

Salem Community Center @ the Armory Newsletter

Salem Community Center
**@the
Armory**

April 2017



AARP Tax Aid Filing Assistance
Volunteers for AARP will be conducting free tax filing assistance at the Salem Community Center @ the Armory computer lab. This free tax filing assistance will continue every Friday until April 14th. Appointments can be made by calling 729-8163.

Business Expo 2017

The 2017 Business Expo, presented by Salem Area Chamber of Commerce, will be held 9 a.m.–12 noon April 22 at the Salem Community Center @ the Armory. The annual Expo is free to the public. For more information, contact Tabatha at the Chamber of Commerce 573-729-6900
chamber@salemco.com

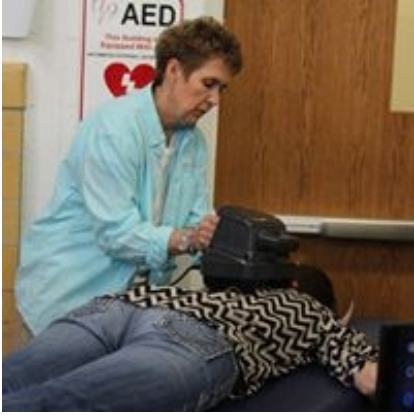


2017 GIRLS' NIGHT OUT



Photos by Catherine Wynn,
Salem News

2017 GNO had an approximate total attendance of 550. The annual Girls' Night Out event featured 50 vendors, raising \$4000.



BENEFITS OF UPPER BODY ERGOMETERS

Susie Cahill, Fitness Director



Upper Body Ergometers (UBE'S) are designed for you to strengthen and condition your upper body, as well as get a cardiovascular workout, by only using your arms. Not only are UBE'S used in rehabilitation settings, but they are also widely used by athletes. There are many benefits to incorporating them into your fitness routine.

- **FLEXIBILITY**—The shoulder joint has greater range of motion capability than any other joint in your body. Flexibility is important because it enables your arms to perform all kinds of activities such as pushing, pulling, reaching and lifting.
- **IMPROVE CORE STRENGTH & STABILITY**—The upper body rotary motion fires core stabilizing muscles, strengthening the abdominal and back muscles.
- **ALTERNATIVE STRENGTH TRAINING**—UBE's can be used as a safe and simple strength program. As a bonus, it can save you time since it combines cardio & strength segments in one complete workout.
 - **GIVE YOUR LEGS A BREAK**—UBE's allow users to perform a portion of their exercise without additional stress on the lower body.
 - **STAY FIT WHILE INJURED**—UBE's provide a safe way to stay fit while recovering from a lower body injury.
 - **CYCLISTS & RUNNERS**—The UBE can supplement a workout and reduce the risk of injury from repetitive strain or overuse.
 - **UPPER BODY WARM—UP** - 5 minutes on the UBE, changing directions every 30 seconds, warms up and prepares the shoulders for a heavy upper body workout with weights.
 - **SPORTS PERFORMANCE**—By adding the upper body cardio to a workout routine, an individual can improve overall performance.



We now have an Upper Body Ergometer available at the Fitness Center for our members to use.

Win With Water



Kim Shelton, Community Wellness Coordinator

Three years ago, our community made a commitment to create more opportunities for families to eat healthy and be active. Through a partnership with Missouri Foundation for Health's Healthy Schools Healthy Communities (HSHC) initiative, we have made many positive changes throughout our schools and community. This includes improving park equipment, improving the community garden, and implementing Double Up Food Bucks at the Farmers' Market. As part of this effort, we are also working to help families and kids to drink plenty of water, which is an important part of maintaining a healthy weight. Water is packed with lots of benefits for growing children. It helps improve cognitive function and energize muscles so kids can learn and perform better at school and on the field. Increasing access to drinking water in the community is a priority as well. Across our community, we want everyone to Win with Water! We have installed several water bottle filling stations throughout the schools and the community. This is just one of many steps taken to encourage kids and community members to make water their first choice when it comes to drinks. We know these changes are critical to the health of our young children. Often times I am asked how much water kids and adults need to stay hydrated. A good rule of thumb is to let thirst be your guide. The daily amount of water that a child needs can depend on their age, weight, and gender. Usually the range is about 5 to 8 cups of water per day. The list of reasons that you can win by drinking water is really endless, but my top three favorites are:

1. Tap water is free. Your family can save money by choosing water, especially when dining out.
2. Water doesn't contain any calories so you can quench your thirst without added calories. (It can take over an hour to walk off a 12 oz. bottle of soda and almost two hours to walk off a 15 oz. bottle of juice!)
3. Water helps keep skin healthy and looking good. Not drinking enough water can make your skin look dry, flaky, and wrinkled. There's no question about it—water is a clear winner.

And as a community, we have our work cut out for us. You can begin by setting a positive, healthy example for our growing children by choosing water with your meals and using refillable water bottles when you are on the go.

Let's teach our children what it means to Win with Water!



April Birthdays

Claudia Sullivan	4/1
Tina Nash	4/1
Wala Abbas	4/1
Kris Schwartz	4/1
Mark Sisco	4/2
Karla Tiefenthaler	4/3
Lisa Godi	4/3
Aimee LaRue	4/3
Candi Mathes	4/4
Ted Ziske	4/5
Gwendolyn Wakefield	4/5
Chrissy Decker	4/5
Kristen Ragsdale	4/5
Denise Plaggenburg	4/6
Romona Stone	4/6
Danelle Roos	4/8
Sally Roberts	4/12
Steve McAnally	4/13

Jeremy Steelman	4/13
Lucy Shanor	4/14
Catherine Wynn	4/14
Nickolas Fulton	4/15
Tina Westerman	4/16
Toby Owens	4/16
Kala Trolinger	4/19
Elizabeth Fernandez	4/19
Brittany Crocker	4/21
Phyllis McKinley	4/24
John Wisdom	4/24
Randall Vaughan	4/25
Jessica Parker	4/25
Erin Brown	4/25
Juana Covarrubias	4/25
Noah Heisler	4/25
Amanda Mack	4/27
Shannon Sites	4/28



Jennifer Bass	4/28
Aaron Loker	4/28
Christian Steelman	4/28
Jessica Parks	4/30
Derrick Shaw	4/30



**IF YOU'RE
TIRED OF
STARTING
OVER, STOP
GIVING UP.**



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

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.

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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Email:

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info@salemfitnesscenter.org

Find us on the web:

salemcommunitycenter.org



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

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, workshops, conferences, and many more events.

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

