



The Y & MRC News

McPherson Family YMCA
McPherson Recreation Commission

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



November & December 2018

Calendar

Nov. 22: The Y & MRC will be closed for Thanksgiving. Regular hours will resume the 23rd.



Dec. 24: Close at 2 pm

Dec. 25: The Y & MRC will be closed for Christmas. Regular hours will resume on the 26th.



**I MAY NOT BE THERE YET,
BUT I'M CLOSER
THAN I WAS YESTERDAY**

GIVING TUESDAY SAVE THE DATE!

We would like to invite you to make difference by making a donation on Giving Tuesday. Your contribution to the McPherson County Community Foundation's Holiday Wish List will help us continue to make a positive impact in our community.

WHAT IS GIVING TUESDAY?

Giving Tuesday is a national day of giving immediately following Black Friday and Cyber Monday. Considered to be the opening day of the giving season, Giving Tuesday is a day when charities, companies and individuals join together to share commitments, rally for favorite causes and support their communities.

McPherson Family YMCA hopes to use Giving Tuesday with the help through MCCF Wish List to make a difference in the lives of the

youth participating in YKIDS. We encourage positive connections by providing places where people can get together, do the things they like and take part in healthy, productive activities. By providing empowering programs and services, safe places to be with peers, we are working together to remove obstacles that stand in the way of healthier, happier lifestyle.

We are very grateful for your support and for doing your part to change lives in our community!

To make a donation go to:
<https://mccf.fcsuite.com/erp/donate/list/grant>



JUMP START YOUR RESOLUTION!

**SAVE \$48 WITH NO JOINER FEES
DECEMBER 1st—JANUARY 31st!**

New & returning members will pay zero in joiner fees when they sign up December through January at the McPherson Family YMCA. Get going early on you 2019 goals!



Employee Spotlight: T.J. Jones

Firstly, I would like to thank the YMCA and McPherson Recreation for the opportunity to be a part of the growth and prosperity of our community and city. Originally, I hail from a small town in Florida called Dunnellon. I came from a larger family. I was the youngest of 5 Children. My mother is a CNA, and my step-father was head of maintenance and head groundmen of the high school I attended. (Lecanto High School) In high school, I lettered multiple sports such as marching band (percussionist), football, basketball, and track and field, while receiving several accolades during my high school career. I received several scholarship offers out of high



school but decided to come to Kansas in 2012-2013 where I played football and was also a

member of the Track and Field team for the Friends University Falcons. Later, I transferred to McPherson College where I continued to play college football and was a member of the track and field team. In 2016, I graduated with a degree in Health Sciences/Physical

Education. Along with being a Program Director, I also continue to play semi-pro football for the Kansas Cougars hailing from Wichita, KS in hopes of receiving a professional contract from a National/International league. I am extremely excited and blessed to be a part of the growth and positive development of the community that has in turn aided in my growth through my college year here.

Sugar Free Blueberry Coffee Cake



Ingredients

- 3/4 cup butter, melted & cooled
- 1 cup milk
- 3 eggs
- 1 tsp vanilla extract
- 1 1/2 cups granular Stevia
- 2 tsp baking powder
- 3 cups all-purpose flour
- 1 1/2 cups of brown sugar substitute (such as Sukrin Gold)
- 1 3/4 cups fresh or frozen blueberries
- 3/4 cup flour
- 2 tsp ground cinnamon
- 1/2 cup butter, softened

Directions

- Preheat the oven to 350 degrees F. Grease and flour a 9X13 baking pan
- In a large bowl, stir together the melted butter, milk, eggs, vanilla, and 1 1/2 cups Stevia. Combine 3 cups of flour & baking powder; stir into the wet ingredients until just blended. Fold in the blueberries. Spread evenly in the prepared pan.
- In a small bowl, stir together the brown sugar substitute, 3/4 cup of flour, & cinnamon. Stir in the softened butter with a fork until the mixture is crumbly. Sprinkle over the top of the cake.
- Bake for 35 to 40 minutes in the preheated oven, until a toothpick inserted into the center of the cake comes out clean. This cake is best served warm.

Nutrition Facts

Servings per recipe: 12
 Per Serving: 363 calories; 21.3 g fat; 36.7 g carbohydrates; 6.7 g protein; 99 mg cholesterol; 259 mg sodium; 6 g sugar

Eating Right During the Holidays

By Tyler Glidden, MS

Senior Program Director, McPherson Family YMCA

It can be very easy to overeat during the holiday season. Many people go to multiple family Christmases and parties during the next couple weeks. At these parties there is always one common theme, a lot of food. A lot of very tasty food at that. Not to mention that New Years is right around the corner with yet another prime opportunity to overindulge. Losing weight over this period of time just isn't very realistic for most but there are some things you can do to help keep from gaining extra weight.

One of the best ways to keep the extra pounds off during the season is to make sure you find time to exercise. If you are going to be taking in extra calories it is important to move and help burn them off. Before you make your plate you should see what all is being served and try to fill your plate with the healthiest dishes first. I know that some of the best parts are not so healthy for you so maybe just pick a couple of your favorites and avoid some of the less healthy options that aren't as high up on your list. Another great strategy is portion control. Make sure you are not taking the amount of each dish that you would at a normal meal because this isn't a normal meal. There are typically a lot more dishes than normal so take smaller servings to compensate. When you are full be done. I know it's a time honored tradition to eat until your pants don't fit but if you can manage to be satisfied when your hunger is satisfied you will be more comfortable and might not gain as much weight. Something that can help with this is to eat slowly. If you take your time and savor your food you will feel more full. It takes a little time for your stomach to get the message to your brain that it is satisfied which can lead to overeating if you eat quickly.

When you are attending a holiday party don't show up hungry. Eat a healthy snack before you go to curb your appetite and slow your consumption of all the unhealthy snacks. Once you have had your plate avoid the snack table and focus more of your time on catching up with your friends and family. It is also important to watch what you drink. Avoid the sugary drinks that add extra calories. You should also avoid drinking too much alcohol. Alcohol contains many calories and basically no vitamins and nutrients. Not to mention it lowers inhibitions which could lead to more eating.

Enjoy the holiday season and enjoy the food. Just enjoy the food in moderation to avoid that uncomfortable stuffed feeling or packing on those unneeded extra pounds.

The 12 Days of Christmas HIIT Workout

Do the following exercises as you would if you were singing the 12 Days of Christmas. For example, do number 1 then number 2 & number 1. Rest 30 seconds between "days."

- On the first day of Christmas do 1 plank for 1 minute**
- On the second day of Christmas, do 2 pushups**
- On the third day of Christmas, do 3 pulsing squats**
- On the fourth day of Christmas, do 4 V-ups**
- On the fifth day of Christmas, do 5 Burpees**
- On the sixth day of Christmas, do 6 Bicep Curls**
- On the seventh day of Christmas, do 7 tuck jumps**
- On the eighth day of Christmas, do 8 Russian Twists**
- On the ninth day of Christmas, do 9 running lunges**
- On the tenth day of Christmas, do 10 Tricep Dips**
- On the eleventh day of Christmas, do 11 Curtsey Squats to Leg Lifts**
- On the twelfth day of Christmas, do 12 Mountain Climbers**



TODAY
is a new
BEGINNING



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

www.divasrunforbling.com