

## WHAT'S HAPPENING

### BASKETBALL COURT RESERVED DEC. 14 & 15

The full basketball court is reserved 8 a.m. to 6 p.m. on December 14 & 15 for Wheelchair Basketball Tournament and Pickleball Clinic. Spectators welcome for both events. Check at the front desk for event times.

### BLOOD PRESSURE & CHOLESTEROL CHECKS

Free blood pressure check and \$20 cholesterol screening with Holistic Nurse Sharon Duffy are available December 18, 7:00 - 9:00 a.m. Register at the front desk by December 17.

### FRIENDS & FAMILY FREE GUEST WEEKEND JAN. 4 & 5

Enjoy ProActive with your friends and family January 4 & 5. No limit to the number of guests members may bring to the club. Be sure and check in at the front desk with your guest.

### GROUP FITNESS CHANGES

#### Discontinued Classes

BodyFlow, Tuesday, 6:45 p.m.

Water Explosion, Tuesday & Thursday, 7:15 a.m.

Water Yoga, Sunday, 3:00 p.m.

### HOLIDAY ADJUSTMENTS

#### Christmas Eve, December 24

Club Hours: 7 a.m. - 12 p.m.

No Group Fitness Classes & Play Center Closed

#### Christmas Day, December 25

Club Hours: CLOSED

#### Thursday, December 26

Club Hours: 5 a.m. - 10 p.m.

No Group Fitness Classes & Play Center Closed

#### New Year's Eve, December 31

Club Hours: 7 a.m. - 5 p.m.

No Group Fitness Classes & Play Center Closed

#### New Year's Day, January 1

Club Hours: 7 a.m. - 7 p.m.

No Group Fitness Classes & Play Center Closed

### ONLINE SURVEY

Betty S. won the \$25 gift card for completing the October survey. We value our members' feedback! THANK YOU.

## QI GONG WORKSHOP

- Saturday, December 7
- 11:00 a.m. - 3:00 p.m.
- \$50 Member / \$70 Guest

Qi Gong, pronounced "chee gung," is the philosophy and practice of aligning breath, physical activity & awareness for mental, spiritual & physical health. Sign up at the front desk by December 5.

## HOLIDAY SPECIALS

### TREAT YOURSELF + OTHERS



#### PERSONAL TRAINING

Three 60 Minute Sessions \$150  
or Three 30 Minute Sessions \$99



#### PRIVATE YOGA

Three 60 Minute Sessions \$150



#### SOTERIA MASSAGE

Save 20% Massage 3 Packs



#### GUEST VISITS

Save 50% 5 Visit Punch Card



#### MEMBERSHIP

Add Family Members & Pay Nothing  
Until January

Holiday Specials Available November 25 - December 31  
Limit One Each Per Member



## MEMBER APPRECIATION DAY

MONDAY, DECEMBER 16

Join us for refreshments &  
gift drawings



## SWIM LESSONS GROUP & PRIVATE AVAILABLE

Group Lessons: Jan. 6 - Feb. 27 \$45 Member / \$70 Guest  
IN PERSON REGISTRATION: DECEMBER 16 - 22

Private Lessons: One-on-One Instruction for 30 minutes  
\$25 Per Lesson Member / \$35 Per Lesson Guest

## WHY DO I NEED PROPER POSTURE?

Part 2 By Ryan Burger, PTA, CSCS

As I stated last month, proper posture while sitting and standing requires you to have equal weight distribution on each hip, foot, etc. But it's not a perfect world. It's ok to cross your legs when you sit and to shift your weight to one leg more than the other when standing. Just try not to sit or stand like this all the time. Change your position often. You can get a muscle imbalance from being in one position too long/often. Here are 4 more benefits of proper posture:

- **Decreased Abnormal Joint Risk:** When you shift your weight to one side on a consistent basis you can cause a tightening of one side of your body and stretching on the other. This is a muscle imbalance which is known to cause pain/muscle spasms. Just paying attention to yourself and making sure you shift your weight equally to both sides of your body can make a difference. An exercise to help with this is SINGLE LEG STAND with hip hike. Stand on a step so one foot dangles off the edge. Keep both knees straight but allow the leg off the edge to slowly "reach" toward the floor, then raise it back up. Maintain tight stomach muscles while performing this exercise to keep your pelvis and low back stabilized. Perform 10-15 on each leg.

- **Improves Mobility:** When your posture is lacking, most people tend to lean forward. Your pelvis rotates backward (tightening the front of your hips, stretching the back causing muscle imbalance). If this is allowed and you happen to trip over a crack on a sidewalk, you may not have the mobility to catch yourself before you fall. Your center of gravity moves forward and you have less control of your body. By maintaining proper posture (strengthening with bridging, abdominals tight, chin tuck) you can not only help low back pain but improve your balance by bringing your center of gravity closer to you.

- **Decreased Shoulder Pain:** If you sit/stand with the forward head and rounded forward shoulder posture, you are generally unable to raise your arms overhead. Try this: stand with poor, rounded forward posture and raise your hands. Difficult isn't it? Now, stand with your stomach tight and chin tucked and raise your hands overhead. So much easier now, right? You can alleviate shoulder problems just by maintaining proper posture which may keep you out of the doctor's office as well.

- **Improves Breathing Efficiency:** Forward head/rounded shoulder posture makes it more difficult to inhale deeply to expand your lungs. If you have difficulty taking deep breaths or you fatigue quickly while walking or jogging, ensure you are maintaining the stomach tight/chin tuck posture. Your lungs will be able to expand - getting more oxygen into your blood - which will make all of your muscles more efficient and feel less fatigue.

As you can see, poor posture can really affect many aspects of your life. If you have questions about posture, please stop by TherapyPlus and ask to speak to me. I may be able to assist in postural correction or at least point you in the right direction.

## WAY TO GO

Bob said about Tai Chi instructor Melanie, "Wonderful personality and excellent motivator!"

Kudos to TherapyPlus from a member: "Awesome PT - cured my shoulder injury. But the best part was learning to do exercises correctly!"

Jim said, "I've worked with Chris and Kellie Mallam in Physical Therapy and they are great! All of the staff are always friendly and welcoming, especially the staff at the front desk and staff in the Physical Therapy office."

Patty said, "Keri on Thursdays in the Tai Chi class is very good. She is very clear and precise in her demonstrations. She tells and shows how the different breathing techniques and forms benefit us. She demonstrates slowly and repeats very clearly. I believe she understands the abilities and disabilities of senior citizens. She is always on time and has things ready for us with a definite plan for each Thursday. I am also enjoying Sharon Duffy and her wellness programs. Sharon always has a plan, is prepared and is there ahead of time."

Karen said, "Trish is always so nice and fun to talk to."

Lonnie said, "Kelly at the front desk always greets everyone with a smile and means it."

## MEAL PLANNING TIPS

By Angelina Stovall-Amos

Registered Dietitian Nutritionist

- Write down what needs to be eaten in your pantry, cupboards, freezer, and refrigerator.
- Write down what deals are in the store ads. Do any of the items fit in your meal plan? Should you stock up on items because of the sale price?
- Write down meals and find recipes to use your on-hand ingredients.
- Be realistic. Plan for the days you'll eat out or have leftovers. Consider if a "throw-in-the-oven/slow cooker meal" needs to be part of week because of other demands.
- Can the meal be doubled? Plan to make extra to freeze for later. Example: taco meat.
- Feeling tired? Busy? Want less food waste? Get items delivered via Hy-Vee Aisles, Walmart Grocery or use a local meal service such as Clean Slate Food Co. or Source Eat Fit. Choose a delivery time and put your feet up to relax!
- Try using an app! Cozi, Paprika or Plan to Eat are great options. Find what works for you to track grocery lists and meal plans.