



# February 2010

Symons Recreation Complex, 1250 HWY 14 West; Richland Center, WI 53581; Phone: 608-647-8522 Web: www.symonsrec.com

## Day Care

**Now offering Day Care 4 days a week!**

**Choose from the three following sessions:**

Morning Session ~ Mondays & Wednesdays

9:30AM-11:45AM

Monday & Wednesday Evening Session

Mondays 5-7:30PM

Wednesdays 5-7PM

Tuesday & Thursday Evening Session

5-7PM

Cost per Session (sessions run for 5 weeks):

Members: 1 child \$20; each additional child \$10

Non-Members: 1 child \$30; each additional child \$15

**\*NEW\***

## Compression ONLY CPR Presentation

This is an Non-Certification American Red Cross Presentation, which will teach you what to do for a witnessed sudden collapse of an Adult.

**March 4th**

**5:00 to 7:00PM**

Cost: Members \$10

Non-Members \$20



### Things coming up:

- *Family Night!*  
~ First Friday Night of each month
- *Racquetball Clinic*  
~ Second Tuesday of each Month 7pm
- *Racquetball League*  
~ Begins March 8th  
~ Register today!
- *Lifeguard Class*  
~ Begins in Feb. 26
- *Water Safety Instructor class*  
~ Begins March 26
- *CPR and First Aid Classes*  
~ Call 647-8522 for Dates!

## Top 10 Tips For Fast, Healthy Weight Loss!

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Most people want to lose weight as quickly as possible while not sacrificing their health in the process. Here are my top ten tips to help you accomplish that goal.

1. **Do some type of aerobic exercise** (walking, jogging, swimming, stationary cycling, aerobic dancing, etc.) **on a DAILY basis** (preferably in the morning) for 30 to 60 minutes! It elevates several of your

body's hormones that tell your body to burn more fat. It decreases hormones that tell your body to store fat. And, it gives your metabolism (basal metabolic rate) a boost and burns calories.

Here's the bottom line folks - when you're sedentary, your body loves to hold on to fat. It likes to "store" as much as it can. Conversely, when you exercise, your body loves to "dump" fat. It does everything it

can to get rid of fat. **DAILY exercise!** Forget this twice-a-week stuff. Your body was designed to be active on a daily basis. When you are, the fat will go!

2. **Tone your muscles with weight training three days per week.** Toned muscles look great and they supercharge your metabolism! This should be done just after your aerobic exercise session so that your muscles are warm and supple and less prone to injury.

3. **Do an additional 15 to 30 minutes of aerobic exercise in the evening, five days per week.** Some people like to do this just before their dinner meal to decrease their appetite, but after dinner is fine too. In the interest of injury prevention and not getting bored with your exercise, try to alternate the type of exercise you do. For example, walking in the morning and cycling in the evening.



# Top 10 Tips For Fast, Healthy Weight Loss! (continued)

4. **Incorporate "intervals"** into most of your aerobic sessions. Intervals are a powerful tool to help boost your metabolism.

5. **Develop a more active lifestyle.** Look for the "hard" way to do things - the way that requires the most energy expenditure. Park as far from the store as you can rather than looking for the closest parking spot. Use the stairs rather than the elevator, a rake rather than a blower, etc.

6. **Always eat breakfast!** Skipping breakfast sends the message to your body that you're "starving" because you haven't had food in 18+ hours (dinner meal one day to lunch meal the following day). As a protective mechanism, your metabolism slows down. Food, especially complex carbohydrates, fuels your metabolism.

7. **Find exercise that you enjoy doing.** For example, many people enjoy walking in the beautiful outdoors, or if they don't, they make it enjoyable by listening to music or taped books, exercising with a friend, or perhaps by varying their route or the type of exercise they do.

8. **Don't weigh yourself every day.** Your body has daily fluid fluctuations that show on a scale day to day but aren't reflective of fat loss or gain. Weigh yourself once a week at most and preferably less than that.

9. **If at all possible, exercise in the morning.** 90% of people who exercise \*consistently\*, exercise in the morning. If you want to exercise consistently, odds are in your favor if you exercise first thing in the morning. When you exercise in the morning you'll be \*energized\* for the day! Also, many people find that morning exercise "regulates" their appetite for the day - that they aren't as hungry and that they make better food choices. Many people have told me that it puts them in a "healthy mindset"

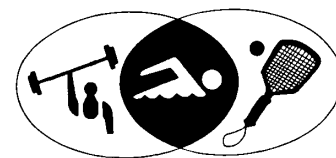
10. **Train for a local 5k or 10k walk or run** in your area or set higher goals and train to walk or run a marathon. This can be great motivation to exercise on a regular basis. Many of the people that are most successful at weight loss have a specific goal of participating in some type of race. Remember, achieving the goal is not in winning the race but in preparing for the race and participating! I've seen many people transformed from couch potatoes to lean, mean exercising machines, because they decided to enter and train for a competition. Don't think you can't do it. **YOU CAN!** Get movin'!

Caution: Always make gradual changes in the intensity and duration of your exercise sessions.

Author and exercise physiologist, Greg Landry, offers weight loss success stories and unique weight loss and fitness programs at his site. "<http://www.Landry.com>" copyright 2001 by Greg Landry, M.S.

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