



SALEM FITNESS CENTER



FEBRUARY 2015

AARP Tax Filing Assistance Available!

Every Friday

**At the Salem Community Center @
the Armory**

Feb 6-April 10, 2015

BY APPOINTMENT ONLY!

**Call 729-8163 to make appointment
or for more info on what to bring.**

**SPECIAL POINTS OF
INTEREST:**

- *AARP Tax Filing Assistance
- *SMDH Health Fair
- * Stay Strong, Stay Healthy
sponsored by UM Extension
- *February is heart month
- *Birthdays

FRIENDS OF THE PARK
COSTUME DODGEBALL TOURNAMENT
\$75 a team
8 people a team
Must have at least 2 members of opposite sex. Each team must have a specific theme and coordinating costumes.
Salem High School Gymnasium

Saturday Feb. 21
6:00 PM

DEADLINE for team registration, February 19 —
10 TEAM LIMIT — Don't delay — First come, first serve
To register please contact:
Greg Nash — Email: gregnash@live.com Phone: 729-6290
Or
Kim Shelton — Email: kim.shelton@salemcommunitycenter.org Phone: 729-8163

**Prizes will be awarded to winning team
and also team with best theme/costumes**

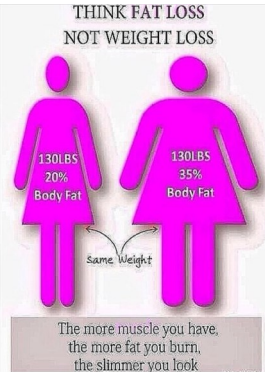


**Self-delusion is
pulling in your
stomach when
you step on the
scales. — Paul
Sweeney**

IMPORTANT MESSAGES

To Our Members
Please PRINT your name when signing in so that we can record your visit.

Thank You!!!



LOVE YOUR HEART!!



JUST A REMINDER that family members working out in the fitness center under the age of 18 must be accompanied by a parent or guardian. This means that the adult must be in the same room with the minor child.
Thank you !!

Make your life easier!!
Sign up for ACH Payment today!!
Worry-free payments made automatically!!
Free T-Shirt with completed application!

STAY STRONG, STAY HEALTHY-SIGN UP HERE!!



Stay Strong, Stay Healthy



Salem Fitness Center

Strength Training Program

What is Stay Strong, Stay Healthy?
In partnership with the University of Missouri Extension and Healthy Dent County, the Salem Fitness Center will be offering a ten week strength training program designed for middle-aged and older adults.

Why strength train?
One of the best ways to keep your body and mind functioning at its best is to exercise!

How does the Stay Strong, Stay Healthy Program work?
Each session will consist of:

- warm-up exercises
- simple strengthening exercises, with or without weights
- cool down stretches

Over 10 weeks, you will learn to improve your strength, balance and overall health.

Day: Thursday mornings
Class Dates: March 5—May 7, 2015
Time: 10 a.m. - 11 a.m.
Duration: 10 weeks in length (1 class per week)
Location: Salem Fitness Center

What are the benefits of strength training?

- arthritis relief
- improve balance
- enhance flexibility
- strengthen bones
- weight control
- lifts depression
- stress reduction
- reduce risks for heart disease

Sponsor: **Extension**
Live. And Learn.

Registration Information

- Cost is \$25 for all 10 sessions and due at the beginning of the first class.
- Program fee includes 10 exercise sessions and pre- and post-physical assessment.

For more information or to register, please contact:

Salem Fitness Center
(Located at the Salem Community Center @ the Armory
1200 W. Rolla Road, Salem)
Salem, MO 65560
Phone: 573-739-1127

EEO/AA/ADA Institution
University of Missouri Extension provides equal opportunity to all participants in extension programs and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of their race, color, religion, sex, sexual orientation, national origin, age, disability, or status as a protected veteran.

FIT TIP OF THE MONTH: FEBRUARY IS HEART MONTH



During the month of February, Americans see the human heart as the symbol of love. February is American Heart Month, a time to show yourself the love. Learn about your risks for heart disease & stroke, and stay “heart healthy” for yourself and your loved ones.

Cardiovascular disease (CVD) is the #1 killer of Americans. It is the leading cause of disability, preventing Americans from working & enjoying family activities. CVD costs the U.S. over \$300 billion each year, including health care services, medications & lost productivity.

Although there is a decline in preventable deaths in people aged 65-74, it has remained unchanged for people under 65. Men are twice as likely to die from preventable CVD than women. Having a close relative who has heart disease puts you at a higher risk of CVD. Many CVD deaths could have been prevented through healthier habits & living spaces, & better management of conditions like high blood pressure & diabetes.

You can control a number of risk factors, such as diet, physical activity, tobacco use, obesity, high blood pressure, high cholesterol, and diabetes.

As you begin your journey to better heart health, keep these things in mind:

~Try not to become overwhelmed. Each small step makes a difference.

~Partner up. Ask someone to join you. It is more fun, and often more successful to have company.

~Don't get discouraged. Take one step at a time, get a good night's sleep, and start again tomorrow.

~Reward yourself. Find fun things to do to decrease stress.

Together, we all can prevent & manage heart disease, one heart at a time! (In part from cdc.gov)

Salem Memorial District Hospital

General Health Screenings

At the Salem Community Center @ the Armory

February 11 & 12, 2015

6-9am each day

\$30.00-Health Fair Profile-MUST be fasting. No food or drinks for 12 hrs. before test. Water & medications are allowed.

\$15.00-Hgb, Alc

\$15.00-Urine Microalbumin

\$15.00 TSH

\$35.00-Bone Density

\$15.00 PSA

FREE Blood Pressure & Body Fat %.

Call 573-729-6626 for more information.



SALEM FITNESS CENTER

P.O. Box 190
Salem MO 65560
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.

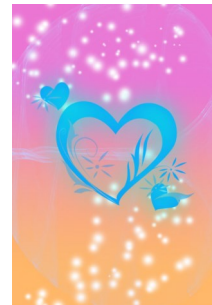
WWW.SALEMFITNESSCENTER.ORG

PROMOTING HEALTHY LIFESTYLES

Birthdays

Marilyn Walker	2/1	Anna Kutkiewicz	2/15
Mark Janson	2/1	Diane Richards	2/16
Lindsey Case	2/1	Bonnie Brodrick	2/17
Shelley Smith	2/2	Karen Greene	2/18
Katie Keene	2/2	Michelle Cook	2/19
Cheyenne Sercl	2/3	Gary Gordon	2/20
Paul Loker	2/4	Bob Jenkins	2/23
Lavanya Avery	2/5	Kim Ingram	2/23
Elizabeth Inman	2/6	Rodney Wallis	2/24
Bill Wemhoener	2/7	Cheryl Ibrahim	2/26
Bill McCoy	2/7	Amanda Wood	2/26
Jennifer Cochran	2/7	Bobby Stephens	2/27
Casey Kotschedoff	2/7	Nikki Grayson	2/28
Jimmy Brakefield	2/10		
Rick Huggins	2/11		
Lea LaPointe	2/11		
Courtney Smith	2/11		
Carrie Border	2/13		

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)

Wi-Fi available!!

Ask us about our ACH bank transfer rates!!

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

Tuesday:

Slow Motion—10:30 a.m.

Power Circuit—5:15 p.m.

Zumba—6:30

Wednesday:

Morning Burn—6:00 a.m.

Sweet & Low—8:30 a.m.

Abs & More—12:15

Yoga—5:15 p.m.

Thursday:

Power Circuit—12:15

Cardio Combat—5:15 p.m.

Zumba—6:30 p.m.

Friday:

Sweet & Low—8:30 a.m.

Slow Motion—10:30 a.m.