Asheville in 2014, Carolina Hemp Company has expanded to 15 stores, according to its website.

Initially apprehensive about how successful the Locust location would be, Sharpe said business has so far been better than she could have predicted. She made roughly \$14,000 in sales in April.

"Everybody that has come in has been really, really welcoming," she



Carolina Hemp Company sells a variety of CBD products. (Contributed)

said.

Sharpe sells a variety of products including CBD oil, CBD gummies, CBD vape cartridges, CBD pet prod-

ucts and CBD skincare. CBD is short for Cannabidiol, which is a chemical found in marijuana, though it is not impairing, meaning it does not cause a "high," according to the Centers for Disease Control

■ HEMP

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and Prevention.

One of the best parts of the job for Sharpe is when people let her know that the products have helped them manage their own pain or stress.

"These days, everyone is going through something, and I love that I can educate them on hemp," Sharpe said, according to a quote on the Carolina Hemp Company's Locust website.

In addition to selling CBD products, Sharpe is also an author, having written a book called "Redemptive," about being a survivor of childhood sexual abuse. Copies are available at both of her stores.

The business is open Monday through Saturday from 10 a.m. to 7 p.m. Sharpe plans to open on Sundays from 1 p.m. to 5 p.m. beginning in June.



Monica Hailey Sharpe opened Carolina Hemp Company in Locust in April. (Contributed)



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How the body changes with ages

Aging is an inevitable component of life. Young children often cannot wait until they get older because of the freedoms that seemingly come with being more mature. On the flip side, adults often wish they were young again. Time waits for no person, and with aging comes many changes, many of which manifest physically.

The following are some components of healthy aging that go beyond graying hair and wrinkling skin.

Bones, joints and muscles

According to the Mayo Clinic, with age bones may become thinner and more fragile. Joints will lose their flexibility, while muscles lose mass and strength, endurance and flexibility. These changes may be accompanied by a loss of stability that can result in balance issues or falls. It's common for the body frame to shrink, and a person may lose a few inches from his or her height.

A doctor may suggest a bone-density test or supplementation with calcium and vitamin D to keep bones as strong as possible. Physical



activity that includes strength training can help keep muscles strong and flexible.

Body fat

As muscle mass diminishes, body fat can increase. The Merck Manual indicates that, by age 75, the percentage of body fat typically doubles compared with what it was during young adulthood. The distribution of fat also changes, which can adjust the shape of the torso.

Heart

Organs in the body also age, and cells begin to die off, making those organs work less efficiently. The heart is one such organ that changes with age. It pumps more than 2.5 million beats during one's lifetime. As a person gets older, blood vessels lose their elasticity, and the heart has to work harder to circulate blood throughout the body, reports Johnson Memorial Health. Exercise can help keep the heart as strong as possible.

Urinary tract and kidneys

The kidneys become smaller as a person ages, which means they may not be able to filter urine as effectively. Urinary incontinence may occur due to hormonal changes or because of an enlarged prostate. Furthermore, the bladder may become less elastic, leading to an urge

to urinate more frequently.

Memory and thinking

Older adults experience changes to the brain as they age. Minor effects on memory or thinking skills are common and not usually cause for worry. Staying mentally active by reading, playing word games and engaging in hobbies can help. Following a routine and making lists (as multi-tasking may become challenging) are some additional ways to address memory issues.

These are just some of the changes that can come with aging. Generally speaking, exercising, using the brain and adhering to a balanced, healthy diet can help keep the body functioning well into one's golden years.

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Dietary pitfalls to avoid

A balanced diet and routine exercise are the recipe for a healthy lifestyle. Such an approach can help a person maintain a healthy weight and even avoid many illnesses.

People tend to be creatures of habit, and that includes poor dietary habits. Familiar foods and methods of cooking may be holding people back as they pursue their health and fitness goals. According to John Foreyt, Ph.D., director of the Baylor College of Medicine, people tend to be sceptical about dietary changes because they have grown accustomed to the way they eat or drink — with a fear of the unknown. Reassessing dietary habits and recognizing room for improvement can put people back on the right path. The following are some poor habits to break or even avoid.

Mindless snacking

People reach for foods for plenty of reasons other than being hungry. Eating can be a respite from boredom or done out of habit. Some people snack while engaging in tasks and may be eating without thinking of how much they are actually consuming. Some find comfort through food, meaning they reach for snacks when they are angry, sad or even upset.

Eating without giving much thought to why and how much you eat can lead to overeating. People also may be consuming well above



the recommended amount of certain ingredients, including sodium. The U.S. Food and Drug Administration says the average American consumes about 3,400 mg of sodium a day, which is well above the 2,300 mg per day recommended limit.

Less healthy cooking methods

Even healthy foods may not be as beneficial when people cook them in an unhealthy way. WebMD advises individuals to avoid frying or using added oil on foods when cooking, as grilling, roasting, baking, or poaching help reduce the fat content. However, some people are brought up on foods that are deep-fried and that is all they know. The Cleveland Clinic says more than two-thirds of heart disease-related deaths worldwide can be linked to food choices. Making healthier decisions is a small step in changing direction.

Large portion sizes

Many people mix up portion and serving definitions as they plan meals. According to the Mayo Clinic, a serving is an exact measure of food, while a portion is the amount put on a plate. Individuals can adhere to serving sizes when eating so they do not consume more

calories, sugar and sodium than is healthy. Manufacturers and restaurants could contribute to the problem. Even individually portioned foods frequently contain multiple servings. Restaurants often serve portions that can satisfy two or more diners.

Sugary beverages

It is not just foods that can derail dietary efforts, but beverages as well. Some people may overindulge in sugary beverages that may tip them over recommended calorie counts for the day. A typical 12-ounce can of soda can contain about 150 calories and 40 grams of sugar, says the Harvard T.H. Chan School of Public Health. The American Heart Association recommends no more than 36 grams of added sugar per day. Replacing sugary drinks (including fruit juices) with water or unsweetened tea can be a big improvement.

Poor dietary habits can compromise efforts to live a long and healthy life. Identifying poor eating habits and making an effort to overcome them can help people get on a healthy track.

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Highlights of latest exercise guidelines

Since 2008, the Physical Activity Guidelines have been a vital resource for health professionals and policy makers, serving as a foundation for physical activity and education programs. These guidelines, established and periodically adjusted by the Office of Disease Prevention and Health Promotion, include recommendations for individuals ages three and over.

A full breakdown of the latest guidelines can be found at Health.gov, but the following are some highlights pertaining to various groups.

- **Preschool-aged children:** The ODPHP notes that children between the ages of three and five should be physically active throughout the day to enhance their growth and development. Caregivers are urged to encourage active play that includes activities of various types.

- **Children and adolescents:** Children between the ages of six and 17 should engage in 60 minutes or more per day of moderate-to-vigorous aerobic physical activity. Kids in this age group also should engage in vigorous-intensity physical activity at least three days per week. Regimens also should include muscle-strengthening activities and bone-strengthening activities at least three days per week.

- **Adults:** The ODPHP urges adults to sit less and move more. The most

substantial health benefits can be gained by engaging in at least 150 minutes to 300 minutes a week of moderate-intensity or between 75 minutes and 150 minutes of vigorous-intensity aerobic activity each week.

Any equivalent combination of the two can suffice as well. Muscle-strengthening activities also should be part of adults' fitness regimens. These activities should help to strengthen all the major muscle groups, and adults should aspire to engage in them at least two days per week.

- **Older adults:** Older adults who can still follow the guidelines designed for younger adults can continue to do so. But the ODPHP recommends that older adults also incorporate multicomponent physical activity in their workout regimens. This can include balance training to complement aerobic and muscle-strengthening activities.

Older adults also are urged to discuss with their physicians how any chronic conditions they may have can affect their ability to safely engage in physical activity.

The Physical Activity Guidelines can serve as a useful resource for people of all ages as they look to live a healthy lifestyle.

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Understanding resting heart rate

Understanding how the heart works can help people become more attuned to their personal health and wellness. For example, recognition of the importance of heart rate may shed light on aspects of heart health that people may otherwise never think about.

According to HealthDirect, heart rate, or pulse, is the number of times the heart beats per minute. A resting heart rate refers to the heart rate when one is relaxed, sitting down or lying down. For normal, healthy adults, a resting heart rate ranges between 60 and 100 beats per minute.

The American Heart Association indicates that resting heart rate is the heart pumping the lowest amount of blood needed because the body is not exerting itself. A lower resting heart rate is common among people who are very physically fit — sometimes as low as 40 bpm. This results from the heart muscle being very athletic and not having to work very hard to maintain a steady beat.

Resting heart rate differs according to age. Verywell Health says babies and children have higher resting heart rates because their hearts are smaller. Resting heart rate will gradually decrease until about age 10, at which point it stabilizes through adulthood. Here's the expected resting heart rates based on age.

0-1 month; 70-190 bpm
1-11 months; 80-160 bpm
1-2 years; 80-130 bpm
3-4 years; 80-120 bpm

5-6 years; 75-115 bpm
7-9 years; 70-110 bpm
10 years+; 60-100 bpm
Athlete; 40-60 bpm

Knowing one's typical resting heart rate can help people stay apprised of their personal health. A lower-than normal resting heart (bradycardia) could indicate a congenital heart defect, a heart blockage, heart damage, or abnormally high blood calcium. It also may indicate hypothyroidism, hypothermia or other conditions.

A higher resting heart rate may suggest other issues, such as anemia, obesity, dehydration, fever, heart failure, hyperthyroidism, or overconsumption of stimulants like caffeine or nicotine.

Resting heart rate is not directly linked to blood pressure and is not an indication of blood pressure. Heart rate is measured on the inside of the wrist or on the artery in the neck at the base of the jaw. Pulse should be counted for 30 seconds and then multiplied by two to find beats per minute.

Individuals should keep in mind that air temperature, body position, emotions, body size, and medication use can affect heart rate. Checking heart rate several times can provide a more accurate perception of resting heart rate.

Any concerns should be discussed with a doctor.

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