

# West River Community Center

2004 Fairway Street  
Dickinson, ND 58601  
(701) 456-2074

westrivercommunitycenter.com



February 2009

## New Equipment



We have set a date of **February 21-22, 2009** that our new cardiovascular equipment will arrive. During the weekend please note that we will be transitioning from our old equipment to our new cardio equipment. We ask for your understanding and patience as we will be trying to do the change out with as little disruption for our users as possible.

We will be disposing of 27 pieces of Nautilus cardio equipment and replacing them with *30 pieces of Matrix cardio equipment*. This will bring our total cardio equipment fleet to 37 pieces. We also have added personal viewing screens to 17 pieces of new equipment. This will provide our users the option to watch the programming you want while working out. The treadmills will be fully compatible with your iPod, so now you don't have any excuses not to exercise. In addition to the Matrix equipment we will be adding a Concept2 Rowing machine and a SciFit PRO 1000 Sport Upper Body Cardio workout machine which is wheelchair accessible.

Other equipment we will be adding is an Absolo machine and a dedicated Incline bench for the fitness area. We also will be replacing the 27" televisions on the second floor with 6 new 32" flat screen televisions for your viewing pleasure.

Also, as part of our continued effort to provide our users new and fun options for their workout we have purchased 16 spinning bikes. Watch for exciting new classes on the group fitness schedule. We will start these classes as soon as we have

our instructors trained for this new class offering. **Thank you for your patience during the transition process.**

### USED EQUIPMENT

The West River Community Center will be disposing of 29 pieces of fitness equipment, 5 televisions and 6 mounting brackets. If you would like more information on this equipment or would like to place a bid on any equipment please check out our web site at westrivercommunitycenter.com. All bids should be submitted to Dickinson Parks and Recreation and must be received by 5:00pm Friday, February 13, 2009.

### Here's what's to come:

- Aquatic Lessons  
**February 2-13  
(4:00-7:00 pm)**
- Kayaking Class  
**February 5  
(7:30-9:30 pm)**
- Ask the Trainer  
**February 11  
(7:15-7:35 pm)**
- Pat Fadden Racquetball Tournament  
**February 13-15.**  
Register by Feb 6th.
- Healthy Snacks Seminar **Feb. 19th  
(7:00-9:00 pm)**
- SilverSneakers Potluck **Feb. 24th  
at 11:00 am**

## NEW "Ask the Trainer"

Healthy Results Personal Trainers will be available once a month in the WRCC Lobby to answer any questions regarding your exercise program including: Sets and reps, rest periods, monitoring your heart rate, periodization, weight loss and maintenance, body fat reduction, strength, endurance, flexibility, speed, agility and more. This is also a good time to meet the personal trainers and learn about the Personal Training Services offered.

**Date: February 11, 2009 (7:15-7:35 pm)**

**Personal Trainer: Doug Groce, CSCS, ACE**

See our web sites for more "Ask the Trainer" dates.

## Youth & Adult Orientation

Healthy Results and West River Community Center will be offering Youth Orientation Classes for ages 12-18 and Adult Orientation Classes for individuals 19 years and above.

The purpose of the **YOUTH** class is to provide direction in safety, technique and gym etiquette to the young members of our community. **Youth Class: February 7 (9:30-10:30 am)**

The purpose of the class **ADULT** class is to provide a thorough orientation to the community center. The focus will be on how to use cardiovascular and strength training equipment and to give direction in safety, technique and gym etiquette to all veterans and new members of the community center.

**Adult Class: March 14, 2009 (11:00am-12:00pm)**

**Cost for Youth and Adults is \$12.00/person.**

Please register two days prior to each class by 1:00 pm. Registration forms are available at the front entrance media rack.

## Monthly Seminars

Healthy Results Personal Trainers and Dietitians will be presenting monthly health seminars in the Community Room #1. Please sign up for these seminars at the Control Desk if interested in attending.

**"Healthy Snacks" - February 19th (7:00-8:00 pm)**

Speaker: Jo Marie Kadrmas, Licensed Registered Dietitian

## Tobacco Policy

Just a reminder to our patrons that the West River Community Center is a tobacco free facility. Please make sure you dispose of all chewing tobacco and cigarettes before entering the building.

# I'm a Diabetic...

By Patty LaPaglia, ACSM, Healthy Results Personal Trainer

I'm a Diabetic, what can I do about it? As a full-time paramedic, I am often called to diabetic emergencies. These patients are usually insulin-dependent, or Type I diabetics, who's blood sugar levels have dropped to a dangerously low level. In recent years the number of people suffering from diabetes has steadily increased.

What is diabetes and what can be done to manage it? Diabetes is a disease where the body is unable to manage blood sugar levels. When we eat the body breaks down food into simple sugars called glucose that are used for energy and growth. Glucose enters the body's cells with the help of insulin. In diabetics, the pancreas either doesn't produce enough insulin or the insulin just doesn't bind to the glucose properly.

Type II diabetes, also known as non-insulin dependent diabetes, is more common in adults, especially in women who are overweight. However, in recent years, type II diabetes is on the rise. According to the Center for Disease Control, the number of diabetics is expected to increase, with a major factor being obesity in Americans. Nearly 127 million Americans or 64.5 percent of the adult population is overweight or obese. This is mainly due to a lack of physical activity in adults. Sixty percent of adults do not get enough daily physical activity.

If you have been diagnosed as having type II diabetes you may be wondering, "What can I do about it?" Managing your diabetes is key. The goal of managing diabetes is to prevent short term and long term complications. Without proper management, type I or II diabetics can develop such conditions as blindness,

kidney disease, nerve damage, as well as vascular disease that can lead to amputations, heart disease and stroke.

Type II diabetes can be effectively managed initially with a proper diet, exercise and daily blood glucose monitoring. Often times, along with this regimen oral medications or insulin injections are needed to help maintain normal blood glucose levels. Nearly 90 percent of newly diagnosed type II diabetics are overweight. Although it is still unknown as to why, being overweight makes one less responsive to insulin. Losing weight makes one more responsive to insulin. It doesn't take a big weight loss to make a difference. As little as ten pounds will exhibit changes in insulin response.

Exercise is another key component to managing diabetes. Not only does exercise burn calories and help to promote weight loss, it also helps lower blood sugar levels and make the cells more receptive to insulin. This can allow some diabetics to take less medication. People who regularly exercise are more aware of their bodies and factors that affect their blood sugar. They generally have a more positive outlook which helps them cope with and manage their disease. So, if you have recently been diagnosed with diabetes, it is very important that you start an exercise program and make adjustments in your diet. Even going for a daily walk at a moderate pace for 20 minutes will help in managing diabetes. As always, it is highly recommended to check with your health care professional before starting an exercise program.



Personal Training Services

"Providing direction to attain Healthy Results and inspire everyone to integrate exercise and wellness as a vital part of their life."

To make an appointment with a personal trainer or dietitian, please contact Healthy Results at 456-2070 or Natasha at 260-8803.

**Certified Personal Trainers:**  
Natashia Ash, Shannon Selle,  
Doug Groce & Patty LaPaglia.

**Licensed Registered Dietitians:**  
Jo Marie Kadrmas &  
Deb Dohrmann

**Please make  
sure you wipe  
down the  
fitness  
equipment  
after each use.**

# Come Run & Train with us!

Interested in starting a running program with your fitness routine? Do you need some ideas on how to improve your current running program in order to increase your speed, endurance, or both? We have a running program that will work for you. Healthy Results Personal Trainers will take you on an 8-week running program that is designed for your fitness level. Just pick the appropriate program to sign up for and we will work with you to develop running. Training program will include pre and post program evaluation as well as 8 weeks of training runs that include one group run per week with individual running assignments each week. Your running guidelines will be given to you based upon your fitness and running levels coming into our program. Get some individualized training in a group environment and see your running take off!

## Running 101:

**Who?** Beginning runner or individual wanting to start adding running to their program. Individuals must be able to walk 1.5 miles continuously to fully participate in the program.

**When?** Mondays, 8:45-9:45 am, February 17-April 7, Indoor Track at WRCC

**Cost:** \$80.00 + optional 3-pack Individual Strength Training Session for \$120

**Class Size:** Limited to 8 (a waiting list thereafter)

**Registration Deadline:** February 11 by Noon



## Train for your 5K:

**Who?** Runner who is able to complete 2-3 miles at a 9-15 minute/mile pace. This individual is interested in training to better their time, run a greater distance, or push their cardiovascular limits. Weather permitting—outdoors will be included with indoor track work.

**When?** Wednesdays, 11:00am-12:00 noon, Feb. 18-April 8

**Trainer:** Shannon Selle, Healthy Results Personal Trainer and WRCC Group Fitness Instructor

**Cost:** \$80.00+ optional 3-pack Individual Strength Training Session for \$120

**Class Size:** Limited to 8 (a waiting list thereafter)

**Registration Deadline:** February 11 by Noon

**REGISTER at the WRCC CONTROL DESK**

## Aerobic Corner By Brenda Erie, Group Fitness Coordinator

### Fabulous Abs

The road to a flat belly entails a combination of efforts. **First**, to get the midsection of your dreams, start by activating the correct muscles so that you get the most out of your workout. The mid-section muscles consist of the rectus abdominis. Rectus abdominis is a long, flat band of muscle fibers extending vertically between the pubis and the cartilages of the fifth, sixth and seventh ribs on the front part of your trunk. The external oblique muscles are the outermost fibers of the trunk, and are located on each side of the rectus abdominis. Beneath the external oblique muscles, running at approximately right angles to them, are the internal oblique muscles which form an inverted "V" shape. The deepest layer of abdominal muscles, the transverse abdominis, is not involved in movements of the trunk. This respiratory muscle plays an important function in forceful expiration of air from the lungs. In designing an abdominal workout, choose between 5 to 10 exercises combining spinal flexion (rectus), rotation (obliques), and lateral flexion exercises. Perform 8 repetitions of each exercise before going on to the next exercise. Every 2-3 weeks, you are advised to vary your workout. Strive for quality of movement, not quantity.

**Second**, stimulate your body's fat burning abilities by doing cardio exercises (walking, running, fitness classes, and short burst of cardio, like sprints). The idea here is simple: No matter how strong your abdominal muscles are, no one will see them if they're hidden by a layer of fat.

**Third**, make fiber your best friend, and aim to get at least 25 grams a day. Studies suggest that getting an extra 14 grams of fiber daily may cause your body to absorb 10 percent fewer calories! You are what you eat. You can maintain a high-fiber diet and do crunches until the cows come home, but if your diet includes a lot of processed foods, saturated fats, and sugar, flat abs will remain a far-away dream.

**Fourth**, turns out that there's a direct relationship between the health of your digestive system and how your abdominal muscles respond to exercise. Food allergies, even minor ones that may not seem to bother you typically cause inflammation in the gut. The greater the likelihood that your abdominal muscles will not respond to exercise. Why? When you've got a stomach that's inflamed, that inflammation can affect the abdominal muscles that are supposed to be stabilized your core.

**Fifth**, make sure you train your abs at least 3-5 days per week. Unlike other muscles, you rarely fatigue the abdominal muscles enough so that they need an additional day to recover. This is because you are always working with the weight of your torso, in a limited range of motion, as compared to other exercises on a daily basis to try and counteract the excessive tightening of your lower back muscles and hip flexors. Just because you may work the abdominals regularly, there should be no fear that these muscles will get too big. In fact, the abdominals are very thin muscles compared to other muscles.

It is unlikely that the abs will become "too thick."

How high up should you go in a crunch (or curl-up)?

Research suggests that the abdominal flex the spinal column for about the first 30 to 45 degrees of movement which is approximately equivalent to lifting your shoulder blades off the ground. Beyond 30 degrees, the hip flexors begin to take charge of the movement. Due to the potential pressure placed on the lower spine by the hip flexors, full sit-ups cannot be recommended. (Plowman, 1992; Ricci, Marchetti & Figura, 1981)

Although the abdominals are a troublesome spot for many people, the knowledge and tools you now have will help you achieve your health and fitness goals. For great abs, come to Pilates or Ab Blast three to five times a week.

*Hope to see you in class!*

## SilverSneakers



**February is "Heart at Work" month.** Stay in the ZONE with a healthy heart and the SilverSneakers Fitness Program. Come in to take a class or work out 10 times between February 1 and February 28 and win a SilverSneakers pedometer! Pick up an activity card from the front desk and have it initialed at each visit. At the end of the promotion, turn in your activity card to receive your prize.

On **Tuesday, February 24** we will be celebrating all the hard work you put in to keeping your heart healthy during the month of February with a potluck in Community Room #1 right after class at 11:00 am. Bring in your favorite dish to share with others!!

## What's on the Web...



Visit [www.westrivercommunitycenter.com](http://www.westrivercommunitycenter.com) for these upcoming events and programs:

**Half Marathon Running Club & Monthly Seminars And more...**

Don't miss a thing—please visit our web site for more information.

### Group Fitness Schedule

Pick up your monthly group fitness schedule from the media rack or find one on [westrivercommunitycenter.com](http://westrivercommunitycenter.com)

### Water Aerobics Schedule

8:00-9:00 am Mon-Fri  
5:30-6:30 pm Mon-Thur  
7:00-8:00 pm Tues & Thur

## GROUP FITNESS INSTRUCTORS WANTED!

If you or someone you know is interested in teaching group fitness classes please call Brenda at 456-2074.

\*In order to meet your needs in 2009 we will be looking at all the Group Fitness classes over the next few months. We are looking at the number of participants in each class, time slot and what type of classes you may be interested in. Hopefully we can change the schedule to better meet your needs. If you have any suggestions please call Brenda at 456-2074.



2004 Fairway Street  
Dickinson, ND 58601

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U.S. POSTAGE  
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Dickinson, ND  
Permit No. 51

# Endless Possibilities...



**E-mail Me** *GO GREEN!* Sign-up to receive your newsletter via email and pick up a new t-shirt! Forms will be available at the Control Desk.

Effective April 1, 2009 we will no longer be mailing the monthly newsletter. Copies will be available at the media rack, via email or online at [westrivercommunitycenter.com](http://westrivercommunitycenter.com).

<b>Current Memberships:</b>
Annual = 4,274
3-Month = 726
Punchcards = 722
<b><u>5,722</u> Total Members</b>

**Hours of Operation:**  
Monday-Friday..... 5:30 am—10:00 pm

**Weekend Hours:**  
Saturday ..... 7:00 am—9:00 pm  
Sunday ..... 12:00—8:00 pm



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## Register online – it's easy!

