

November Fitnews

The Holidays are here, and this is an important time to keep your fitness regimen intact. With so many things going on during the holidays it is easy to let your workout slide, but studies have shown that during stressful and busy times, exercise can help with stress, depression and help you cope better. Just one hour of exercise a day can keep you stay better focused and able to handle a busy schedule.

Another issue during the holidays and winter months is diet changes. On average, people will put on 5 to 10 pounds over the holidays. Listen – it is so important to enjoy the holidays and those parties and treats. Just keep those workouts going and very simply watch your portion sizes. One other thing to really watch is your alcohol intake; it can really put on the pounds.

I would also like to address a few of the suggestions that come in every week. We have had a few comments about the over-crowding in some of the Muscle-Up classes. It is so exciting to see so many of you lifting and seeing the benefits of weight training. Muscle-Up has always been limited to 23 participants, however, we have always tried to accommodate any one who comes. With much thought on how we can help the situation, we have decided the best way is to make sure we limit the number of participants to 23. So try to get here early to assure your place and we will keep working on a solution. We appreciate your cooperation.

I would like to also address schedule changes. As I make the schedule for the center, I rarely like to make any changes. Consistency is very important and when I do make changes it is due to a couple of reasons. Changes due to low attendance sometimes occur but most of the changes are to accommodate my instructors and their need to balance their personal life with their classes. It doesn't happen often but sometimes it is necessary to change the class, time or instructor so they can continue to keep instructing at the Center. I have great instructors and sometimes I may need to change the schedule a little so they can continue to teach, but I also know that if the time change is not accommodating the patrons we may need to look at other alternatives. Please let me know if this is the case.

Please continue to share your input because it really helps see what you like and need from us. Your suggestions are important and valuable to the program.

Thanksgiving Day Workout!! We will be offering our three cycle classes as well as classes in the fitness room. They will be posted soon and we are waiting to see which instructors will be available. Watch for the information in the next week or so.

All classes will be \$5.00 and you will not be able to use a pass or your annual card for these classes. You need to sign up for the cycle classes and pay in advance. It is a great workout and a lot of fun!

Happy Holidays

Yours in Health and Fitness

Tammy