

Salem Community Center @ the Armory Newsletter

November 2015

Salem Community Center
**@the
Armory**

Special points of
interest:

- Eat Smart, Move More, Weigh Less Holiday Challenge
- Class Schedule Changes (see pg 3)
- SMDH 5K at Montauk State Park
- Fitness Center T-Shirts for Sale
- Calendar of Local Events

Eat Smart, Move More, Weigh Less 2015 Holiday Challenge

Maintain, Don't Gain This Holiday Season!

We all need help staying with our healthy program during the holidays, and this is a great tool to accomplish this.

Last year's Holiday Challenge was the biggest and best ever. They had over 12,500 participants from all 50 States and Canada. Now it's time for the 2015 "Eat Smart, Move More, Maintain, Don't Gain!" Holiday Challenge.

You are invited to join the 10th annual Holiday Challenge. Rather than focusing on trying to lose weight, this FREE seven-week challenge provides participants with tips, tricks, and ideas to help maintain their weight throughout the holiday season.

The Holiday Challenge will begin November 16th and run through December 31st. (See flyer on page 5)

Here's How to Sign up:

Go to www.esmmweighless.com

Under "Articles & Ideas", click Holiday Challenge.

Click link and click "Sign Up Here" button.

Enter your information.

Under "How did you hear about us?", enter Healthy Dent County.



**HEALTHY
DENT COUNTY**

Where Health, Education and Community Meet



Healthy for the Holidays



Kim Shelton, Community Wellness Coordinator

The holiday season is quickly approaching! That means that seemingly endless amounts of mashed potatoes, pumpkin pies, and virtually every casserole you could think of is also on its way. The holiday season has long time been infamous for packing on the pounds in just a matter of a couple months, but I'm going to let you in on a little secret. Are you ready? It doesn't have to be that way. Yep, you read it right. There are simple ways around gaining that extra weight and I'm going to share with you how.

My first tip is to fill up on the good (for you) stuff. Load your plate up mostly of fruits and vegetables and make yourself eat those first. Then get small amounts of the other things you would like to eat. When you do this you are filling your stomach up with nutrition-dense foods and will have less room for those not so good for you items. That doesn't mean you won't eat those items, it just means you won't overeat those items.

My next tip is don't save up your calories. I'm sure we are all guilty of this. We know that that there is a holiday party at 5 so we barely eat all day so that we can eat our hearts out that night. This is a terrible idea. You will end up gorging yourself and I can pretty much guarantee you will eat way more calories than you would have if you had eaten regularly that day. You know how they say don't go grocery shopping while hungry? Well don't go to holiday parties hungry either.

My third tip would be to keep a drink in your hands. You get bonus points if that drink is water. Holiday parties are filled with appetizers and finger foods everywhere you turn. If you are keeping something in your hands, like a drink, then you are less likely to be picking up those foods. On top of that, if you drink a lot of water throughout the day then you are less likely to overindulge.

Tip number four is be conscious of where you are hanging around. We just talked about how these parties are notorious for the seemingly endless amounts of finger foods. Do not put yourself in a bad situation. Be conscious about not congregating around the food table. If you are conversing with someone, do it in a place where that cheese plate isn't staring at you the whole time.

My fifth and final tip is to remember why you're at that party. We all get excited about the holiday food, but remember that you are there to celebrate a special time of year with your loved ones. Focus on making memories with them, having great conversations, and just enjoying each other's company. That is what it's all about.

November Calendar Changes for Evening Classes

Susie Cahill, Fitness Center Director

In a continuing effort to accommodate as many members as possible, we are switching our class schedule.

Mondays:

5:15 Power Circuit

6:30 Zumba

Tuesdays:

5:30 Kickboxing

Thursdays:

5:15 Cardio Blast

6:30 Zumba



All other classes remain the same. See page 7 of

Calendar of Events



Saturday, November 7th-Holiday Craft Bazaars at:

Salem United Methodist Church 9:00am—2:00pm

Salem Lutheran Church 9:00am—3:00pm

5K Run SMDH Foundation 9:00am (See below)

Saturday, November 21—Dent County Arts & Crafts Guild Show & Sale

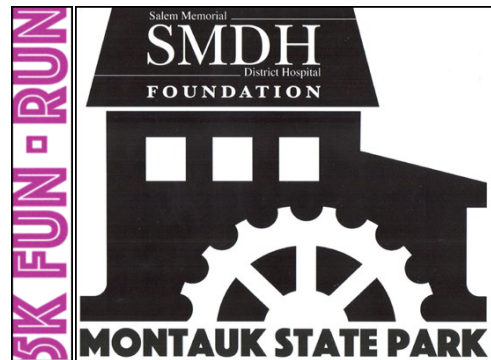
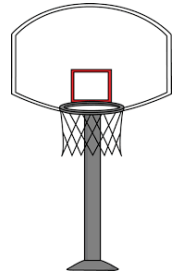
Salem City Hall 9:00am—4:00pm

Saturday, November 28—Acoustic Community Jam

Bank of Salem Courtesy Room 6:30pm

Attention!!

Due to recent incidents and liability concerns, the basketball goals have been removed from the gymnasium floor.



SATURDAY, NOVEMBER 7, 2015

9:00 AM

BEGINS AT SHELTER ACROSS FROM MILL

\$25.00 ENTRY FEE

FIRST 100 REGISTRATIONS WILL RECEIVE T-SHIRT, MEDAL and GOODY BAG

For more information call 573-729-5917 ext. 4005

PROCEEDS TO JEAN B. WEAVER DIALYSIS UNIT



Avoid holiday hangover

Maintain your weight,
don't gain!

Sign up at www.esmmweighless.com

Participation is FREE!

- Receive a weekly newsletter full of tips, recipes, and more.
- Download tools to monitor your progress.
- Log on each week to read experts' advice.
- Read how others like you are doing in the challenge.



Salem Community Center
**@the
Armory**



NOVEMBER 16 THROUGH DECEMBER 31

Halloween SpookBACKular

Please turn all candy donations in to your classroom teacher. All candy will be weighed by the pound. Each pound will earn a voucher. The class with the most vouchers will receive a Wii fit video party. All candy collected will be donated to Ft. Wood USO. Please make our soldiers feel special by sending a hand written letter or card along with your candy.

November 3rd, 2015

MISSOURI FOUNDATION FOR HEALTH
**Healthy Schools
Healthy Communities**
LET'S BUILD A HEALTHIER FUTURE



HEALTHY
DENT COUNTY
BE ACTIVE • EAT SMART • LIVE WELL
**UNIVERSITY OF MISSOURI
Extension**
Live. And Learn.

Things to Do in November

Besides turning back the clocks on November 1, here are some other things to do to prepare for winter:

- Change your smoke detector batteries
- Check your furnace filter
- Be sure to have flashlights & batteries on hand
- Make sure the chimney flu is clean
- Check winter clothes to make sure they fit



FITNESS CENTER



November Birthdays

Sonnya Hayes	11/1
Beverly Millsap	11/2
James Gray	11/3
Violet Fulton	11/3
Kathaleen Schivitz	11/4
Linda Maledy	11/4
Jackie Ard	11/5
Lloyd Cottrill	11/5
Melissa Wynn	11/7
John Crandell	11/8
Tammie Richardson	11/8
Amanda Murr	11/8
Sherry Manes	11/8
Robin Keeney	11/9
Jennifer Deese	11/9
Jeanne Dillon	11/12
Dannette Nall	11/12
Angie Siers	11/12

Tyler Sisco	11/12
Lydia Curley	11/13
Rosemary Brys	11/14
Deborah Collins	11/17
Michelle Smith	11/18
Chris Raulston	11/19
Rhonda Hutsell	11/19
Arlene Cornell	11/21
Kaela Parker	11/22
Richard Cooper	11/23
Troy Schultz	11/24
Brian Beck	11/25
Alice Forister	11/26
Michelle Warner	11/26
Ruth Gilmore	11/29
Jan Hensley	11/29
Bernice Lea	11/30
Allena Wilson	11/30

Happy Birthday!!



Weekly Classes Offered:

Monday:

Sweet & Low—8:30 a.m.

Power Circuit—5:15 p.m.

Zumba—6:30 p.m.

Tuesday:

Slow Motion— 10:30 a.m.

Cardio—12:15 p.m.

Kids in Motion— 5:30 p.m.

Kickboxing— 5:30p.m.

Wednesday:

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 Blast—5:15 p.m.

Zumba—6:30 p.m.

Friday:

Sweet & Low—8:30 a.m.

Slow Motion—10:30 a.m.

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

EACH Discount available: Pay for 5 months & get the 6th month free
(5 X \$23 = \$115)

Senior Household Discount:

\$20/month EACH (Age 65 &

over) Discount available: Pay for 5 months & get the 6th month free
(5 X \$20 = \$100)

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

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

Wi-Fi available!!

Ask us about our ACH bank transfer rates!!

Fitness Center Phone:

573-739-1127

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

Salem Community Center
@the Armory

Salem Community Center @ the Armory

PO Box 190
1200 Rolla Road
Salem MO 65560

Phone: 573-729-8163
Fax: 573-729-8393

Email:
info@salemcommunitycenter.org
info@salemfitnesscenter.org
Fitness Center: 573-739-1127

**WHERE HEALTH,
EDUCATION &
COMMUNITY MEET**

We're on the web at:
salemcommunitycenter.org



The Salem Community Center @ the Armory
provides the following :

Fitness Center	Conference Rooms
Public Computers	Computer Lab
Rural Addressing	Fingerprinting
Continuing Education Classes	Copies & Faxes
Multipurpose/Gymnasium	
Health Department Inspected Kitchen	

We are here for you!

Book your next event with us!

T-SHIRTS FOR SALE!!!

Yes, you too can buy your very own Fitness Center T-shirt!!

T-shirts are \$15.00 each.

We have several sizes left.

Don't' Wait!!

Get Yours Now!!!

Great Christmas gifts !!

