



OUR GOAL

TO PROVIDE A POSITIVE AND SAFE ENVIRONMENT WHILE CREATING HEALTHY LIFESTYLE HABITS.

MEET THE FITNESS STAFF

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CELEBRATE

HAPPY BIRTHDAY TO STAFF MEMBERS:

FEBRUARY: Billie

MARCH: Whitnee

WWW.FACEBOOK.COM @ BILL HEDDLES

GOAL SETTING

BY KINDRA BREWER

Another year has come and gone and here we are with our heels in the snow wondering how in the world it is already 2023. If you are anything like me you're probably kicking yourself for all the things you vowed to get done in 2022 and still have not. Statistically speaking the number one resolution of all time is to lose weight. If that was you, you are not alone in your thinking, and you are not alone if you blew it. So you indulged through the holidays swearing that come Jan 1, you're going on a diet and will exercise every day. Am I close? Maybe you even hired a personal trainer. You began the year highly motivated to look like that (over photo-shopped, unrealistically thin) model on the magazine cover. You bought the juicer, hired the trainer, and now here you are wondering how you are right back where you started. Rinse and repeat.

I don't know about you but it seems like as soon as I decide to "lose weight" or "diet" sweets become irresistible, I am constantly starving, and I gain 5 pounds! What gives?! No reason to give up on your fitness goals. Maybe your goals themselves need to be revisited. While "losing weight", or "get in shape" are great goals, they are vague. Let's talk about a few ways to set goals that will ensure that you stay on track and have some success.

Be specific and realistic! You know you want to lose weight. How much? Do you know your goal weight, and is it realistic? Who are you comparing yourself to? Comparison is the killer of joy. First of all, don't relate your worth to a number on the scale. Before you even begin a fitness program make a list of things that you love about yourself or things you know others love about you. Put it somewhere you will see it every day (refrigerator door, bathroom mirror, desk drawer). Then break down your fitness goals into smaller, measurable goals. If you need to lose 20 pounds, decide how many per week is healthy and realistic for you (1-3 pounds generally) and how you are going to do it.

Educate! I'm a sucker for knowledge. Knowledge is power, and who couldn't use a little power while working on their fitness? Make it a point to understand how macronutrients (carbohydrates, fat, and protein) impact your weight loss and your work outs. Then use it to your advantage. For example, carbs are necessary, period. They are not the enemy. Just eat the right ones, like the ones found in whole foods (fruit and vegetables). Stay away from any diet that has a name. Actually, steer clear of the word "diet" altogether. It is one of those dirty four-letter words. It is most likely going to be too restrictive in some way won't provide a balance of nutrients. Learn about exercise. Take some fitness classes, sign up for an orientation or consultation with one of our trainers. We are eager to help you! Take advantage of our killer Personal Training package.

Make a plan. We don't plan to fail, we fail to plan. Planning your meals, snacks and workouts will help keep you from getting overwhelmed and keep you focused. Focus on what you ARE going to eat and what you ARE going to do rather than what you are not. If all you have is 30 minutes, don't assume it won't do any good. Do SOMETHING! Experiment with new recipes. Journaling is a great tool to identify patterns and track progress. Keep food in the house that will help you stay on track. My favorite shopping tip is to shop the outer perimeter of the grocery store only. Make working out as important as any other life activity. No excuses. A friend of mine likes to say, "Excuses are like armpits; everyone has them and they usually stink." Lastly, focus your fitness goals around something other than what you see in a mirror. Sign up for a 5K or mud run, or anything that you might enjoy. Vanity is a discourager, not a motivator. If there is one thing I have learned through my fitness journey it is that I have always been way more satisfied with what my body accomplished than what it looks like. Happy New Year!!

What's Happening

MEET ME AT THE BARBELL POWERLIFTING COMPETITION

February 5; weigh in begins at 8 am. Cost \$45

WOMEN & WEIGHTS PROGRAM COMING IN FEBRUARY

Details TBA.

Look for info and/or talk to Kindra.

RACQUETBALL RUMBLE

Feb 16-19 - All levels

Entries available now; sign up early!

OUTDOOR TRIPS/EVENTS

A full slate is scheduled for 2023. Check out the details at the events wall.

HOT AIR BALLOON EVENT

Coming to Delta July 3-4. Mark your calendars!

TODDLER TIME

Ages 3-5 welcome Jan 11, Feb 8, March 8, April 12; 9-11 am

ARE YOU STRESSED OUT?

BY BETSY FERNANDEZ

To deal effectively with stress, you need to think about your physical health, the way you interact with others, and your goals and priorities in life. Here are 7 practical steps that can help you deal better with stress.

- 1.) **Live One Day at A Time.** Daily anxiety is a part of life. Try not to increase today's anxiety by adding tomorrow's to them. Mulling over things that you can't prevent only increases stress.
- 2.) **Set Reasonable Standards.** Don't be a perfectionist. Avoid setting unrealistically high standards for yourself or others. Set reasonable standards and modestly accept both your limitations and those of others.
- 3.) **Know What Stresses You.** Negative thoughts and emotions can cloud clear thinking, so try to stay calm. Attempt to see things in a different light by seeing the positive side of a situation, keeping the big picture in mind and not being too quick to assume people have bad motives.
- 4.) **Try to Be Orderly.** We all like a reasonable amount of order in life. Try to make a practical schedule and stick to it. Notice and fix anything that causes you to procrastinate.
- 5.) **Pursue Balance.** Workaholics deprive themselves of the time and energy to enjoy what they worked so hard to achieve. Have a realistic view of money and work, make time to relax and keep technology in its place.
- 6.) **Take Care of Your Health.** Regular exercise promotes better health. Develop healthful habits such as physical activity, eating nutritious foods, and getting adequate rest.
- 7.) **Forgive.** In the Journal of Health Psychology, Loren Toussaint states that "stress degrades (health) and forgiveness protects health. Forgiveness is the release of negative feelings, emotions and behaviors toward an offender." He concludes that a forgiving spirit, "may help minimize stress related disorders." Lets' start out the new year right by learning to manage our stress in a positive way.

WELCOME, SEAN!

My Name is Sean McLaughlin. I grew up in Ticonderoga, NY and graduated from high school there. After high school I joined the U.S. Army and served for 22 years. While in the Army I discovered my love of fitness. This was most evident while I served as Drill Instructor. During that 3-year tour I trained hundreds of soldiers and I really enjoyed watching the difference I could make and the transformation made by helping people. It was after that that I enrolled into the International Sports Sciences Association and began my studies in fitness and nutrition. I received certificates to become a Certified Personal Trainer, Specialist in Exercise Therapy, and Specialist in Fitness Nutrition.



My hobbies include camping, fishing, fitness, motorcycling and being with my family.

POSOLE

CATHY REARDON AND SUBMITTED BY GARY WEST

- 3 14oz cans stewed tomatoes
- 2 14 oz cans chicken broth
- 1 lg can white hominy
- 1 cup fresh roasted green chili or (frozen will work)
- 1 pkg pork ribs (boneless will work)

Combine all ingredients in a crock pot or a large stove pot. Slow cook all day- at least at the 6 hour setting on your crock pot or a med-low setting on your stove. The pork will start to pull away from the bone about ½way through cooking time. Remove pork ribs and remove bones. Cut the pork into bite size pieces and return to pot. At this point you can turn heat down to low. Serve with warm tortillas and grated cheese on top.

Fresh Roasted Green Chili

Roast chili – cool, peel, rinse. Cut off stems and remove seeds. Cut up 1 white onion. Cut up 2-3 gloves garlic. Combine chili, onion and the clove of garlic in food processor. Use the Chop setting.

EXERCISE TIP OF THE MONTH

Resisted External Rotation & Resisted Shoulder Extension

BY KINDRA BREWER

Your rotator cuff consists of 4 separate muscles – the supraspinatus, infraspinatus, teres minor, and subscapularis – all of which run from your scapula to the head, or upper region, of your humerus.

Where the muscles attach to your humerus, their tendons come together and form a sort of casing around the humeral head. Injuries often occur in athletes who do a lot of overhead movement and usually due to overuse. Strengthening and stabilizing is the key to preventing injury. There are many exercise that can be done. Here are just a couple.

RESISTED EXTERNAL ROTATION



RESISTED SHOULDER EXTENSION

