



The Y & MRC News

McPherson Family YMCA
McPherson Recreation Commission

220 N. Walnut St., McPherson, KS 67460
www.ymca-mrc.org



October 2018

Calendar

Oct. 19: K-8th Grade Basketball registration deadline by 9:30 pm.

Late Fee for K-3rd: \$5

Late Fee for 4th- 8th: \$7



Employee Spotlight: Jodi Mirabal

I am so excited to be a part of the YMCA team as your new Program Director for Y-Kids and Toddler Time!

Just to give you a little background, I was born and raised in Buhler, KS. I joined the Air Force when I was 20 years old and did one tour in Iraq plus several other deployments. I have a degree in personal training but have a passion for nutrition and plan to further my education in that.

I got married when I was 23 and have been married for 14 years. After 8 years of marriage, we finally got pregnant with our first child and that's when I made the decision to get out of the Air Force. I now have five kids, two beautiful step daughters (aged 28 and 26), a 4 year old girl, a 3 year old boy and a 1 year old girl.

I was so blessed to get to stay home with my kids for the last 4 years but I was eager to get back into the workforce. I feel so fortunate to have gotten this job! Working with the kids has been so rewarding and I'm looking forward to learning more and connecting with the kids.



NATIONAL CHILD HEALTH DAY

Child Health Day is a United States Federal Observance Day held each year on the first Monday in October.

Each child deserves to be the healthiest he or she can be. On National Child Health Day, we are reminded of all the ways children grow healthy and strong. From the food they eat to the words they hear, children require support and opportunities to grow.

The McPherson Family YMCA & Recreation Commission want to help kids persevere in all aspects. The Y & Rec offer Youth Boot Camp, Swimming Lessons, Gymnastics, Youth Sports throughout the year, summer camps and other fun summer activities.



WE WELCOME
ALL SIZES
ALL COLORS
ALL GENDERS
ALL BELIEFS
ALL RELIGIONS
ALL TYPES
ALL PEOPLE
EVERYONE

Change up your routine by trying out Barre class, which will not only target a different set of muscles, but it will keep you on your toes—literally!

Barre is a dynamic, energizing class that integrates the ballet barre, weighted balls, resistance bands and other equipment to provide a full body stretch and strength workout. This 30 minute fitness class takes a dance-like approach, focusing on form and precision while performing isometric



movements and emphasizing basic alignment, foundation, specific muscle actions and deep stretching. Barre delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape!

Like many group fitness classes, Barre is suitable for participants of various ages, stages and abilities. No dance background required!

BARRE is at 6:00-6:30 AM on Mon./Wed. & 6:45 PM on Thursdays in the Aerobics room.



Chicken Stuffed Baked Avocados



Ingredients

- 4 avocados, halved and pitted
- 2 cooked chicken breast, shredded
- 4 oz cream cheese, softened
- 1/4 cup chopped tomatoes
- 1/4 tsp salt
- 1/4 ground black pepper
- 1 pinch of cayenne pepper
- 1/2 cup shredded Parmesan cheese, or more to taste

Directions

- Preheat the oven to 400 degrees F
- Scoop out the flesh in the center of each avocado; place into a mixing bowl.
- Add chicken, cream cheese, tomatoes, salt, pepper, and cayenne pepper; mix well to combine.
- Scoop spoonfuls of chicken mixture in the wells of each avocado; top each with generous amount of Parmesan cheese.
- Place avocado halves, face up, in muffin cups to stabilize.
- Bake avocados in a preheated oven until cheese is melted, 8 to 10 minutes.

Nutrition Facts

Per Serving: 334 calories; 25.2 g fat; 9.4 g carbohydrates; 20.1 g protein; 61 mg cholesterol; 233 mg sodium; 1 g sugar

www.allrecipes.com

We take a Stand Against Bullying!

The Y believes that everyone deserves a chance to succeed—and that can only happen when we unite to nurture the best in all of us. In Y programs like Y-Kids, Connect activities, Ambassador Club and Sports, kids learn about—and practice the Y's core values of caring, honesty, respect and responsibility.

With these foundational principles, by design, the Y is a place where bullying isn't tolerated!



Arthritis Awareness Month

Arthritis is very common but is not well understood. Actually, "arthritis" is not a single disease; it is an informal way of referring to joint pain or joint disease. There are more than 100 different types of arthritis and related conditions. People of all ages, sexes and races can and do have arthritis, and it is the leading cause of disability in America. More than 50 million adults and 300,000 children have some type of arthritis. It is most common among women and occurs more frequently as people get older.

Common arthritis joint symptoms include swelling, pain, stiffness and decreased range of motion. Symptoms may come and go. They can be mild, moderate or severe. They may stay about the same for years, but may progress or get worse over time. Severe arthritis can result in chronic pain, inability to do daily activities and make it difficult to walk or climb stairs. Arthritis can cause permanent joint changes. These changes may be visible, such as knobby finger joints, but often the damage can only be seen on X-ray. Some types of arthritis also affect the heart, eyes, lungs, kidneys and skin as well as the joints.



<https://www.arthritis.org/about-arthritis/understanding-arthritis/what-is-arthritis.php>

How can the Y help with arthritis?

We offer several classes that can help reduce pain, stiffness and inflammation.



Arthritis is a water exercise program designed for persons with arthritis. Water exercise is especially good for people with arthritis since it can help relieve strain on muscles and joints. This class is offered Mondays, Wednesdays & Fridays 9:00-10:00 AM in the family pool.

Tai Chi is one of the most effective exercises for physical and mental well being. The focus in this class will be to increase flexibility, muscle strength,

increase heart/lung activity, as well as proper body alignment and improvement in balance. This class is offered at the Cedars. It is held on Tuesdays & Thursdays at 11:00-11:30 AM.

Restorative Yoga is an all level class for stress release and relaxation. It is a great class for beginners that includes neck/shoulder, hip and low back openings. This class is offered Monday & Wednesday evenings at 6:30-7:30 PM in the Program Room.

EnhanceFitness® is an innovative, multi-component (cardio, strength, flexibility, and balance) physical activity program with demonstrated health benefits for older adults of different physical abilities. This class is offered Mondays, Wednesdays & Fridays at 10:20-11:20 AM at the Y in the Land Fitness room and, also, at The Cedars 10:15-11:15 AM.

"I experienced a great improvement in my arthritis. I have less stiffness & soreness thus better flexibility & I have decreased the amount of over-the-counter medication." - EnhanceFitness Participant.

Yoga Stretch is a 30 minute class to stretch and lengthen major muscle groups and open hips, shoulders, back, etc. Yoga Stretch is offered Mondays, Wednesdays & Fridays 9:00-9:30 AM in the Program Room.

NOTHING
WORTH HAVING
COMES EASY



BLABLABLA.
GO WORKOUT.

I'M GOING TO
MAKE YOU SO
PROUD.
- note to self.