

SPECIAL EDITION **FITNESS FORUM**

Welcome!

Welcome to a ***Special Edition 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 typically find information regarding group fitness classes, fitness challenges, MYZONE, employee and member spotlights, health and wellness tips, and more! In this Special Edition, we'll help support you in your fitness needs and goals as you and your family ***Stay at Home***.

Fitness Center Hours

The DCRC is closed while we follow the Governor's Stay at Home Order

Want to be added to the email list?

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

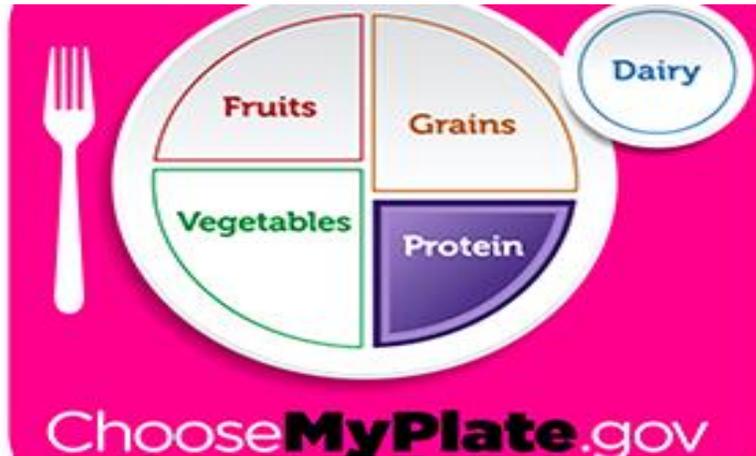


In This Issue

- Nutrition reminders
- Past Favorite Recipes
- Previous popular workouts
- Pyramid Workouts
- Teen Workouts
- My Zone Update
- Zone Match How To
- Fit52 Update



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.



FAVORITE RECIPES FROM 2019

Apple Cranberry Salad Toss

This refreshing salad combines sweet and savory into one! Walnuts, apples, and cranberries electrify this recipe with full fall flavors. Prepare for a gathering as a side salad or as an entrée with protein added in. With only a few ingredients and instructions, this is perfect to make on the go or when in a time crunch. Feel free to mix up or swap any of the ingredients!

Ingredients

- 1 head of lettuce (about 10 cups)
- 2 apples (medium, sliced)
- ½ cup walnuts (chopped) – great healthy fat!
- 1 cup dried cranberries
- ½ cup green onion (sliced)
- ¾ cup vinaigrette dressing

Instructions

1. Toss lettuce, apples, walnuts, cranberries, and onions in a large bowl.
2. Add dressing; toss to coat. Serve immediately.
3. Additional Add-ins
4. Grilled chicken or tofu for protein to make a salad entree
5. Don't like green onion? Add ½ cup of cucumber for a refreshing crunch
6. Mix it up with orange, raspberry, or apple vinaigrettes



Sweet Potato Hash with Egg

The unique hash is made with sweet potatoes sautéed with chicken sausage, onion, bell pepper and garlic. Top with a pan-fried egg for a delicious breakfast.

Ingredients

- 2 large sweet potatoes
(cut into cubes, about 4 cups)
- 1 cup water
- 1 tablespoon vegetable oil
- 2 chicken sausages
- 1 small yellow onion (peeled, diced)
- 1 bell pepper (cored, diced)
- 2 clove garlic (peeled, minced)
- 4 large eggs



Instructions

1. Put sweet potatoes and water in a skillet and bring to a boil over high heat.
2. Reduce heat to low and cook about 20 minutes, stirring occasionally, until the water has been absorbed by the sweet potatoes.
3. Add oil, sausage, onion, bell pepper and garlic to the skillet with the sweet potatoes. Cook about 20 minutes, stirring occasionally, until the onion is lightly browned and the sweet potatoes are tender.
4. Divide the hash between 4 plates and return the skillet to the stove.
5. Reheat the skillet over medium high heat and when it is hot, add the remaining 1 teaspoon oil.
6. Add the eggs, one at a time, and cook about 3-5 minutes until the whites are solid and the yolks begin to thicken but are not hard. Flip the egg and cook for one more minute.
7. Top sweet potato hash with an egg and serve right away.



Super Smoothie

This refreshing and satisfying smoothie would make a great breakfast, snack, or post workout meal. With only a few ingredients, this is perfect to make on the go or when in a time crunch. Feel free to mix up or swap any of the ingredients!

Ingredients

- 1 banana (freeze the banana before to make it creamier)
- 1 cup of frozen fruit (blueberries, strawberries, raspberries, etc.)
- ½ cup of Greek yogurt (great source of protein)
- 1 tbsp. of chia seeds (great source of fiber, omega 3s, protein, and loaded with antioxidants)
- 1 cup of liquid of choice (Skim milk, almond/cashew milk, coconut milk, oat milk, coconut water, or just water)
- Ice for consistency
- Handful of spinach or kale (You won't taste it!)
-

Instructions

1. Add all of ingredients into blender, with spinach or kale being the last thing added
2. Blend until smooth or at desired consistency
3. If smoothie is too thick, add more liquid
4. If smoothie is too thin, add more ice
5. Pour into glass and enjoy
6. Additional Add-ins
7. Scoop of protein powder for additional protein
8. Don't like banana? Add ½ cup of oats to make the smoothie more filling.
9. Garnish smoothie with additional berries, granola, and nut butter



PHYSICAL FITNESS 101



American College of Sports Medicine: General Principles of Exercise

The ACSM advocates the exercise of healthy adults. The exercise program should be individualized and complete to include all the components of exercise for health gains. The individual should begin every exercise session with a warm up, end with a cool down, and spend at least ten minutes stretching. The exercise portion should be at least 20-60 minutes long. Health benefits can still be gained if the exercise portion is broken into smaller increments of time, lasting at least 10 minutes each, and repeated throughout the day to accumulate 20-60 minutes of overall time.

A variety of exercise modes should be included in the program (For example: Jogging, sprinting, walking, lifting, swimming, biking, etc.). Exercises should aim to improve all the components of physical fitness, including cardiovascular fitness, muscular strength and endurance, flexibility, balance and agility, and body composition. By including all these components, the individual makes more wholesome fitness gains and decreases the risk of developing overuse injuries.

The program should be designed to meet the individual's needs, goals, abilities, and current health status. Consider his/her available time, space, equipment and overall goals for exercise when developing the program. Every program should include exercises ranging from moderate to vigorous, and include a muscular strength and endurance component. The table below shows general recommendations for frequency of which these types of exercise should be done. The individual can and should combine more than one type of exercise on one day. For example, they can exercise at moderate intensity for 20-60 minutes and do some sort of muscular strength and endurance training on one day. Or the individual can exercise at a moderate intensity for 30 minutes followed by 20 minutes of vigorous intensity.

General Exercise Recommendations for Healthy Adults	
Weekly Frequency	Type / Intensity of Exercise
At least 5 days per week	Moderate Intensity
At least 3 days per week	Vigorous Intensity
2-3 days per week	Muscular Strength and Endurance (Resistance training)



RESISTANCE REMINDER



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].



FAVORITE WORK OUTS FROM 2019



HIIT IT OUTDOORS

Take advantage of the warm weather and try out these workouts in your backyard, driveway, or in the park!

Warm up: 5-10 min Jog/walk

1:00 minute Jump Ropes

:30 Split Squats

:30 Push ups *

:30 V-ups

1:00 Squat Jacks

: 30 Curtsey Lunges

:30 Mountain Climbers*

:30 Plank Hold *

1:00 High Knees

:30 Glute Bridges

:30 Tricep Dips

:30 Russian Twists

-Rest 15-30 seconds between exercises

-Repeat 1-3 times through

Park Bench Workout

Forward Step Ups

Incline Push Ups

Bench Jumps

Tricep Dips

Incline Mountain Climbers

Side Step Ups

Toe Taps

Incline Push Ups

Single Leg Sit and Stand

-Perform each exercise for 30 seconds

-Rest with 1 minute between sets

-Repeat 3 times

Set 1

15 Burpees

20 Walking Lunges

25 Squat Jumps (or regular Squats)

:30 second Plank

Set 2

15 Pushups

20 Mountain Climbers

25 Russian twists

:30 Second V Hold

Set 3

15 Skiers

20 Split squat jumps

25 Plank Up Downs

:30 Second Flutter Kicks

-Rest 1 minute between sets

-Repeat 1-3 times.



“SPELL YOUR NAME” WORKOUT

Spell out your full name and repeat as many times as you'd like! Easy, fun and challenging body-weight only exercises.

- A- 50 JUMPING JACKS**
- B- 20 CRUNCHES**
- C- 20 SQUATS**
- D- 15 PUSH UPS**
- E- 10 BURPEES**
- F- 45 SECOND PLANK**
- G- 30 RUSSIAN TWISTS**
- H- 15 SQUAT JUMPS**
- I- 10 LUNGES EACH LEG**
- J- 30 SECOND HIGH KNEES**
- K- 10 SKATERS EACH SIDE**
- L- 30 SECOND SIDE PLANK EACH SIDE**
- M- 30 MOUNTAIN CLIMBERS**
- N- 10 DONKEY KICKS EACH LEG**
- O- 15 TRICEP DIPS**
- P- 5 JUMP LUNGES EACH SIDE**
- Q- 10 CURTSY LUNGES EACH SIDE**
- R- 10 FIRE HYDRANT KICKS EACH LEG**
- S- 2 MINUTE WALL SIT**
- T- 20 SUMO SQUATS**
- U- 10 BACKWARD LUNGES EACH LEG**
- V- 20 ARM CIRCLES**
- W- 20 CALF RAISES**
- X- 20 LEG RAISES**
- Y- 30 BICYCLES**
- Z- 10 PLANK REACH UNDERS EACH ARM**



KIDS 7-MINUTE HIIT WORKOUT

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do it with your kids!
Complete as many as you can!



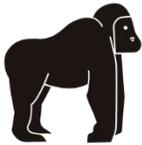
FROG JUMPS

Hop, Hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high – walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide



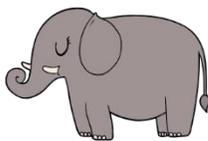
CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can

Manal, et al. "Improve Emotional Regulation In Just 7 Minutes Per Day." *Raising An Extraordinary Person*, 24 Oct. 2019, <https://hes-extraordinary.com/improve-emotional-regulation-just-7-minutes-per-day?fbclid=IwAR2jw1N3matF9ex6lUco-62uepuSRjsHChX-FDLHDYAIT8Tn7HkE44yY0Bo>.



FLIP A COIN WORKOUT

Flip a coin.
Do the assigned exercise for one minute.

Complete 3-4x through.

HEADS	TAILS
Burpees	Mountain Climbers
Crunches	Toe Touches
Squats	Lunges
Plank Knee Tucks	Forearm Plank
In and Out Jump Squats	Scissor Jumps
Russian Twists	Leg Lifts
Skater Lunges	Calf Raises



PYRAMID WORKOUT #1

By Courtney Johnson, CPT

1 - 30-60 second wall sit

<https://tinyurl.com/vz9w2fj>

2 - 30 second side planks (30 sec R, 30 sec L)

<https://tinyurl.com/upv9klm>

3 - Star or Tuck Jumps

<https://tinyurl.com/lrffars>

4 - Burpees

<https://tinyurl.com/n7hoseu>

5 - Squat jumps

<https://tinyurl.com/y7utq4yx>

6 - Inchworm push-ups

<https://tinyurl.com/wmgnd9b>

7 - Tricep dips

<https://tinyurl.com/h3rut67>

8 - Mountain climber *make it mountain climber burpees

<https://tinyurl.com/q5asj86>

9 - Power skips or Lunge kicks (each side)

<https://tinyurl.com/udomoev>

10 - Bicycle crunches (each side)

<https://tinyurl.com/jx8u3z9>

11 - Windshield wipers

<https://tinyurl.com/y2dyt6c6>

12 - Bird dogs (each side) *make it a plank bird dog (rather than on your knees)

<https://tinyurl.com/sgewarf>

How to perform the workout: Perform the workout in a ladder.

For example:

Round 1 -- 1 wall sit

Round 2 -- 2 side planks, 1 wall sit

Round 3 -- 3 star-tuck jumps, 2 side planks, 1 wall sit and so on



PYRAMID WORKOUT #2

By Courtney Johnson, CPT

1 - 30 second plank

<https://tinyurl.com/yav38yhl>

2 - Bear crawl (one distance = 1, down & back = 2)

<https://tinyurl.com/tfboj3p>

3 - Walking lunge, jump/hop, or walking side squat (one distance = 1, down, back, down = 3)

<https://tinyurl.com/wqf9hdo>

4 - 4 corner jump squats (no bands needed)

<https://tinyurl.com/w9qo7bh>

5 - Shoulder tap burpees (assume push up position, tap each shoulder diagonally and complete with a burpee)

<https://tinyurl.com/wdvzhwf>

6 - Squat jacks

<https://tinyurl.com/s68h6zb>

7 - Push-up burpees

<https://tinyurl.com/t5qvcq7>

8 - High switch kicks

<https://tinyurl.com/ujeynqd>

9 - Plank rotations

<https://tinyurl.com/qm52auv>

10 - V-ups

<https://tinyurl.com/nulm8qn>

11 - Sit-up and punch (punch across your body R and L at top of sit-up)

<https://tinyurl.com/oa9tww2>

12 - Side plank dips (each side)

<https://tinyurl.com/t4w6t8z>

How to perform the workout: Perform the workout in a ladder.

For example:

Round 1 -- 1 30 sec wall sit

Round 2 -- 1 30 sec wall sit, bear crawl down & back

Round 3 -- 1 30 sec wall sit, bear crawl down & back, 3 - walking lunge, jump/hop, or walking side squat (one distance = 1, down, back, down = 3 and so on...



TWEEN/TEEN WORKOUT #1

By Lauren Koenig, CPT

Warm-up - dynamic stretches (counts of 10) - arm circles, pogo hops, jumping jacks, high knees, butt kickers, and frankensteins (toe touches)

MINI CIRCUITS: 3 EXERCISES/30s WORK/15s REST- 3 SETS

Circuit 1

Standard plank (forearms or straight arms)
4 lateral high knees + burpee
Squats - (hold dumbbell over your head- optional)

Circuit 2

Bear plank
Pop Squats
Repeat reverse lunges - 10/side

Circuit 3

Straight arm plank + mountain climbers
5 jump jacks + 5 squats - repeat
Bicycle crunches

Speed/Agility

Set up 2 cones 20 ft apart. Sprint from cone A to cone B - X8 with 30s rest

Cool Down

[Static stretches](#)



TWEEN/TEEN WORKOUT #2

By Lauren Koenig, CPT

Warm-up - dynamic stretches (counts of 10) - arm circles (forward and backward), pogo hops, jumping jacks, high knees, butt kickers, and frankensteins (toe touches)

MINI CIRCUITS: 3 EXERCISES/3 SETS

Circuit 1

Plank Jacks - 15

Legs raised + hold - 15-20s

Squat jumps - 10

Circuit 2

Pushups (regular or on knees) - 10+

Sit ups/crunches - 20

Lunge Jumps - 8-10/side

Circuit 3

Straight arm plank + shoulder taps (keep legs at a wide stance) - 15/side

Power skips - 20/side

Heel touches - 20/side

Speed/Agility

Set up 2 cones 20 ft apart.

1. Sprint to cone and back
2. Side shuffles - switch directions on return
3. carioca/grapevine - switch directions
4. Sprint...rest 1 min and repeat 2 more times.

Cool Down

[Static stretches](#)



MYZONE REFRESH



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?

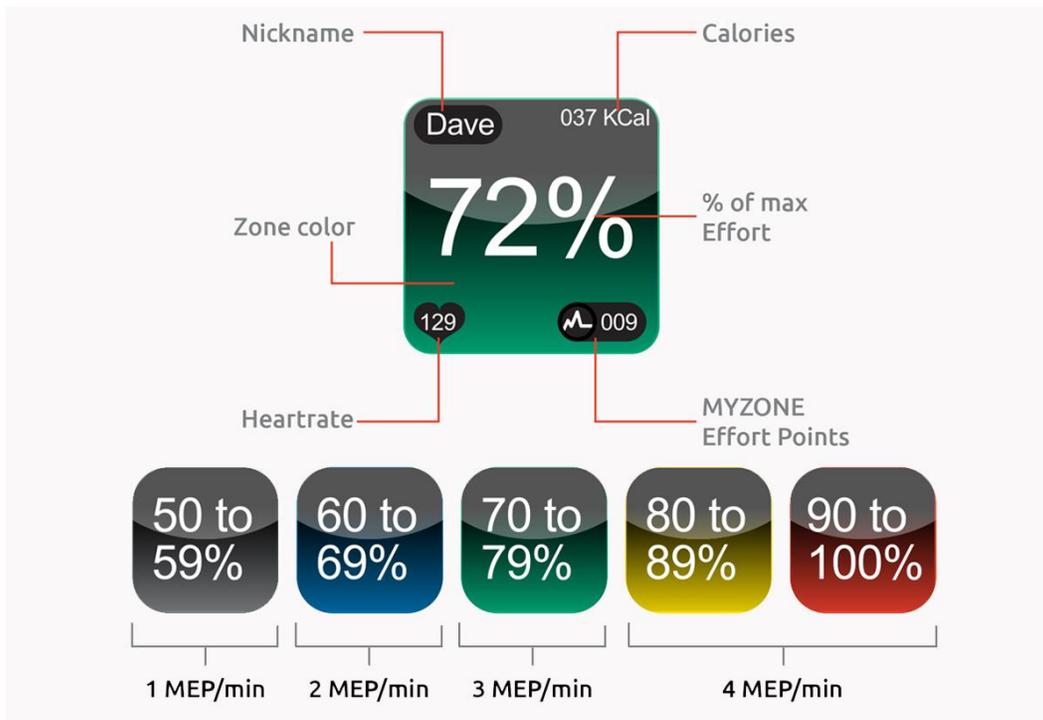
Yes! The Fitness Department provides demo belts for members to try out during their group fitness class or workout for free. Stop by the group fitness check-in desk to ask a fitness attendant for one!

How can I purchase one?

1. Order your MZ-3 belt
 - Go to myzone.org
 - Use the club code **DCRECUS001-EMS** to receive reduced pricing
2. Once the belt is received, download the App
 - Go to the APP store or Google Play store
 - Search for MYZONE
 - Register your MYZONE belt using the facility code **DCRECUS001**



MYZONE MOBILE



MYZONE ZONEMATCH

What is Zone Match? How do I find Zone Match?

Zone Match guides you through a **personal cardio experience** with the aim being to match your heart rate with the target zones. Throughout the class, your Zone Match score will display as a percentage of how closely you match your tile with the target color, 100% being the highest score you can achieve.

Click on **workout**, to the right of the main tile is a button with **ZM** on. Click this and select your preferred Zone Match. You can filter by duration by using the options at the bottom of the screen.

Will I get a Zone Match score if I don't finish the class?

Your Zone Match score will be displayed on your workout tile and updates in real time. If you do not finish the class however, your overall score will not be recorded.

Can I compete with other people?

This feature is not currently available in the Myzone app but any Myzone club can run Zone Match classes with multiple people competing.

Why can I not get into the **Red Zone**?

It is important that your **Max Heart Rate** is as accurate as possible to ensure your zones are calibrated to your effort. If you feel your zones are not reflecting your effort, please see a trainer at your club.

Can I run a zone match class on my Apple Watch?

Zone Match class are only available to run on the MyZone Smartphone app and in-club display. Zone Match is not currently available on the Apple or Android watches.

What is the **Green** and **Red** graph that shows on the Zone Match summary at the end?

Green shows the time you matched the target zone and red is where you were outside the required zone.

Can I turn off Voice Alerts?

Yes, you can make changes to Zone Match Settings in the App Settings under Preferences.



MYZONE ZONEMATCH

Pre-designed Workout Sessions

Time duration

- Myzone Zone Match -
Burn more Calories

ZONE MATCH EXERCISES

GREY ZONE

BLUE ZONE

GREEN ZONE

YELLOW ZONE

RED ZONE

CRUNCH TOE TOUCH



V-UPS



CROSS BODY MOUNTAIN CLIMBER



SKATERS



SPRINT ON THE SPOT



LYING FLUTTER KICKS



SQUATS



PUSH UPS



REVERSE LUNGE TO KNEE DRIVE



BURPEE KNEE TUCKS



EVERYTHING GROWS HERE.

fit 52 Update

Earn prizes and stay motivated by joining Fit52 2020, an updated 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. 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 quarterly basis and require that you come in 24 times per quarter. Register today! Visit: <https://dublinohio.wufoo.com/forms/k1d5f1o31ata283/>



Conventional Users	Transformers	MyZoners
<p>Members must use their pass 24 times per quarter. Start receiving prizes in Q2.*</p> <p><i>*Q1 required 16 visits only due to Stay At Home Order)</i></p>	<p>Members engage in Transformation Challenges for a chance to win a My Zone heart rate monitor or other prizes.</p> <p>Members must use their pass 24 times per quarter. <i>*Q1 required 16 visits only due to Stay At Home Order)</i></p> <p>1st, 2nd and 3rd place achieving greatest change in body composition and fitness assessment will receive prize. <i>*"Test Out" will be done at the time we re-open.</i></p>	<p>Members who have a MyZone will be able to win prizes by doing Transformation Challenges and MEPs Challenges</p> <p>Members must use their pass 24 times per quarter. <i>*Q1 required 16 visits only due to Stay At Home Order)</i></p> <p>1st, 2nd and 3rd place MEPs winners will receive prize. MyZoners who don't win top 3, qualify for Conventional prizes if minimum visits are met.</p>
<p>Prize Options</p> <ul style="list-style-type: none"> - T-shirt (new Royal Blue) - Water bottle - Towel - Mini String bag 	<p>Prize Options</p> <ul style="list-style-type: none"> - MyZone - T-shirt (new Royal Blue) - Water bottle - Towel - Mini String bag - Athletic Belt 	<p>Prize Options</p> <ul style="list-style-type: none"> - Group Fitness (1 mo FITUM) - T-shirt (new Royal Blue) - Water bottle - Towel - Mini String bag - Athletic Belt
<p>Hall of Fame Status for Conventional Users:</p> <p>96 visits for the year</p> <p><i>*Revised with new minimum visits determined by date of re-opening</i></p>	<p>Hall of Fame Status for Transformers:</p> <p>96 visits for the year**</p> <p>1st, 2nd and 3rd place achieving greatest change in body composition and fitness assessment over the course of the entire year</p>	<p>Hall of Fame Status for MyZoners:</p> <p>96 visits for the year**</p> <p>1st, 2nd and 3rd place achieving greatest change in body composition and fitness assessment over the course of the entire year and highest overall MEPs</p>

