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"FITNESS BUZZ"

Winfield Fitness Center Newsletter

January 2012



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Wellness Director

IN THIS ISSUE

[Top 10 Fitness Members](#)

[Fitness Tip of the Month](#)

[Healthy Recipe of the Month](#)

[Fitness Center Staff](#)

[Fitness Center Hours](#)

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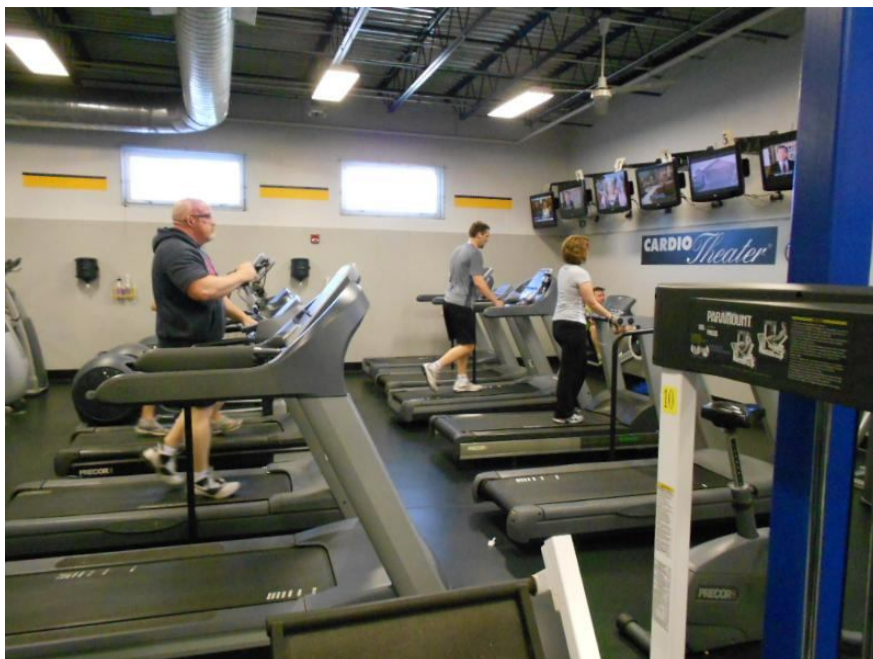


TOP 10 FITNESS MEMBERS FOR DECEMBER

Anthony Johnstone - 29
Quentin Rush - 29
David Cheney - 28
Harold Shapley - 26
Marshall Detter - 25
Terry Jones - 25
Glen Lanier - 24
Christy Reams - 24
Jim Reed - 24
Sam Sawyer - 23



Winfield Recreation Commission



It's a new year again. Do you have a New Year's Resolution? Well, if you're like most (88 percent according to a GNC poll), you have at least one resolution. And, if you are like the majority of these promise-makers, your resolution is probably related to health and fitness. According to GNC, 55 percent promised to eat healthier, 50 percent wanted to exercise more, and 38 percent wanted to lose weight. While resolutions are a good thing, unfortunately most people fail at keeping them. With all the hype surrounding these promises, it's easy to get caught up in it without taking them seriously.

So, what's the secret to successful resolutions? One important thing is help from others. Support from others is important for change, according to the survey which found that 70 percent of us would be more likely to make positive changes if they did so with someone else.

It's too bad you can't wave a magic wand and make your resolution come true, there are some easy steps to take that will make it easier to fulfill your promise to yourself.

1. Choose an obtainable goal. Trying to look like a super model is not realistic for the majority of us, but promising to include daily physical activity in our lives is very possible.

2. Avoid choosing a resolution that you've been unsuccessful at achieving year after year. This will only set you up for failure, frustration and disappointment. If you are still tempted to make a promise that you've made before, then try altering it. For example, instead of stating that you are going to lose 30 pounds, try promising to eat healthier and increase your weekly exercise.

3. Create a game plan. At the beginning of January, write down a plan. All successful businesses start with a business plan that describes their mission and how they will achieve it. Write your own personal plan and you'll be more likely to succeed as well.

4. Keep a journal. A journal helps you recognize your positive steps and makes it harder to go back to the same old habits.

5. Give it time. Most experts agree that it takes about 21 days to create a habit and six months for it to actually become a part of your daily life.

6. Limit your number of promises. You'll spread yourself too thin trying to make multiple changes in your life. This will just lead to failure of all your resolutions.

7. Reward yourself with each milestone. If you've stuck with your resolution for 2 months, treat yourself to something special. But, be careful of your reward type. If you've lost 5 pounds, don't give yourself a piece of cake as an award. Instead, treat yourself to something non-food related, like a massage.

On the average, only 20% of us keep our New Year's resolutions. Unfortunately, some of the biggest failures are found in fitness resolutions. But don't let the statistics get you down. By following the tips above you'll be better equipped to fall into the successful 20% category.

LIVE. HEALTHY. NOW.

FITNESS TIP OF THE MONTH



DON'T TRAIN WITH A WEIGHT BELT - Over time, regular training in a weight belt actually weakens your abdominal and lower-back muscles. Wear it only when attempting maximal lifts in such exercises as squats and deadlifts.

HEALTHY RECIPE OF THE MONTH

APPLE MUFFINS

Cooking spray
3/4 cup plus 2 tablespoons packed brown sugar
1/4 cup chopped pecans
1/2 teaspoon ground cinnamon
1 cup all-purpose flour
1 cup whole-wheat pastry flour
1 teaspoon baking soda
1/2 teaspoon salt
1/4 cup canola oil
2 large eggs
1 cup natural applesauce
1 teaspoon vanilla extract
3/4 cup lowfat buttermilk
1 Golden Delicious apple, peeled, cored and cut into 1/4 inch pieces

Preheat oven to 400 degrees F. Coat a 12-capacity muffin pan with cooking spray.

In a small bowl, mix together 2 tablespoons of the brown sugar, the pecans and cinnamon.

In a medium bowl, whisk together the all-purpose and whole-wheat flour, baking soda and salt.

In a large bowl, whisk the remaining 3/4 cup sugar and oil until combined. Add the eggs, 1 at a time, whisking well after each addition. Whisk in the applesauce and vanilla.

Whisk in the flour mixture in 2 batches, alternating with the buttermilk. Whisk just until combined. Gently stir in the apple chunks.

Pour the batter into the prepared muffin pan and sprinkle with the pecan mixture. Tap the pan on the counter a few times to remove any air bubbles. Bake for 20 minutes or until a wooden pick inserted in center of 1 of the muffins comes out clean.

Let cool on a wire rack for 15 minutes. Run a knife around the muffins to loosen them and unmold. Cool completely on the rack.

FITNESS CENTER STAFF

Frank Lolar, Fitness Center Supervisor
Kenzie Nixon, Fitness Center Supervisor
John Richmond, Fitness Center Supervisor
Colby Segraves, Fitness Center Supervisor

FITNESS CENTER HOURS

Monday - Thursday: 5:30am - 9:00pm

Friday: 5:30am - 7:00pm

Saturday: 8:00am - 5:00pm

Sunday: 1:00 - 5:00pm

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