

SALEM FITNESS CENTER



NEWSLETTER



November 2014

Special ACH Membership Prices!!

Take advantage of these permanent discount prices by signing up for ACH automatic payments from your bank to ours. In addition to super low prices, get a Salem Fitness Center

T-Shirt!

Stop by and pick up a form now or go online to print!

***Regular monthly fee: \$28.00 for ACH: \$21.00**

***Senior Single monthly fee (65+): \$23.00 for ACH: \$17.25**

***Senior Household monthly fee: \$20.00 for ACH: \$15.00**

(2 members 65+)

***Household monthly fee :\$23.00 for ACH: \$17.25**

(2 members 64 & below)

***Family monthly fee : \$50.00 for ACH: \$37.50**

(Add'l family members \$10 each & will be included in discount)

(Fees are per month for EACH member. Family includes 3 members.)

SPECIAL POINTS OF INTEREST:

- ⇒ Sign Up for ACH!!
- ⇒ Nutrition 101 Workshop
- ⇒ Is Sitting the New Smoking?
- ⇒ Tips on Not Overeating that Thanksgiving Meal
- ⇒ SMDH Partnership with Healthy Dent County
- ⇒ Nutrition Class & Quick-books class being offered

New Entrance is now Open!!

Located on the east side with easy access to the Fitness Center.

After Hour Keypad Access Coming Very Soon!!!

SMDH PHYSICAL THERAPY TO HAVE OFFICE HERE AT SFC!

The Salem Memorial District Hospital has partnered with Healthy Dent County to begin seeing patients from the hospital's Physical Therapy Department at the Salem Fitness Center on Monday, November 3rd. This partnership will enable SMDH Physical Therapists to provide expanded exercises and physical therapy services to their patients by using the equipment at the Salem Fitness Center. An office for the SMDH Physical Therapy Department has been created and we look forward to a long term relationship as we all work together to make a healthier Dent County.



IMPORTANT MESSAGES

**“Using Quick-books Software”
class being offered
Wednesday
November 12th.
1:00-5:00 pm
At the Salem
Community
Center @ the
Armory**

**Cost is \$100 &
includes hands-
on
instruction and
book.**

**Space is
limited!
Call 573-
729-8163 or
email:
info@salemtrc.com**



Nutrition 101 Workshop Coming Soon

Topics to be covered include:

- ⇒ Shopping & Label Reading
- ⇒ Cooking & Eating Out
- ⇒ Eat This Not That Table and Samples
- ⇒ Sugar Consumption
- ⇒ Balancing Calories In with Calories Out

Featured Speakers Include: Jason Edwards, Registered Dietician, SMDH; Kim Kemnitzer, APRN, FNP, SMDH; Susie Cahill, Personal Trainer & Exercise Instructor, Director at SFC.

Entry Fee will be \$10/ person, food samples will be included. Location will be at the Salem Community Center @ the Armory. Date: TBA

For more information, please email Kim Shelton at kim.shelton@salemcommunitycenter.org or call her at 573-729-8163.

**The Salem
Fitness Center
will be closed
November 27,
28 & 29 in
observance of
Thanksgiving.**

**Happy
Thanksgiving
to you and
yours!**



TIS THE SEASON....



NEED KNOWS NO SEASON

The Salvation Army Dent County Service unit is looking for volunteers for their Christmas Kettle Bell Ringing Campaign. The red kettles will be placed at Country Mart and Walmart every Friday and Saturday from November 28th until Christmas Eve. If you would like to volunteer for 2 hours please call 729-8163.



“Thanksgiving dinners take 18 hours to prepare. They are consumed in 12 minutes. Half-times take 12 minutes. This is not coincidence.”

—Erma Bombeck



RD.com

FIT TIP OF THE MONTH: IS SITTING THE NEW SMOKING?

You may think the phrase above is an exaggeration. How could sitting be as bad as smoking? Most people don't smoke, but everyone sits for some portion of their day. Some sit for too long. Many U.S. workers sit for 15 hours a day. A wave of research has shed new light on sitting as a serious health risk factor that has snuck up on us.

Throughout most of human history, sitting or lying down has been a way to rest in between bouts of movement, but the equation has been reversed for many people today. The labor-saving devices we have now allow us to sit for longer periods of time with bouts of exercise in between. If you're not very active, it makes sense that health risks are higher, since you're more likely to be overweight & generally unfit. However, a lot of sitting appears to be just as harmful to those who aren't overweight & who are generally healthy— and nearly as harmful even among those who routinely exercise.

Too much muscle rest can prevent them from sucking up blood fats & blood sugars from your bloodstream for energy use. Even just standing is better for you, as the largest muscles of your body are actively working to keep you upright & moving.

Preliminary studies show that even those who do moderately intense exercise an hour a day but who spent 7 hours a day watching television hardly budged the increased risk of death. Study authors calculated that 1 hour of continuous sitting negated the benefit of 15 minutes of moderately intensive exercise.

Break up stretches of continuous sitting by walking around during commercials, or while on the phone. Stand while doing chores or reading the paper. Put things like the remote out of reach. Take a 10-15 minute walk after dinner. Upright & moving is the key! Source in part: healthletter.mayoclinic.com

Tips on Not Overeating at the Thanksgiving Meal

- *Eat a decent breakfast and lunch. Don't starve yourself until the big meal arrives.
- *Exercise before the meal; this will suppress your appetite & boost your metabolism.
- *Drink two or three glasses of water before the feast begins. This help make you full before consuming the Thanksgiving meal.
- *Avoid conflict or dysfunctional family dynamics that can stress you out to the point where you take solace in food.
- *Eat 3/4 of the food on your plate & don't overload it. Stick to single portions or one scoop.
- *Reduce your intake by refusing seconds.
- *Remember that you can always enjoy leftovers the next day.
- *Forgive yourself if you do overeat. One large meal is not a problem; many large meals in a row are.
- *Keep a journal of what you eat. Remember that one pound is equal to 3,500 calories. (In part from chlo.com)



SALEM FITNESS CENTER

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Phone: 573-739-1127

The information in this newsletter is believed to be accurate & correct to the best of our ability. We do reserve the right to make any changes and/or corrections after the fact.



“Like” Salem Fitness Center on Facebook.

WWW.SALEMFITNESSCENTER.ORG

PROMOTING HEALTHY LIFESTYLES

Birthdays

Sonny Hayes	11/1
James Gray	11/3
Linda Maledy	11/4
John Crandell	11/8
Tammy Southards	11/8
Tricia Lemon	11/8
Jeanne Dillon	11/12
Tyler Sisco	11/12
Jordan Davis	11/14
Deborah Collins	11/17
Briana Land	11/19
Arlene Cornell	11/21
Alice Forister	11/26
Ruth Gilmore	11/29
Jan Hensley	11/29
Keith Burtner	11/29

Happy Birthday to You!!!



MEMBERSHIP RATES

Regular Membership:

Adults (Under Age 65):
\$28/month Discount available: Pay for 5 months & get 6th month free (5 X \$28 = \$140)

Senior Membership:

Seniors (Age 65 & over):
\$23/ month Discount available: Pay for 5 months & get the 6th month free (5 X \$23 = \$115)

Senior Household Discount: \$20/month EACH (Age 65 & over)

Household Discount:

\$23.00/month EACH
(2 members from the same address & under Age 65)

FAMILY DISCOUNT:

\$50/ 3 PEOPLE

\$10 EACH ADDITIONAL MEMBER

Daily Fee: \$5.00 each

Weekly Fee: \$8.00 each

Corporate Fee: \$25.00

Punch Cards: \$30/7 punches (good for classes only)

Personal Training:

For Members:
\$25 for 1 session or \$80 for 4 sessions

Initial Fitness Assessment FREE

Follow up evaluations included.

Personal Training Sessions are by appointment only. Please contact Susie Cahill for more information.

Fitness & Cardio Room Hours:

5 a.m. to 9 p.m. Mon-Thurs

5 a.m. to 7 p.m. Friday

9 a.m. to 12 p.m. Saturday

Weekly Classes Offered:

Monday:

Sweet & Low—8:30 a.m.

Cardio Blast—5:15 p.m.

Kickboxing—6:30 p.m.

Tuesday:

Slow Motion—10:30 a.m.

Power Circuit—5:15 p.m.

Zumba—6:30 p.m.

Wednesday:

Morning Burn—6:00 a.m.

Sweet & Low—8:30 a.m.

Abs & More—12:15 p.m.

Yoga—5:15 p.m.

Thursday:

Power Circuit—12:15 p.m.

Cardio Combat—5:15 p.m.

Zumba—6:30 p.m.

Friday:

Sweet & Low—8:30 a.m.

Slow Motion—10:30 a.m.