

Salem Community Center @ the Armory Newsletter

January 2016

Happy New Year!!

Salem Community Center
@the Armory

Special points of
interest:

~Nutrition 101

~ 80's Retro
Fitness Party

~How to Keep
New Year's
Resolution

We hope that 2016 is a great year for everyone!

One way to start out your New Year is to take good care of yourself, and we can help.

Check out the Nutrition 101 class flyer on page 2. There will be lots of information as well as good food to eat.

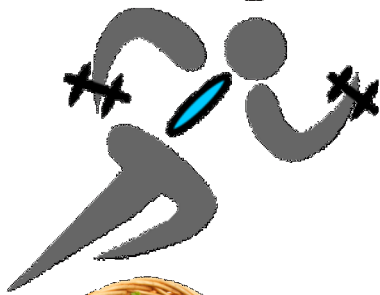
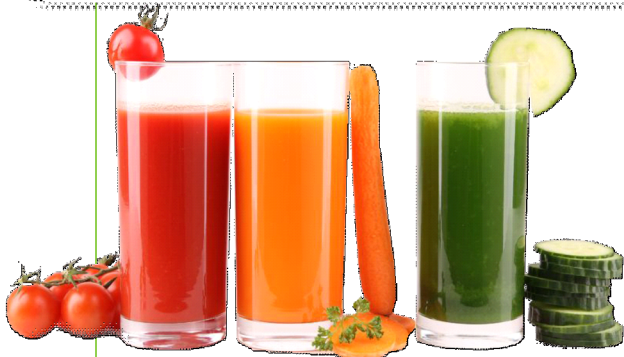
Never been to a fitness class? Then this event is just for you. Join us here at the Community Center for the 80's Retro Party for the Healthy U 2K16 Kickoff (flyer on page 3). This event will give you just a little sampling of all the classes offered here at the Fitness Center. We will be serving lunch as well. Prizes too!! This is a great way to see which classes suit you best. Bring your friends!!

See you in 2016!!



Council For A
**HEALTHY
DENT COUNTY**
Where Health, Education and Community Meet

Nutrition 101



MONDAY
JANUARY 4TH
@5:30 PM

**@ the Salem
Community Center @
the Armory
1200 West Rolla Road**

**Call to register by
December 30th for \$10
per person
573-729-8163
\$15 at the door**

- **Live cooking demonstration**
- **Jason Edwards, SMDH Registered Dietitian, teaching how to season foods**
- **Carol Walter, PCRMC Registered Nurse, presentation on “Know Thyself”**
- **Susie Cahill, Certified Fitness Instructor, demonstration on how working out effects daily lifestyles**
- **Free samples & recipes**
- **Q & A Session**

HEALTHY U 2K16 KICKOFF



Mark your calendar for a SWEATacular good time, *80's style*. Both, novice and experienced fitness buffs will have the opportunity to learn about all classes our Fitness Center offers. It's going to be a fitness buffet for everyone to sample a bit of each style of exercise. Of course we will throw some fun into the mix. Prizes will be given throughout the morning. Big hair, leg warmers & sweat bands are all welcome! Everyone is welcome to sweat with us all morning or come at any time listed on the schedule. Stay and enjoy some chili and a baked potato bar for lunch.

DATE: JANUARY 9, 2016
Time: 8:00 a.m.
Cost: \$20



****PRIZES INCLUDE: FITBIT FLEX, MEMBERSHIPS, & MISC WORKOUT GEAR****

Proceeds go to Healthy Dent County, where health, education & community meet.

Schedule	
8:00-8:15 AM	Slow Motion
8:20-8:35 AM	Sweet & Low
8:40-8:55 AM	Zumba
9:00-9:15 AM	Fitness 101
9:20-9:35 AM	Kickboxing
9:40-9:55 AM	Power Circuit
10:00-10:15 AM	Cardio Blast
10:20-10:35 AM	Abs
10:40-10:55 AM	Fitness Fun
11:00-11:15 AM	Yoga
11:20-NOON	LUNCH & PRIZES



Salem Community Center
@The Armory

Mail form and entry fee to:

Fitness Center
 PO Box 190
 Salem, MO 65860

Phone: 573-739-1127
 E-mail:
director@salemfitnesscenter.org

Name _____
 Address _____
 Phone _____
 Cell phone _____

Email Address: _____

Signature _____ Date _____
 Signature of parent or guardian if under 18 years of age. _____ Date _____

Recognizing Obesity in Your Children

Susie Cahill, Fitness Director

Parents are in a prime position to ensure the future health of their children, and part of that means knowing when a child's health is at risk. Unfortunately, researchers from the University of Limerick in Ireland have determined that some mothers assess their children's weight status incorrectly.

Published in "Archives of Disease in Childhood" (2015; doi:10.1136/archdischild-2015-308721), the study included 7,655 mothers and their 9-year-old children. The goal was to understand each woman's perceptions of her own weight and her child's weight and compare these against actual measures.

The women fared reasonably well at categorizing their own weight status-their accuracy rate was 60%. However, they weren't very successful at recognizing obesity in their children. Only 17% of mothers with an obese child accurately assessed the child's status. Those who correctly categorized their own status as obese or overweight were more likely to be accurate about their child's weight than women whose self-assessments were incorrect.

"Open and honest discussions between health professionals and parents about the child's weight status should be encouraged," suggested study coauthor professor Clodagh O'Gorman in an press release, "together with practical strategies for helping the family maintain a healthy weight. Importantly, weight control measures aimed at children should be family-based and include all family members."

(From Idea Fitness Journal, January 2016 issue)

Resolutions Only Work If You Do

Kim Shelton, Community Wellness Coordinator

Every year, millions of people around the world make New Year's resolutions. The number one resolution made every year? To lose weight. Most people have a number in their head of how much they want to lose, but what happens more times than not is they fall off the wagon after a couple weeks. Why is that?

There's a saying that I love. "If you fail to plan, plan to fail". Going into the New Year with the desire to get healthier will not get you to your goal. There has to be a plan of action behind that desire. So what should your plan of action be? The specifics will be different depending on the individual, but there are some basics that are relatively universal.

Weight loss, though it can be difficult to achieve, is a pretty simple equation. You have to burn more calories than you consume. About 3500 calories equals a pound. Ideally, people should lose between 1 to 2 pounds a week to achieve a sustainable weight loss. The calories you need to consume daily will be dependent on age, height, weight, and activity level. There are multitudes of resources online that you can enter some basic information and it will tell you how many calories are right for you to lose weight at a healthy rate. Planning your meals can also drastically improve your likelihood of success. When you get home from a long day of work you are more likely to stick to your plan if you already know what you are making for dinner and already have all of the necessary ingredients. If you don't you are much more likely to binge on something unhealthy. Apps like My Fitness Pal can be helpful to track your calorie intake and workouts.

Speaking of workouts, how many times a week should a person workout? Studies show that we should work out a minimum of 3 hours per week with some sort of structured program. That means that going to the gym and aimlessly wandering around and doing a couple reps on every other machine probably won't do you much good. This goes back to "fail to plan, plan to fail". Getting with your local personal trainer to create a plan could do wonders for you. The Fitness Center @ the Armory offers free consultations with a personal trainer to get you off to the best start possible. Personal training sessions are also available. For some people home workouts work best. Whatever fits your lifestyle and schedule the best is fine as long as you have a plan of action and some form of accountability.

So go in to this New Year and make a change if you need to. Have a plan and come January 1st be ready to execute that plan. Have your grocery shopping done, gym membership purchased, or fitness program purchased. Tell someone who you know will hold you accountable about your goals and get to work!



FITNESS CENTER



January Birthdays

Sandy Nichols	1/1	Sue Long	1/19	Alivia Elliott	1/31
Shonda Wallis	1/1	Sheila Hampton	1/20	Eli Westerman	1/31
Robert Wofford	1/2	Yvonne Miller	1/20		
Doilline Camden	1/3	Susie Cahill	1/20		
Bill Koontz	1/4	Jason Brawley	1/20		
Roseann Bray	1/5	Deborah Moreland	1/21		
Jim Sample	1/5	Jeanie McElfresh	1/21		
Emily Green	1/5	Desirae Owens	1/22		
Jamie Homeyer	1/6	Linda Deason	1/24		
Matt Moncrief	1/11	Cynthia Coggin	1/25		
Philip Moss	1/12	Christine Tullock	1/27		
David Long	1/15	Keith Hellyer	1/27		
Fred Howard	1/15	Ella Hughes	1/29		
Amanda Stites	1/16	Annette Vest	1/29		
Austin Shelton	1/16	Bob Sieli	1/30		
Arin Sgroi	1/16	Cathy Brown	1/30		
Charlotte Crandell	1/17	Dennis Floyd	1/30		
Cynthia Nash	1/17	Josh Westerman	1/30		

**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

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@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!

