

FITNESS FORUM

Welcome!

Welcome to the first issue of the Fitness Forum. The purpose of this quarterly newsletter is to keep our patrons up to date about what is happening in the Fitness Center at the DCRC. In these newsletters, you will find information regarding group fitness classes, fitness challenges, MYZONE, employee and member spotlights, health and wellness tips, and more! You can find copies of these at the check-in desk, online, or even through your email.

Fitness Center Hours

Monday - Friday: 5:30 am - 9:30 pm

Saturday: 8:00 am - 8:00 pm

Sunday: 8:00 am - 8:00 pm

Want to be added to the email list?

Email Pat Casto at pcasto@dublin.oh.us and you will receive the monthly Fitness Forum.



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Instructor Spotlight

Sally Gill Group Fitness Coordinator

Sally has 25+ years in the Fitness Industry and 20 of those here at the Rec! As Group Fitness Coordinator, Sally is responsible for all instructor scheduling, group fitness instruction, and small group fitness training. In addition, Sally certifies instructors, assures leading edge quality programming and promises superior service to members and guest of the Rec. In addition to her Group Fitness Coordinator role, Sally keeps a packed instruction schedule as well!

Sally is certified in multiple classes including: TRIBE, Spinning, Group Fitness, Small Group Fitness, Kick Boxing, PiYo, Turbo Kick, Tabata, and Barbell. Fun Facts: Loves to: hike, work out, spend time with family, work with seniors, has a positive outlook on life!

New Group Fitness Classes

- Total Body Boot Camp
Tuesday & Thursday @ 12:00pm with Mike
- Pound
Tuesday @ 7:30pm with Tabatha
Sunday @ 4:15pm with Sonia
- Cardiokick
Tuesday @ 5:30pm with Abby
- L.I.S.T.
Friday @ 8:15am with Courtney

Class Updates

- Spinning will now be a drop-in class and spinning passes must be used.
 - Spin10 - (10 classes for \$80) 4-MONTH EXPIRATION
 - Spin Unlimited - \$50/Month
 - 1 time spin class - \$10



SERVICES

Personal Training

A certified personal trainer can help you sift through health and fitness information and provide on-going motivation. DCRC annual pass holders may use a personal trainer from a list of sanctioned trainers.

Personal Training & Wellness Coaching

The wellness coaching sessions provide the opportunity to discover your ideal self in all areas of health and wellness including exercise, nutrition, weight management, energy, sleep, and life satisfaction. With the personal training and health coaching option, you meet weekly to receive guidance and motivation in the area of exercise and activity.

Ask the Personal Trainer

By Sarah Bedell: *Sarah is a certified personal trainer through the American College of Sports Medicine and studying Exercise Science at Otterbein University.*

Should I be incorporating resistance training into my workout routine? What are the benefits?

As we age we tend to lose lean muscle mass. Incorporating resistance training into your routine will help maintain and combat the loss of muscle mass by increasing muscular fitness. This form of training can also help delay osteoporosis by augmenting bone mineral density. Other benefits of regular resistance training include decreased risk of heart disease by lowering body fat, decreased blood pressure, improved cholesterol levels, and help improve balance.

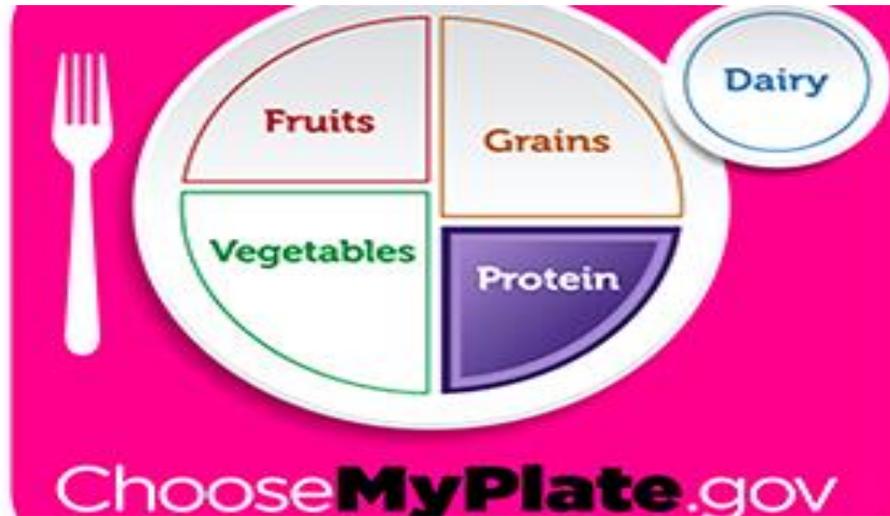
What are the guidelines for resistance training?

- These are the guidelines from the American College of Sports Medicine:
- Train each major muscle group 2 days a week, with at least 48 hours between resistance training sessions.
- 2-4 sets of 8-12 repetitions for trained adults or 1-2 sets of 10-15 repetitions for untrained older adults.
- Choose 8-10 exercises to target all major muscle groups. Here are some examples: chest press, lat pull-down, bicep curl, tricep extension, ab crunch, leg extension, leg curl (see picture below)

Source: Michael R. Esco, Ph.D., HFS, CSCS*D. (n.d.). *ACSM Information on: Resistance Training for Health and Fitness* [Brochure].



NUTRITION



Fruits - Focus on whole fruits

Include fruit at breakfast! Top whole grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.

Fruits can help you satisfy your sweet cravings. Make it fun with a fruit kabobs using bananas, apples, pears and orange sections.



Vegetables - Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.

Make each meal colorful by adding red, dark-green, yellow, or orange vegetables to your plate. Use dark leafy greens, like romaine lettuce and spinach, to make salads. Add red and orange veggies for extra color and nutrition



Grains - Make half your grains whole grains

Add brown rice to your stir-fry dishes! Combine your favorite veggies and protein foods for a nutritious meal!

Use whole grain bread when making a sandwich. If you choose refined grain bread, make sure it's enriched by checking the ingredient list. Pack a whole grain snack for work, or when you're on the go. Whole grain cereal or crackers and plain popcorn are great choices!



Healthy Resources

What's Cooking at:

<https://whatscooking.fns.usda.gov/>

This USDA website provides awesome ideas on:

⇒ *Cookbooks*

⇒ *Recipes*

⇒ *Eating on a Budget*

⇒ *Seasonal*

Produce Guide

⇒ *Cooking for Kids*



Protein - Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.

Make colorful kabobs with your favorite protein foods and veggies! Enjoy the kabobs grilled or roasted.

Serve seafood twice a week - it's simple! Make patties with canned salmon, crab, or tuna, or use them on a seafood sandwich.



Dairy - Move to low-fat or fat-free milk or yogurt

Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups.

Be a role model! Parents and caregivers who drink milk and eat dairy foods show kids that it is important for their health.

Leave room for some milk in your morning caffeine routine. Make or order your coffee, latte, or cappuccino with low-fat milk.



Limits - Drink and eat less sodium, saturated fats and added sugars

Tips for Salt and Sodium: Taste your food before you reach for the salt shaker. Spices and herbs are a great way to add extra flavor.

Cook at home! Preparing your own food helps you decide the amount of salt used in meals.

Tips for Saturated Fats: Trim visible fat from meat before cooking, or remove the skin from poultry to reduce saturated fat.

Try a bean chili or roll up a tortilla with hummus and veggies for a low saturated fat meal.

Tips for Added Sugars: Help kids learn about added sugars in foods. Read the ingredients and Nutrition Facts label and compare different foods together.



FITNESS ATTENDANT II SPOTLIGHT

Gyasi Gyamerah



Started at DCRC: Sept 2016 - 2.5 years total

What he enjoys most about working at the DCRC: Team/Co-worker interaction

What others say about Gyasi:

“Takes great pride in his work”

“Role Model and Leader”

“Always helpful and willing help solve any issue”

When Gyasi is not working at the Rec, he is in school studying Computer Science with a projected graduation date of Spring 2021. In addition to his full time life of school and work, he is a Youth Leader each summer at the OSU Life Sports Camp. Kids from all over the state are able to embark on sports and social experiences facilitated by professionals like Gyasi. Gyasi is truly impacting the lives of our youth of America.

Fun Facts about Gyasi: He enjoys watching all sports, especially basketball, he loves hiking and playing Frisbee.

Ask him about: Music production and his hat collection with “G” logos





MYZONE Activity Tracker

What is it?

Myzone is an innovative wearable heart rate based system that uses wireless and cloud technology to accurately and conveniently monitor physical activity.

Who is it for?

Anyone who wants an accurate and motivating wearable fitness tracker. Myzone monitors heart rate, calories and time exercising that convert into Myzone Effort Points (MEPs), with a focus on rewarding effort rather than fitness.

How is it different than a Fitbit, apple watches, or other wrist trackers?

Myzone has an app and unique point system measures what matters—exercise effort. . The point system called MEPs measure “time x intensity = effort”. This measurement creates a level playing field for all users no matter age, weight or gender. Myzone is able to accurately track a wide variety of exercise movements. Because the chest strap is 99.4% accurate to an EKG machine, every effort counts.

Where is my exercise data displayed?

You can view your data on your smart phone through the app and on the display monitors in both fitness studios and the cardio space. If you are wearing a belt during a group fitness class, you can see your heart rate zone, MEPs and how you rank among the group

Can I try one out?

Yes! The Fitness Department provides demo belts for members to try out during their group fitness class or workout for free. Stop by the group fitness check-in desk to ask a fitness attendant for one!





Earn rewards and stay motivated by joining Fit52 2019, a new points system for Dublin Community Recreation Center members. Fit52 helps you achieve health goals and work toward a healthier lifestyle—52 weeks a year.

DCRC members and group fitness pass holders who join this program have the opportunity to earn 1 point every time they scan in for a class, come in to work out, or participate in a DCRC activity such as walking on the track, playing basketball, or swimming. Program participants for programs such as Hatha Yoga, Pilates, or Small Group Training can also earn points but they must be a DCRC member and scan in at the check-in desk. Points will be tracked on a monthly basis and if you come in 8 times per month, you can rank-up to a higher status. Consecutive months are not required, although to reach Hall of Fame status, you must earn 8 points each month.

To register visit: <https://dublinohio.wufoo.com/forms/k1d5f1o31ata283/>

Ranks and Months Needed to Rank-Up

Rank	Months @ 8+ points
Bronze	1
Silver	2
Gold	4
Iron	6
Platinum	8
Diamond	10
Hall of Fame	12

T-shirt will be rewarded to those who reach Iron, Platinum, Diamond, and Hall of Fame status. Each of these ranks has their own unique shirt color. When you get yours, wear it around to let people know of your accomplishment!

Contact Us

Give us a call for more information

Dublin Community Recreation Center
5600 Post Road
Dublin, OH 43017

(614)-410-4550

24-Hour Information Hotline:
(614)-410-4946

Visit us on the web at:
dublinhiousa.gov

