

WRC

Winfield Recreation Commission

Sept. 2022

Fitness Classes ♦ Youth Classes ♦ Memberships ♦ Events ♦ Party Rentals ♦ Sports Leagues ♦ Indoor Pool ♦ Open Gym

Fall Session is Here

Monday, Sept. 12th



Fall Session is here! The WRC is offering a variety of programs and classes to fit everyone's interests. The Fall Program Guide is now available for viewing online, you'll find information on all activities and events which include youth and adult sports leagues, tumbling, dance, sport clinics, adult fitness and spin classes, special events, and more! Registration is ongoing so, register online, by phone, or in the WRC Office.

Community Night Out

Join the WRC and many other Winfield organizations for this family friendly fun night at Island Park on Friday, October 21st from 5:30-7:30 pm. There will be lots of FREE food, fun, games, and prizes.



Indoor Pool



We have great news!! The Southwestern College Indoor Pool will open on Monday, September 12. It will be open to the public on Monday & Wednesday from 6:00-7:30pm and on Sunday & Sunday from 2:00-4:00pm. Cost for 6-12 year olds is \$1 or 1 coupon and for 13 & older is \$2 or 2 coupons. Coupon books can be purchased in the WRC office, \$15 for 20 coupons or \$60 for 100 coupons.

The pool is also available for private party rentals on Fridays from 6-8:00pm, on Saturdays from 10:00am-12:00pm, on Saturdays and Sundays from 12-2:00pm, 4-6:00pm and 6-8:00pm. Cost is \$75 which includes use of the pool, an area to serve food and drinks plus two lifeguards. To make a reservation, call the WRC Office (620) 221-2160!

Fitness On Demand

Fitness on Demand uses a high-def video system to deliver popular workouts with first-class instructors, allowing you to workout by yourself or with others. Get the body you always wanted with Fitness on Demand!

Fitness on Demand is free to all Fitness Center members. There is a \$3 charge to non-members. FOD is available anytime the Fitness Center is open unless there is a previously scheduled class in the room.

Upcoming Events Calendar

FALL SESSION BEGINS	SEPTEMBER 12th
2-PERSON GOLF SCRAMBLE	OCTOBER 7th
ADULT CORNHOLE TOURN.	OCTOBER 8th
COMMUNITY NIGHT OUT	OCTOBER 21th
DUCK SOUP SOFTBALL TOURNY	OCTOBER 22nd
TRUCKTOBERFEST	NOVEMBER 5th
CORNHOLE FOR KIDS SAKE	NOVEMBER 5th
WRC TURKEY COMPETITION	NOVEMBER 19th
SENIOR TURKEY BINGO	NOVEMBER 21st
SENIOR WINTER FEST	DECEMBER 9th

Health and Wellness • Moody? Diet the Reason?

Here are the top seven reasons why your diet makes you more Moody than normal.

When you undergo a diet, you are changing your body's composition. This means that your hormone level are adjusting to fit your body's new demands. As a result, you can personally become a little moody. It is common for someone on a diet to be a little grumpy, short tempered to tired. Here are the top seven reason why your diet makes you more moody than normal.

The Three Hs When you are on a diet, you are dealing with hunger pangs, headaches, and huge loss of energy. Your lack of food can cause you to become angry. Therefore, you are hungry and angry. Some people refer to this as hangry. Headaches can be caused by the lack of food, and we get our energy through food. So, if you are not eating that much, you are not getting energy. When you diet, a small amount of hunger is expected. However, you should not overdo it. You need to eat at least 1,200 calories a day to keep the mood swings at bay.

Your Cravings are Taking Over Your mind is stuck on thinking about your cravings. You are missing your favorite foods terribly, and the thought of being deprived of them can make you a little snappy. It is okay to miss food, but you should not fall into a depression because of it. The best way to stay on a diet is to five into a craving at least once a day. It does not have to be a big deal. It can be a half a serving of your favorite thing. This will keep your mood elevated, and you are more likely to stay on your diet.

You Skip Meals Skipping meals is never good. You lose energy, and your body cannot function properly. When you skip a meal your blood sugar level is lowered, this can lead to you feeling irritable. Irritability leads to a bad mood. So do not skip meals.



You are Not the Social Butterfly Some people find that being on a diet can be limiting to their social life. They can no longer hit the bar after work and partake in a few cocktails and appetizers. They are also scared that they may overindulge on birthday cake if they attend a party. When you are on a diet, you do not have to make yourself an island. You can have fun without over indulging. Limit yourself to a small piece of cake or eat before you go out. You do not have to stay closed like a hermit just because you are on a diet. If you are attending happy hour, ask for a low-calorie drink or seltzer.

Workouts are Wearing You Out When you are on a diet, you are working out five days a week for sixty minutes. It can be exhausting. Exhaustion is a mood killer. When you participate in intense workouts, you can suffer from exhaustion. When someone is exhausted, they can become moody. The best way to beat exhaustion is to find a workout that has you hyped. For example, if you like to dance, find an exercise that incorporates dancing. That way you will be more exhilarated than exhausted. Going to sleep early and doing the recommended eight hours can also help combat exhaustion from exercise.

Journaling Sucks Trying to remember what you eat and how many calories you burned a day can be exhausting. Keeping a journal can be time consuming. You can become moody when you forget the details or when you think of all the things you could be doing besides

journaling your daily diet and exercise routine. You can also develop a sour mood when the numbers are not what you want. If you eat similar things each day, journaling can be less time consuming. Downloading a smart phone app to help you keep track is also a way to help with keeping track of your progress.

The Weight is not Falling off Quickly People can become discourage when the weight is not falling off fast enough for them. As a result, they can become moody. Losing weight is a journey. It is not going to happen overnight. You must prepare yourself for a few setback. Besides, if you lose weight slowly, you are more likely to keep it off.

TOP 10 FC Members August

1. Intha Viengxong
2. Miguel Martinez
3. Terry Rogers
4. Torrie Thiel
5. Sheryl Clower
6. Mangin Chacon
7. Patricia Matthews
8. Patrick Cantu
9. Adrian Gardner
10. Alex Markus & Trevor Martin

Healthy Chicken Salad

Source: Allrecipes.com

Directions: Stir in Greek Yogurt (6oz fat-free), cottage cheese (1/2c low-fat), celery (1/2c chopped), Apple (1/2c diced), cranberries (1/4c sweetened dried), onions (2Tbsp chopped), pecans (2Tbsp), Dijon mustard (1/2 Tbsp) in a bowl until well combined. Mix in Chicken (1 1/4c cubed & cooked), season with salt and pepper to taste.

Tips: You can use raisins instead of dried cranberries if preferred.

Nutrition Facts: Per serving: 168 calories; protein 14.6g; carbohydrates 12.9g; fat 6.3g; cholesterol 28.5mg; sodium 247.6mg

Fitness Center Tip

Stop eating when you are satiated and not stuffed. Aim to stop eating when you feel content but not overly full to the point where you can't move or feel like it.



Wellness Director

Tyler Osborn
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Fitness Center Supervisors

Kyle Larsen
Frank Lolar
Torrie Thiel

Fall Adult Sports Leagues

Adult Co-Rec Volleyball– Registration Deadline: September 1st
Fee: \$40 per team
Season: September 12th-Nov. 7th (Monday Nights)

Adult Kickball– Registration Deadline: September 8th
Fee: \$100 per team
Season: September 18th-October 23rd (Sunday Nights)

Adult Co-Rec Softball– Registration Deadline: September 15th
Fee: \$180 per team
Season: Sept. 29th-Oct. 20th (Double Headers, Thursday Nights)

Adult Cornhole– Registration Deadline: September 15th
Fee: \$25 singles league, \$40 per team doubles league
Season: Begins September 28th (Wednesday Nights)

Helpful Information - - - - -

Online Registration

The WRC has ONLINE registration for most activities, youth & adult. The online enrollment option makes it convenient for our customers to sign up for classes, special events and sports leagues at any time of the day!

Instructions

1. Go to Winfieldrec.com
2. Select Register Now
3. Create Account

* Keep in mind, once a new session has officially begun, online registration for classes is turned off that way we can monitor if those taking a class have paid or not. At that point we recommend calling or visiting office.

WRC TEXT ALERTS

Sign up for text alerts to receive immediate notifications of any weather cancelations, important notices, deadlines, etc. Text alerts are the quickest way to receive all notices and they can be customized by category.

[@winfieldrec.com](https://www.facebook.com/winfieldrecreationcommission)

Social Media



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