

WRC

Winfield Recreation Commission

June 2023

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

June Bug Jog



June 10 @ Winfield High School

18-Mile Cycle: Starts 7:50am

1 Mile: Starts 8:10am & **5K Run/Walk:** Starts 8:00am

Jr. Junebug 100 Meter Dash: (ages 8 & under– not timed) Starts 9:00am

Awards: Starts 9:20am

Pre-Registration: \$20

Race Day: \$25

Jr. Dash: \$3

Jr. Dash with Shirt: \$10

Register Now



2-Person Golf Scramble

Join the WRC at the beautiful Quail Ridge Golf Course for an afternoon of golfing in the 2-person scramble. On Friday, June 9 with a 1:00pm shotgun start, 12:00 check-in. The fee is \$50 per person which includes range, cart, green fees, and 2 mulligans. Tournament will be flighted with cash prizes We are limited to 30 teams so pre-register calling 620-221-2160.



Hotdog Night with the MOOS



Don't miss out on this exciting night at the ballpark on Sunday, June 18 at 6:00 pm. WRC is partnering with the Midwest MOOS for an awesome night at the Broadway Sports Complex. WRC will provide a FREE hotdog meal to the first 300 people. There will also be raffle prizes and games on the field between innings. Admission is FREE to all WRC youth baseball/softball players with the T-shirt on and Seniors 55 +.

FITNESS IN THE PARK 8-9AM

Join us for a FREE community fitness program at Island Park (look for the WRC banner) on Saturday mornings from 8-9am, June 17, June 24, July 8, and July 15. Various community fitness instructors will lead a fantastic exercise workout, new and different each week. This is a great opportunity to start a new exercise routine, to meet new people and get healthy.

Upcoming Events Calendar

2-PERSON GOLF SCRAMBLE	JUNE 9TH
JUNE BUG JOG & RIDE	JUNE 10TH
ACTIVE ADULT MUSIC N PARK	JUNE 16TH
FITNESS IN PARK STARTS	JUNE 17TH
HOTDOG NIGHT W/ THE MOOS	JUNE 18TH
ADULT CO-REC SOFTBALL TOURNEY	JULY 22ND
PUZZLE PALOOZA	JULY 23RD
POOCH PLUNGE	AUGUST 14TH
SCHOLARSHIP GOLF SCRAMBLE	AUGUST 26TH

Health and Wellness ♦ Cardio Workouts

What time of the day is best for your cardio workout?

Most wonder when the best time is to do cardiovascular training. But is there really an exact time to put cardio into your workout that will benefit your body? Many researchers have looked at this in several ways, but there has been no significant proof of when the best time of day is to do your cardio work out. However, there are many factors to consider when deciding on when to do your cardiovascular training. By following a few simple steps, you can make your cardio workout most effective.

First off, most people would agree that the best time to do a cardio workout is the time when you feel most energetic throughout the day. This allows you to use all your energy, and to maximize the effectiveness of your workout. A lot of people say that they feel best doing their cardiovascular workouts in the mornings because this is the time, they have the most energy.

However, if you are not a morning person, this is probably not the best time for you. Remember, there is no specific time of day that is proven to help benefit your cardio workout. In the end, you must choose what time works well for you.

To get the best results of cardio training, it is ideal to separate your cardio days from your weight training days. So, if you lift weights 3 times a week, try to do your cardio sessions on the days you are not weight training. This is especially important for me who are trying to gain mass. If you do your cardio workout before lifting weights this can deplete your glycogen stores and defeat the purpose of your entire weightlifting sessions. Glycogen stores are your muscles' main source of energy, and if you have very few of them you will not be able to push yourself through those last few reps that mean the most from your workout. For women and those who's priorities are not to gain mass, it is alright to do a cardio workout before a low-intensity weight training session.

If your goal is to try and get both your cardiovascular training and resistance

workout done in one session, you are better off doing your cardio session after your wight training. The main reason for this is because weightlifting does not deplete your glycogen stores as much as it would during a session of cardio. Therefore, if you do your cardio session after your weight training, you will still have some left-over glycogen stores to get in a decent cardio session. If you want a more effective cardio session on the same day as weight training, it is best to wait a few hours before jumping right into it after lifting weights. The reason for this is that it is important to restore your glycogen stores to stop the breakdown of protein. But if you are trying to get both weightlifting and cardio done in one day, it is best to do your cardio session last.

People often ask if they should do their cardio training on an empty stomach. The answer to this is no. The reality of it is that if your body has no food in it, it has no easy source of energy. Therefore, your body will start to look elsewhere for a source of energy. But where does it get the energy from? It will start to take energy from your muscles. So, unless your goal is to lose muscle and become scrawny, I wouldn't recommend doing cardio on an empty stomach. Although I would never recommend eating a meal before working out, I would try to plan a light snack about 30 minutes prior to your cardio training. This would be most beneficial to your entire workout.

Cardio equipment choice is also something that is often questioned. However, the choice of the equipment you use simple does not matter. They are all effective for cardio training, so whether you use a treadmill, an elliptical trainer, or a bike, all will lead to an effective cardio workout.

Finally, taking these simple things into consideration should help you decide what the best time is for you to do cardio. Only you can decide when and where, however knowing these simple facts

may make your decision a lot easier. To make a cardiovascular workout effective, you must be consistent in your routine. The benefits from cardio will only be revealed if you stick to a set schedule. Also, it is important to note that every single person has a certain time of day when they feel most energetic. Try to figure out when that time of day is for you and fit your cardio workout into that time slot. You will most likely be able to push yourself the most during this time and have an overall better workout. In the end the only person who can decide when the best time for cardio is, is you. But, if you stick to these simple rules, your cardio workout should be most beneficial.

TOP 10 FC Members May

1. Terry Rogers
2. Viengxong Intha
3. Lance Austin
4. Ashley Chastain
5. Cory Archer
6. Sheryl Clower
7. Torrie Thiel
8. Noah Harris
9. Patricia Matthews
10. Nathaniel Curran, Rick Hernandez, Kyle Larsen, Trevor Martin, William Young

Pesto Pasta Salad

1. Bring a large pot of lightly salted water to a boil. Add pasta (16 oz bow tie) and cook until al dente, 8-10 mins; drain
2. Heat oil (1tsp) in a large skillet over medium heat. Saute garlic (2 cloves, minced) until tender, then stir in chicken (2 boneless, skinless cut into bit sizes) and season with red pepper flakes (1 pinch or to taste) cook until chicken is golden brown and cook through.
3. Combine pasta, chicken, pesto (1/2 c.), and sun-dried tomatoes (1/3 c. oil-packed, dried and cut into strips) in a large bowl, toss to coat evenly.

Commit to a 5K to motivate you to train. You just may find out the energy of the supportive crowds really motivate you to keep jogging – long after the race.



**Wellness
Director**

Tyler Osborn
624 College

**Fitness Center
Supervisors**

Kyle Larsen
Christy Wiebe

Did You Know?

WRC REC ALERTS

During the summer, it is not unusual for activities to be cancelled due to unpredictable summer storms. The quickest way to receive notification of any cancellation is by signing up for the WRC Rec Alerts. This will send alerts directly to your phone by text or you can choose to receive notifications by e-mail. Visit winfieldrec.com and select the Rec Alerts Button or the Cancellations Tab on the Homepage. Call for questions.




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 adult aerobics, youth classes, & youth sports leagues at any time of the day!

Instructions

1. Go to Winfieldrec.com
2. Select 
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.



Social Media



@winfieldrec2160



Facebook.com/
winfieldrecreationcommission

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