



## Holiday Specials!

**HOLIDAY PASS**—Purchase a full-center holiday membership for \$45.00. The pass is good from December 15 to January 15. Great for college students home for the holidays or anyone looking to keep in shape over the holidays.

**TANNING SPECIAL**—Buy 1 month of Unlimited Tanning and receive the 2nd Month at 1/2 Price. A \$50.00 value for only \$37.50. Special runs through December 31st.

**Don't forget about gift certificates! Buy a gift certificate in the dollar amount of your choice... makes a great Christmas gift!**

## Jingle Bell 5K Run/Walk

The Jingle Bell Run/Walk will be held Saturday, December 5th. Race begins at 10:30 am with registration held from 9:30-10:15 am in Community Room #1 at WRCC. Registration forms are available at the WRCC media rack or online [westrivercommunitycenter.com](http://westrivercommunitycenter.com).

### UPCOMING EVENTS:

- **December 4-6**  
Fisher Racquetball Tourn.
- **December 5**  
Jingle Bell Run/Walk
- **December 18**  
SilverSneakers Christmas Party
- **December 24**  
**Christmas Eve—**  
**WRCC closes at**  
**1:00 pm**
- **December 25**  
**Merry Christmas!**  
**WRCC Closed**
- **December 31**  
**New Year's Eve—**  
**WRCC closes at**  
**6:00 pm**



## Tennis League

**Winter Tennis League—**  
**Begins January 4th.**  
**Sign up by Dec. 30th.**

## Towel Memberships

For our patrons who hold a Towel membership... your membership expires on Dec. 31st... Please renew at the Control Desk to continue your annual towel usage. For any patron who wishes to sign up for a Towel Membership... Cost is \$25.00/year and always runs from Jan. 1st to Dec. 31st each year.

**Cost of 1 Annual Towel Membership—\$25.00. Never have to bring your own towel again... Priceless!**

## Dropping Weights

Just a reminder to our patrons who use the weights, please do not drop your weights. This is a very dangerous practice. Also, please make sure you put the free weights away when finished and make sure you are putting the weights back on the rack with the corresponding pounds. Our staff and patrons greatly appreciate your cooperation.

## Pool News

**Current Aquatic Lessons Session—Nov. 30-Dec. 11**  
**Parent & Me Session—January 4-15, 2010**

**Register online at [westrivercommunitycenter.com](http://westrivercommunitycenter.com) or call 456-2074.**

\*During lessons the pools will be closed with the exception of water walking, water aerobics and lap swim. Pick up a pool schedule from the media rack and **please watch the white board for schedule changes.**

\***Lap Pool will be closed from 4:00-6:00 pm Monday-Friday for Swim Team Practice.**

## Racquetball

The 21st Annual Fisher Industries Racquetball Tournament will be held at WRCC December 4-6, 2009. Racquetball Courts will be closed for open play during the tournament. *Good luck to all the racquetball players!*

**Jr. Racquetball Lessons**—Begins January 11, 2010 for ages 5-18 and will be held on Mondays through February 1st. Please register by Dec. 28th.

**Winter Racquetball League**—Begins January 11, 2010—All levels welcome. Register by Jan. 6th.



## Healthy Results, Inc. Personal Training Services

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:** Natasha Ash, Shannon Selle, Patty LaPaglia & Shannon Halvorson

**Licensed Registered Dietitians:** Jo Marie Kadmas

*\*\*Christmas and Birthday Gift Certificates are available!*



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

## 15% Off "Getting Started"

Healthy Results is offering 15% Off all "Getting Started" personal training packages purchased in December.  
**GIFT CERTIFICATES ARE AVAILABLE!**

## 2010 BodyFit Challenge

This is your time, time to reach your personal goals in 2010.

### BodyFit Challenge Q&A:

#### What does the BodyFit Challenge offer?

- **Exercise and Nutrition Seminars:** Seminars include 30-40 min. of education and 20-30 min. discussion. Examples of the seminars are lowering your cholesterol, basic strength training, tricks on eating healthy, and how to achieve a healthy body composition.
- **Active Workshops:** Active workshops consist of 10-15 min. intro and 45 min. of activity. These interactive workshops comprise of a grocery store tour, cooking class on tips for recipe modification, cycling class, gardening and more.
- Before and after cholesterol, glucose and blood pressure screenings along with before and after body fat, girth and weight measurements.
- Chance to win fabulous weekly prizes
- AND MORE...

**Is this an individual or team challenge?** All individuals can take the challenge separately or be assigned to a team. We encourage teams for group support, workout fun, new friendships, and accountability.

**Is there a cost?** The cost to take part in the challenge is \$100.

**How do I join the BodyFit Challenge?** Pick up a registration packet at the WRCC Control Desk. Complete and return to the Control Desk by January 11, 2010.

**When does the BodyFit Challenge Start?** On January 19, 2010, BodyFit Challenge is hosting an informative meeting to discuss important forms, deadlines, rules, regulations and other important program details.

**Who do I contact with questions?** Contact Healthy Results located in the West River Community Center at 456-2074 or Natasha Ash at 260-8803.

**The time is NOW, join the BodyFit Challenge and take the journey for a healthier you!**

## Holiday Sense

By Natasha Ash, BS, CSCS, Healthy Results

**I'm dreaming of a light Christmas...** Do memories of Christmas conjure up images of a Norman Rockwell painting or a picture wrapped in social demands, to-do lists, jangled nerves, overeating, skipped workouts and guilt? Our expectations and the pressure to create the perfect holiday turns the true meaning of Christmas into a marathon of survival.

**Winter Wonderland...** A lighter holiday with wondering. Take some time to reflect on what the holidays mean to you. Make up your mind right now that this will be a great holiday season. Set meaningful, realistic and practical goals, which may mean saying no to certain things.

**Eat and drink light...** Enjoy the season with no regrets. The holidays can challenge even the healthiest eaters, with "goodies" so accessible. Healthy eating strategies like moderating portion sizes and going for the low fat options are always a good choice. Allowing yourself the pleasures of holiday eating doesn't mean going overboard.

**For some folks,** the holidays are a eating and drinking marathon with participants filling up at every turn. A 2,000 calorie dinner begins the race, followed by holiday baking, office treats, cocktail parties, banquets, candy for the stockings, cookies for Santa, rich desserts and a New Year's Eve Bash at the finish line.

**The lighter approach** to holiday eating means striving for balance and letting go of the "guilt trip" thinking. Feeling guilty over eating the candy, pie, cookies, gravy, or big holiday dinners feeds the "what the heck" mentality that says, "I already blew it by eating all this bad stuff, I may as well eat more. I'll start eating right again in January." Balanced eating is much kinder. You had a high fat meal, so you follow it with a low-fat meal. Or you had a high calorie and fat day so you eat lighter the next day. This flexible thinking will serve you well through the holidays and into the new year.

**Exercise creatively...** With time at a premium during the holidays, structured exercise programs are often dropped to allow for shopping, baking or partying. Rather than skipping exercise totally, make an appointment with yourself at the gym, schedule a time to meet a friend or a trainer, or involve your guests in a tour of the West River Community Center and a workout while you're there. The missed workouts can then be replaced with a more playful and spontaneous movement plan.

**Go for a walk and view the decorated homes** in your neighborhood, take a break from shopping and walk quickly through the mall; invite your guests for a before or after dinner walk; dance around the tree in your living room or make snow angels with your kids. Move your body to the tune of the holiday, and then in January, jump back into your regular routine with more structure.

**HAPPY HOLIDAYS...** With a little planning, balance and moderation, holidays can be healthy and fun. As with any race, it's how you pace yourself.

# Aerobic Corner

By Brenda Erie, Group Fitness Coordinator

## 'Tis the Season to Stick with your Fitness Regimen

Between the holiday parties, shopping, cooking, traveling, and entertaining, it can be a challenge to stick to your exercise routine. Yet, all your hard efforts to eat healthy and avoid weight gain could be sabotaged by skipping your workouts. Not only that, if you become easily frazzled during this time of year, exercise can be your best stress relief.

The U.S. Surgeon General reports that 60% of adults in the U.S. are not active on a regular basis. The number one reason most people don't exercise is **lack of time**. Once the holiday season begins, the lack of time issue will only become more problematic. For most people (even for those who do exercise regularly) this means that daily exercise slips to the bottom of the long list of things to do at the holidays. You know that list.

Here are some ways you can stay on track with your exercise routine throughout the holidays.

1. **Squeeze in some time** each day for your favorite aerobic class. Every minute counts--a 10-minute workout is better than nothing at all. If you have to leave early...leave early. (Just don't forget to cool down and stretch). Seize opportunities by always having your gym bag with you in your car. If you have a break, hit the gym even if it is only for 20 minutes.
2. **Set a fitness goal for the holiday season.** Try writing down what you want to accomplish during the two-month period from November 27 to January 20. Choose a goal such as losing 5 or 10 pounds, increasing your strength, or attending three group fitness classes a week. **Don't make exercise a penance for the holiday cookies** you ate. Make it a personal goal unrelated to holiday revelry. Your goals need to be flexible and in line with your capabilities, needs, values and available resources. They should be challenging but also realistic. Measure the baseline of where you are now and decide where you would like to be on a certain date in January.
3. **Develop Rituals.** Rituals are yet another way that you can gain control over your environment," says sports psychology consultant, Alan Goldberg, Ed D. "The familiar always neutralizes fear and bolsters self-confidence," Here are examples of rituals that may work for you:
  - Have a set time in the morning to work out.
  - Have your gym bag packed and ready to go the night before.
  - Have your workout planned before you arrive at the gym.
  - Schedule your workout into your day like you would a meeting.
4. **Get a Workout Partner.** Some people find that working out with a partner helps motivate them and keep them consistent in terms of getting to the gym. Knowing that someone is waiting at the gym for you will hopefully motivate you on the days you don't feel like getting out of bed to exercise.

### 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  
 9:15 am Wednesday (SilverStretch)  
 10:00 am Wednesdays (SilverSplash)  
 5:30-6:30 pm Mon-Thur  
 7:00-8:00 pm Tues & Thur

5. **Prioritize.** I was visiting with someone the other day about getting to the gym and she said, "I couldn't find the time to exercise...until I found the time to exercise." Basically she was saying she didn't think she had time until she started making it a priority and then she found she did have the time. Surveys done on people who said they didn't exercise because they didn't have time found that when they started they weren't any busier than they are right now. If getting into shape is something you feel you have to do, then you somehow find a way to get it done. I can't explain it but it is as if time suddenly appears in your day. Don't take my word for it. Try it and see.

No matter how you approach the holidays, make an effort to stay physically active on some level. You can't go wrong if you stay consistent with your exercise through the holidays. You will have more energy, your mind will be more clear and you will feel great physically. It will make the New Year all the merrier!

***HAPPY HOLIDAYS!  
 HOPE TO SEE YOU IN CLASS THIS  
 CHRISTMAS SEASON!***

## SilverSneakers

SilverSneakers Christmas Party will be held on December 18th at 11:00 am. We will also have our TurkeyTrot giveaway at that time.

**SEE YOU THERE!**



# Have a **HEALTHY** Holiday Season!

## E-Mail Enrollees

If you signed up to receive your newsletter via email and are not receiving one, please contact Leah at [lhoenke@dickinsonparks.org](mailto:lhoenke@dickinsonparks.org) or call 456-2074. We may have your address wrong or it may be going into your Junk folder.



### Current Memberships:

Annual = 4,100

3-Month = 497

Punchcards = 715

**5,312** Total Members

### 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



2004 Fairway Street, Dickinson, ND

# [701] 456-2070



Register online –  
**it's easy!**

