

Salem Community Center @ the Armory Newsletter

Salem Community Center
**@the
Armory**

January 2017

Salem Community Center @ the Armory and
the Fitness Center will be closed Monday,
January 2, for New Year's Day.

WISHING YOU A HAPPY NEW YEAR!!!

WHERE HEALTH,
EDUCATION &
COMMUNITY MEET



**HAPPY
NEW YEAR**

On Saturday, January 14, 2017, Council for a Healthy Dent County is hosting a “Strebe Strong” Lantern Festival. The event will be in celebration of the homecoming of Kirsten and Elias Strebe after their tragic car accident in late October. The Strebe siblings have overcome great obstacles and continue to make tremendous strides. The Lantern Festival is an opportunity for the community to come together and celebrate the miracles, that they are, join in support for the family, and an opportunity to write your biggest wishes, boldest prayers, and anything else you may want and send it up to the sky. 100% of the net proceeds will go directly to the Strebe family. Tickets are \$25 if purchased in advance and \$35 at the door. Included in that price is a lantern, marker, lighter, and “Strebe Strong” mug that will grant you unlimited hot chocolate at the event. Only the first 200 registrants will receive a mug. Registration begins at 5 PM at the Salem Community Center @ the Armory and lift off will be at 6 PM on the City Park softball field. Payments can be made at the Salem Community Center @ the Armory or online at strebestrong.eventbrite.com. For more information on the event or if you are interested in being a sponsor please call 729-8163 or email at kelsey@salemcommunitycenter.org.



Strebe Strong Homecoming Lantern Festival

Spoiler alert: Everything will be okay.
Help us welcome home the Strebe family
by lighting up the sky

Saturday, January 14th

**Packet Pickup &
Event Day Registration at 5:00pm**
Salem Community Center @ the Armory
1200 West Rolla Road, Salem, MO
Lift off at 6:00pm
Softball Field

Pre-Registration \$25

Includes lantern, lighter, and a marker

Payments can be made at the Salem
Community Center @ the Armory or
online at strebestrong.eventbrite.com

First 200 to register will receive a
“Strebe Strong” keepsake mug

Event Day Registration \$35

All proceeds go to the Strebe family

For more information call 729-8163

Event organized by Healthy Dent County



5 Simple Steps to a Healthier You in 2017



Kim Shelton, Community Wellness Coordinator

1. Cut out the sugary sweetened beverages and drink more water. As simple as it sounds, it is also so important. Our bodies are largely made up of water and when we don't consume enough it drastically affects the way our bodies function. For instance, without the proper amount of water our kidneys are unable to flush toxins out of our bodies. Water also helps our bodies transport nutrients, reduce migraines, increase energy, and increase our metabolism.
2. Eat more colors. It is important to that you are consuming a variety of nutrient dense foods. Fruits and vegetables that are darker and more vibrant in color generally are the densest in nutrients. When building your plate, look to see if it is colorful or more monotone. If it is monotone, especially in browns and yellows, it is likely that it's not a very healthy or well-balanced meal.
3. Move more. Obvious I know, but consider just making an effort doing small things. So many people jump on and off the bandwagon too quickly because they try to take on too much at once. You don't have to go from not working out to hitting the gym everyday (even though you certainly can). Try parking at the back of the parking lot instead of driving around for 10 minutes trying to find the closest spot. Or take up one new fitness class a week. Even just taking the dog out on a daily walk. The little things can add up and it may also give you the confidence to take on more.
4. Go by the 80/20 rule. Eat healthy at least 80 % of the time and you don't have to feel guilty about the 20% that you treat yourself. This helps to avoid giving up as well. If you allow yourself to eat the things you are craving, just in the correct portions, you are less likely to fall off the wagon completely.
5. Reward yourself for small accomplishments. Don't wait until you've reached your final goal to reward yourself. Celebrate the small victories along the way. Even with things as small as a new piece of clothing for every 10 lbs lost or whatever your goal may be. Allow yourself to enjoy the journey.

Though these things may sound common sense, try being intentional about these small changes. They may just lead to the healthy lifestyle you've been wanting to get into for a long time now. You don't have to go from one extreme to the other. One step at a time and one day at a time.

Healthy Dent County Fitness Center

Self-Defense Class For Women



Instructor: Troy A. Hardwick
Dates: January 9, 16, 23, & 30th
Time: 6:00 p.m.
Price: \$45.00 regular price or \$35.00
discount price for Fitness Center Members

This Self-Defense Course is designed to help females become more aware, prepared, and ready for any situation that may occur in everyday life.

Course will consist of 4 Mondays in January. Each lesson will be approximately 1.5 hours long. Course is taught by Troy A. Hardwick, Retired, 20 year Army Special Agent and Self Defense Instructor.

HDC Fitness Center
1200 W. Rolla Road
Salem, MO 65560

Call 573-739-1127 or email
director@salemfitnesscenter.org to
register for class.

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HDC FITNESS CENTER 2K17

TEAM CHALLENGE

"IT TAKES TWO"
PARTICIPANTS PAIR UP FOR A GREAT CARDIO WORKOUT

If you're looking for a new way to add interest to your workout, double the fun with partner drills. In this intense interval workout, drills consist of a 1 minute work effort, a 30 second active recovery, and then a 2nd 1 minute work effort. The active recovery is a quick series of sculpting moves designed to bring down the intensity while sculpting the body.

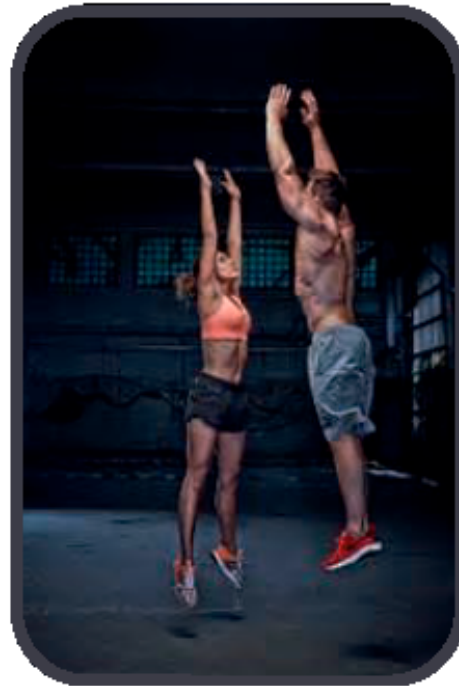
During the challenge rounds, one partner tries to meet or beat the other's reps to win the round. This unique class encourages interaction, competition & cooperation.

Dates: FEBRUARY 6, 13, 20 & 27 (Monday evenings)

Time: 6:00 PM

Team Cost: \$45 regular price or \$30 discount price for Fitness Center Members

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



Salem Community Center
@the Armory

Mail form and entry fee to:

HDC Fitness Center
1200 West Rolla Road
Salem, MO 65860

Phone: 873-739-1127
E-mail:
director@salemfitnesscenter.org



Name _____
Address _____
Teammate Name: _____
Cell phone _____

Email Address: _____

Signature _____ Date _____

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



FITNESS CENTER



January Birthdays

Tom Haines	1/1
Sandy Nichols	1/1
Shonda Wallis	1/1
Rob Wofford	1/2
David James	1/2
Doilline Camden	1/3
Jack Conner	1/3
Bill Koontz	1/4
Roseann Bray	1/5
Brenna Clark	1/5
Jamie Homeyer	1/6
Kyle Williams	1/7
Lisa Martin	1/11
Annette Hemken	1/11
Matt Moncrief	1/11
Gary Garrett	1/12
Lyndsey Parker	1/12
Brian Mink	1/13

Samantha A Anderson	1/13
Kim Richmond	1/14
David Long	1/15
Junior Howard	1/15
Sue Hubbs	1/15
Austin Shelton	1/16
Charlotte Crandell	1/17
Kelly E Ramsey	1/17
Bill White	1/18
Sue Long	1/19
Mitzi Johnson	1/19
Sheila Hampton	1/20
Susie Cahill	1/20
Jason Brawley	1/20
Jeanie McElfresh	1/21
Barb Sanders	1/22
Desirae Owens	1/22
Brittany Shepherd	1/26

Dianne Borg	1/27
Christine McElvy	1/27
Ty Conley	1/27
Faye McWhorter	1/28
Ella Hughes	1/29
Annette Vest	1/29
Bob Sieli	1/30
Cathy Brown	1/30
Dennis Floyd	1/30
Josh Westerman	1/30
Eli Westerman	1/31

Visit our Fitness Library!

Workouts available to use in the classroom:

- High Energy Series –Abs, Thighs & Glutes
- Jane Fonda's Workout Challenge
- Crunch Fitness Dance Party DVD
- P90X DVD's
- Exhale Core Fusion-Pilates Plus, Body Sculpt & Thighs/Glutes
- Core Secrets
- Piyo
- Jari Love-Extremely Ripped
- Biggest Loser Cardio Max

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.

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.
- Kickboxing- 5:30 p.m.
- Pilates—6:45 p.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.
- Pilates—12:15 p.m.



Health & Wellness

Fitness & Cardio Room Hours (non-holiday):

- 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

MARK YOUR CALENDAR



2017 SMDH Health Fair Wednesday, February 8, and Thursday, February 9, beginning 6 AM to 9 AM



Salem Community Center
@the Armory

Salem Community Center @ the Armory

PO Box 190
1200 West Rolla Road
Salem MO 65560

Phone: 573-729-8163

Fax: 573-729-8393

Fitness Center: 573-739-1127

Email:

info@salemcommunitycenter.org

info@salemfitnesscenter.org

Find us on the web:

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

**Reserve your space now @ The Armory for
family reunions, wedding receptions, work-
shops,
conferences, and many more events.**

****BOOK YOUR NEXT EVENT WITH US****

