



SALEM FITNESS CENTER



March 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.**

CONGRATULATIONS TO OUR SALEM FITNESS VOLUNTEERS!!

The Salem Fitness Center Volunteers were nominated for the Salem Area Community Betterment Ass'n. Gift of Time Award for 2014!! There were only a handful of individuals and groups that were nominated to receive this prestigious award and our volunteers should be very proud!

We are so grateful to all of our volunteers. Our program would not be possible without their dedication. They will always be #1 to us!!

SPECIAL POINTS OF INTEREST:

- ~Our Wonderful Volunteers!
- ~AARP Tax Assistance
- ~Lo Carb Snacking
- ~Caffeine Free Boosts
- ~Trivia Night!!
- ~Daylight Saving Time!!



Daylight Saving Time

**Sunday, March 8,
2015**

**Set your clocks
forward 1 hour by
2:00 AM**

**Your diet is a bank
account; good
food choices are
good investments.**

SearchQuotes.com

IMPORTANT MESSAGES

To Our Members

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

Thank You!!!

**4 NEW
TREADMILLS
ARE
HERE!!!!**



Ping-Pong is still here at the Fitness Center!

The table is located in the classroom just down from the Cardio room and SMDH Rehab office.

Just stop by the Cardio room for the paddles and balls and make sure the room is not being used. We have some fun-loving participants.

JOIN THE FUN!!

Costume Dodgeball Tournament

Sat., March 14

\$75.00 per team of 8 people.

Salem H.S. Gym

**Contact Greg Nash
gregnash@live.com**

573-729-6290

Or

Kim Shelton

kim.shelton@salemcommunitycenter.org

573-729-8163

for more info!

LO CARB SNACKING

Sometimes, the whole world of snacking seems to be based on the one thing you're supposed to limit: refined carbs. Even the "healthier" packaged items, like granola bars, smoothies, and crackers, are full of them. If you look past the vending machine, though, you'll find plenty of other tasty options, like these smart snacks. The best part? They're as easy to toss together as they are delicious. Watch for more ideas in future issues of the newsletter.

Apples and Cheese-Sweet and salty flavors add up to a great snack. Pair half a cup of apple slices with string cheese for about 10 grams of carbs. The combination of protein, fat, and fiber makes it a filling and satisfying nosh.

Avocado on a Crisp-Avocados have a place in your diet outside the guacamole bowl. Mash one-quarter of a ripe avocado and spread it on two light rye crisps for a crunchy, creamy snack with 18 grams of carbs, plus plenty of fiber and heart-healthy fat. It's like a mini open-faced sandwich.

FIT TIP OF THE MONTH: CAFFEINE-FREE WAYS TO BEAT YOUR MIDDAY SLUMP

Is there anything worse than midday drowsiness? One minute you're powering through a project, the next, your eyelids feel like they're loaded with lead. Talk about a productivity killer.

We've all experienced the 3 p.m. lull that makes an unwelcomed appearance in our workdays. But instead of turning to caffeine as the solution, there are other ways to bring your energy right back up and get you back on track. Below are several ways to power through that afternoon slump quickly and effortlessly. No coffee required.

Sniff some citrus. Eau de Lemon, anyone? Research on aromatherapy shows that just a whiff of the crisp scent may give us the mental stimulation and mood boost we so desperately need in the middle of the afternoon. Peeling an orange also offers some stress-relieving benefits (not to mention the inevitable dose of Vitamin C you'll get if you eat it). Talk about super fruits.

Go for a walk. There's something about fresh air that feels invigorating -- just the kind of pick me up you need when you're feeling dazed. Studies suggest that walks can improve concentration and reduce stress. A recent study published in the Journal of Behavior Therapy and Experimental Psychiatry also found that walking with a little pep in your step can even boost your mood. Spending time in nature has some long-term benefits, too. Research shows that going for walks outside can decrease feelings of depression and improve mental health. Too cold outdoors? Try the treadmill!

Work in increments. How many times have you sat down to complete a project only to jump to another task 10 minutes later? We simply struggle with keeping focused -- and working in segments may be our solution. Some experts suggest that working in 90-minute bursts may help us be more productive in the long run because they give our noggins a rest. "The human body is hard-wired to pulse. To operate at our best, we need to renew our energy at 90-minute intervals -- not just physically, but also mentally and emotionally," Tony Schwartz, president of The Energy Project, wrote in a HuffPost blog. "When we build this rhythm into our lives, it changes everything."

Jog the stairs. There's nothing quite like exercise to get your blood and brain going. Getting in a quick workout -- even if it's just taking a trip up and down the stairwell -- will release those endorphins, and research suggests it may make you more productive. Not to mention, you'll reap the physical perks of exercise in the process. Not a bad pick-me-up. (Taken in part from the Huffington Post)

Salem Area Community Betterment Association Presents:



Trivia Night!

Saturday, March 21, 2015

6:00 PM at the Old City Hall (Doors Open at 5:30PM)

\$100 for an 8-person team. Contact us at 573-729-8163 or email judy@salemtrc.com

1st Place
wins \$200
cash and
trophy!



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 Lovins 3/1	Robin Norris 3/14	James Huitt 3/29
Bob Straub 3/1	Roxann Cochran 3/16	Nancy Midyett 3/29
Calvin McIntosh 3/4	Darlene Dahms 3/17	Warren Dubois 3/30
Sandra Headrick 3/4	William Headrick 3/18	Sandra Brinkley 3/30
Amanda Warner 3/4	Bill Bond 3/18	Trina Straub 3/30
Tana Kettner 3/5	Brenda Milligan 3/18	Anthony Jarvis 3/30
Tammy Koller 3/7	Justin Terry 3/18	Jane Reeves 3/31
Joe Neumann 3/7	Carol Walter 3/19	
Susan Jadwin 3/8	Rebecca Piatt 3/19	
Jeff Ziegler 3/9	Keith Hinderliter 3/19	
Amber VanDyke 3/9	Jeanetta Faith 3/21	
Jenna Stiek 3/9	Hope Koontz 3/22	
Stanton Gunter 3/9	Kathy Young 3/23	
Jackie White 3/10	Andrew Conaway 3/23	
Jeanie Cotner 3/11	Angela Frizzell 3/25	
Beverly Molitor 3/11	Arron Anderson 3/25	
Apolo Starr 3/12	Katie Mahurin 3/26	
Charlie Pace 3/13	James Camden 3/28	

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:

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.