



The Y & MRC News

McPherson Family YMCA
McPherson Recreation Commission

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

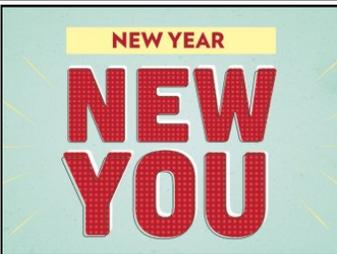


January 2019

Calendar

New Years Eve: The Y & MRC will close at 5 PM.

January 7th—February 1st:
Youth Programs for January



Everyday Family Fitness

Looking for ways to get the whole family active together?

First, make it fun. Here are some ideas:

- **Plan** occasions or events that include exercise, such as tag, a soccer game, volleyball, or a contest to find landmarks exploring your area on foot.
- **Turn** on some music and dance.
- **Play** a fitness video game.
- **Train** as a family for a charity run or walk.

Learn more at Oct.HopeHealth.com/family.

Member Spotlight: Chelsey Yeakel

I've been going to the Y for several years, and now our entire family enjoys going here. My fitness and health journey has been a long one with many ups and downs. From 2011-2016, I struggled with barely keeping up with my busy life as a mom with a daughter who required multiple surgeries, hospitalizations, other pregnancies, and trying to work as well. My health definitely was put on the back burner on multiple occasions. 2015-2016, I went through some devastating losses in my family that sent my emotional and physical health in a downward spiral.

Flash forward to 2017, and I once again find myself pushing myself through the doors of our local YMCA determined to better my mind, body, and soul. I just knew I needed to FEEL BETTER. Now, there's not many days where you won't see me at the Y working out bright and early with my accountability partner Jordan Sawatsky or enjoying one of the classes. I have loved spin class with Peg Graber, yoga, and barre classes! Over the past year, I've started some great supportive supplements, worked out consistently, and I have dropped 45lbs.

I love how friendly and supportive everyone is at the Y. I can walk in and get a hello from most everyone working and fellow members! My

daughter also participates in the aqua pups swim team so we spend 4-5 nights a week in the pool, and I'm thankful we have so many options for our kids to participate in and keeping them active.

Thank you McPherson YMCA for being a great place for my family and I to come to, and thank you to all the friendly members and instructors who make it more enjoyable while we all work on our health!



Get to Know Your Fitness Instructor: Somer Van Pelt



What's a holiday that doesn't exist that you'd like to create? Election Day!!

If you could only eat one food for the rest of your life, what would it be? Salad

What was your dream job when you were 5? A teacher.

What is your favorite song to work out to?

Lola Montez by Volbet and High Hopes by Panic at the Disco

What is something new that you are learning? Personal Training

Favorite Season? Fall

Morning or Night Owl? Night Owl

Why did you decide to become an instructor? I loved going to classes and wanted to encourage people to get out of their comfort zone. I love being part of the Y family.

I also love to empower women, which is why I love my class War!



Cinnamon Oatmeal Raisin Muffins



Ingredients

- 2 ripe medium bananas, mashes
- 1/2 cup plain Greek yogurt (2%)
- 1/2 cup brown sugar
- 1 tsp ground cinnamon
- 3 tbsp light-tasting olive oil
- 1 egg
- 1 cup whole-grain flour
- 1/2 cup rolled oats
- 2 tbsp ground flax seeds
- 1 tsp baking powder
- 1 tsp baking soda
- 1/4 cup raisins

Directions

- Preheat the oven to 350 degrees F.
- Line a 12-cup muffin tin with paper liners.
- In a large bowl, combine bananas, yogurt, brown sugar, cinnamon, oil, and egg.
- Stir to combine. To the same bowl, add flour, oats, flax seeds, baking powder, baking soda, and raisins. Stir to combine.
- Spoon batter into prepared muffin tin
- Bake for 20–22 minutes or until tester inserted into the center comes out clean
- Let cool on a rack before serving.

Nutrition Facts

Per Muffin: 132 calories; 5g total fat; 1 g saturated fat; 3 g mono fat; 22 g carbohydrates; 4 g protein; 102 mg sodium; 10 g sugar; 3 g fiber

www.allrecipes.com

Gain more from exercise

Finding time to fit in fitness isn't always easy. So how can we maximize our exercise results to gain energy, muscle tone and weight control? Consider these 3 steps:

1. **Add strength training.** Its many benefits include improved blood glucose, blood pressure and cholesterol levels and bone mineral density. It may also help with pain control, depression and sleep.



A moderate strength routine is 2 to 3 brief workouts a week. If you're a beginner, get your health care provider's advice in planning a routine based on your fitness level.

2. **Alternate your activities.** When we do the same physical activity for long periods, the body becomes efficient with less demand but little change in overall fitness. Introduce a variety of activities to help prevent boredom and over-use injuries, as well as challenge new muscles.
3. **Mix it up:** Try weekend hikes or bike rides or join a dance class. Always watch for ways to add physical activity every day. Make it a lifetime habit.

Sources: American Heart Association, Workouts For You, American College of Sports Medicine

Limit Stress this Holiday Season and You Will Enjoy It Even More

written by Tyler Glidden

Holidays are a time of year to enjoy family and friends. It is supposed to be fun. However, many people put a lot on themselves this time of year. Looking at that long to-do list to prepare can be very stressful. This can leave a person grouchy, impatient, and in extreme cases depressed. Balancing the rigors of an already loaded day to day schedule with providing the perfect holiday is a lot for anyone. Below are some tips to help with some of the stressful parts of the holidays

Continue to Maintain Your Wellness- Stick to your workout routine and try to avoid over eating and drinking. This is especially true of alcohol. Alcohol is a depressant and can make the stress worse.

Planning Holiday Parties- If you are hosting a family Christmas or a holiday party, spread the burden. Don't try to do all the cooking and planning yourself. Delegate some of the tasks to others in your family or others that will attend the

party, so it doesn't all fall on you. Most people are happy to help and don't want you to have to do it all yourself. It is also important to plan ahead. Get some tasks done ahead of time so that you aren't rushing to do them all the day before or the day of the event.

Don't Overextend yourself- Manage your time so you aren't worrying about things that are impossible to accomplish or are minor details. Keep some time for you to do things you like. Just because it is the holiday season doesn't mean you can't stick to the regular hobbies you enjoy. Take things one at a time and don't try to do everything at once. This will help keep you from feeling overwhelmed. If you need rest, then rest so you don't wear yourself out. This can make you really not enjoy or appreciate the holiday.

Enjoy the Fruits of Your Labor- Once everything is planned and up and running step back from all the work and enjoy yourself. When people thank you or compliment what a nice job you have done take it in. They probably appreciate all your work more than you know!

Take care of yourself this holiday season so you can enjoy it as much as everyone else.

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 your 2019 goals!

