

~ The Fitness Forum ~

August 2010



News & Upcoming Events at the Fitness Source:

- **Get ready for fall!** We are bringing back one of your favorite classes now that the weather is cooling off. **Walk N' Tone** will be back on Mondays and Wednesdays at 5:15 starting September 8th.
- **Staying Strong and Boxing Circuit:** Circuit training programs are one of the latest fitness trends that improve strength and endurance. Check out these classes on Tuesdays, Wednesdays, and Fridays at 8:15.
- **ANYTIME CARDIO** is our anytime circuit program with a mix of cardio and toning to keep your body guessing! FREE to all gym members. Just look at the info board for each month's new program.
- **KID POWER:** While your children workout; parents work out for free at the same time! Wednesdays-3:30 p.m.
- **Hermann Food Pantry Challenge:** The winner of last month's challenge was TAI CHI! Please continue to bring in canned goods and help keep our local food pantry stocked.
- **ADVENTURE CLUB...**Join us in St. Louis when we tour Forest Park on segways on Saturday, September 25th! Look for more information on the HADH website.
- **New Fall Hours:** Since March of 2006, HADH has completely underwritten the cost of the gym to keep costs as low as possible and to promote health and wellness. In these tough economic times, we are making some changes to keep us strong and moving forward. We are "Going Green" (see below) and changing hours as a way to keep your gym open. Please see our revised class and gym schedule at www.hadh.org
- **Fall Special: We're challenging our gym members!** Bring in new gym members now through September 25, 2010, and get 1 point for each member who sticks with it for 2 months. The member who refers the most new members will get a two month free unlimited gym membership for December, 2010 and January, 2011.
- **Pedaling for Pooches:** Your \$5.00 donation benefits the animals at Massas Creek Animal Shelter. Ride the Katy Trail with us on Sunday, September 12th. For more info, check www.hadh.org or ask at the desk.

A Health Tip for You! Weigh yourself on Friday and Monday For those trying to lose weight, Friday morning weigh-in provides positive feedback that can blunt the temptation to overeat. Weekends are when we tend to splurge. Getting back on the scale on Monday can help you correct your course quickly if you've strayed.

Exercise of the Month ~ Step Ups

Begin with a curb 4-6 inches high if you're a beginner. Otherwise, try a platform or step 8-12 inches high. Stand on top of the platform. Reach one leg back to the floor in a lunge position, bending both knees. Push back to the top of the platform with most of the effort coming from the leg in front. At the top, touch your back leg lightly on the platform, or for more of a challenge, balance without touching the platform at all. Continue doing all the repetitions on the same leg, then switch sides. This exercise can be done without weight or while holding dumbbells. Do 10-15 reps, 2-3 sets. Step Ups will work your quadriceps, gluteus maximus, and stabilizer muscles in the hips and knees. Hints: Step very lightly in the back foot, like stepping on a piece of glass without breaking through. *Keep your weight in the heel of your front foot, not your toes. *Maintain proper posture throughout the exercise. *Center your torso mostly over the step rather than leaning back as you step down. **Good Luck!**

Going Green

In an effort to keep costs down, we are going to use disinfectant spray and cloths instead of disposable wipes. The cloths will be changed each shift to assure cleanliness. Please wipe down machines after use to prevent the spread of viruses and germs.

We are also going to provide cold water. Just get in the mini-fridge and help yourself!

If members have any ideas on ways to help us go green and cut costs, please let us know.

DID YOU KNOW

If you need Physical or Occupational Therapy and go to the **HADH** Therapy department for treatment, you can work out for free at the gym?

Hermann Fitness Source - a division of **Hermann Area District Hospital** - 124 E. 4th Street, Hermann, MO 65041 - 573-486-2251

Hours: Mon-Thurs: 5am-12pm & 3pm-7pm ~ Fri: 5am-12pm only ~ Sat: 6am-10:30am ~ Sun: closed

To unsubscribe, go to slenger@hadh.org and type in **unsubscribe along with your email address.**