

WRC

Winfield Recreation Commission

October 2023

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

Community Night Out

Join the WRC and many other Winfield organizations for this family friendly fun night at Island Park on Friday, October 20 from 5:00-7:00pm. There will be lots of FREE food, fun, games, and prizes.



Youth Basketball League

The WRC is excited to offer a 3v3, half-court basketball league for kids in the 1st & 2nd. Teams will practice up to two times per week with practice days and times selective by a volunteer coach starting Nov. 6. Teams will play a 6-game season with all games being played on Sunday afternoons at the Thornton Rec Center starting Dec. 3. Deadline to register is Thursday, October 12. Fee is \$20

The WRC has partnered up with the Wellington Recreation Commission to offer youth basketball leagues for kids in grades 3rd-6th. Teams will practice during the week starting Nov. 6 and games will be played on Saturday's starting Dec. 2 with each team playing an 8-game schedule. There will be some travel for all teams to Wellington for games as all age groups will play games in both Winfield and Wellington throughout the season. Deadline to register is Thursday, October 12. Fee is \$30.

Halloween Duck Soup

Come and have some fun with a 3-game guarantee duck soup style extravaganza on Saturday, October 21 starting at 9:00am.

Each inning is played with a crazy rule, like running the bases backwards. Teams must consist of 6 males and 4 females. Best

costume prizes will be given. Entry fee is \$150 per team and the deadline to register is Tuesday, October 13. Call the WRC office at 620-221-2160 or register online at winfieldrec.com. Space is limited to 8 teams.



Trucktoberfest

(A big Truck/Food Truck Celebration)

Saturday, October 28th

10:00am-1:00pm

Winfield Fairgrounds

Join the Winfield Recreation Commission for this popular family event! Service trucks and equipment of all sizes will be on display to enjoy. Eagle Med Helicopter will make a special appearance and a variety of food trucks will be serving delicious snacks, meals and drinks.

Upcoming Events Calendar

2-PERSON GOLF SCRAMBLE	Oct. 6th
COMMUNITY NIGHT OUT	Oct 20th
DUCK SOUP SOFTBALL TOURN	Oct. 21st
TRUCKTOBERFEST	Oct. 28th
WRC TURKEY COMPETITION	Nov. 18th
SENIOR TURKEY BINGO	Nov. 20th
SENIOR WINTER FEST	Dec. 8th
MILE OF LIGHTS	Dec. 10th
SANTA'S MAILBOC	Deadline -Dec. 15th
SC FREE BBALL CLINIC	Dec. 28th
FITNESS CENTER OPEN HOUSE	Jan. 6

Tyler Osborn ♦ Are you wasting time in the gym?

As you go about your workout sessions, one thing that you must make sure you're doing is maximizing your time in the gym. Sadly though, many people are still spending far too much time performing exercises that simply are not going to get them the best "bang" for their time invested. This is just going to lead to very high levels of frustration long term as they'll slowly start to see that all their time and effort just isn't paying off and this will eventually cause them to fall right off the bandwagon altogether. That's why it's a must that you learn about which are the smartest exercises to be using in your workout and then replace all the not-so-smart ones with these instead. This, at the end of the day, is going to be what guarantees that you are constantly moving forward. So, let's get started and go over a few key exercise swaps that you should be making so that you don't get stuck in a progress plateau.

Swap lateral raises for shoulder press. The first exercise swap to make is to remove the lateral raises you're performing in your plan and do a set or two of shoulder presses instead. Should presses will target all the heads of the shoulder muscles, but then in addition to that, also target the triceps and biceps as well. Plus, doing shoulder presses will help to create the illusion of a slimmer waist as well if you can add a bit of added muscle size and definition, so that's another clear benefit to look forward to.

Swap hip raises for lunges. Moving on, hip raises are one move that many women get into the habit of doing thinking it's going to firm their backside. But it's only going to disappoint. Hip raises really don't work enough total muscle fibers to do you justice and will just be a waste of time in the gym. Instead, try lunges. Lunges are far more superior because not only will they work the same muscles you were intending with those hip raises the glutes, but they'll also work the hamstrings, quads, as well as the core. Doing this exercise really means a win-win scenario for you. You'll get a high degree of results in a very short time.

Swap biceps curls for chin-ups. Going back to your upper body, if you want to create arms that garner a second look, consider swapping out your bicep curls and doing chin-ups instead. Chin-ups are very often overlooked because most people simply don't consider them as they're too focused on weight-oriented exercises, but these are one of the most effective exercises that you can use. Chin-ups will target the biceps as well as the lat muscles, helping you build your strongest

back ever. When performing chin-ups, to add extra intensity to the movement, consider taking a brief pause at the top of the exercise for a second or two. This will increase the total time under tension and make sure that you fatigue the muscle to a maximum state.

Swap crunches for prone ball roll ins. Looking at your abdominal workout, if you're often spending time doing crunches in the gym, you may want to reconsider. While you might "feel the burn" from doing these, at the end of the day, they're doing very little to bring you good results. Instead, consider doing the prone ball roll in. This exercise is great because not only will it place the abs under a great deal of tension, but it's also going to work the hip flexors as well as the shoulder and arms. It really is a full body movement, so you'll likely feel it almost everywhere as you execute it. To get the best results while doing this movement, make sure that you keep your abs squeezed the entire time and the hips elevated when you move into the stretched position. Also be sure that you never rush through the exercise, but rather move the ball inwards and outwards in a smooth and controlled manner as possible.

Swap leg extensions for step-ups. Another good swap that you should be considering making is to swap out the leg extensions that you might be performing with some step-ups instead. While leg extensions can be food for zeroing in on your quad muscles if this is the primary muscle group that you want to target, they aren't going to be as effective as step-ups. Step-ups, like lunges, are going to work the glutes, quads, hamstrings, as well as the core, so you'll get a full lower body workout while you do them. This means you'll burn more calories that total throughout the entire workout session, while also boosting your strength levels to a higher extent as well. So, there you have some of the key exercises that you should consider dropping from your workout program and which you should consider adding instead. It's important that you do keep in mind that the foundation of your workout program

should always be focused on compound lifts. If you do this, then you'll naturally be turning to movements that do offer more "bang for your buck". The more muscle fibers you can work at once, the greater the calorie burn you'll see from the session and then ore strength you'll get as well. At the end of the day, this is also what will create the greatest metabolic response for you, which will mean greater fat loss over the 24-hour period, moving you one step closer to creating that lean, yet muscular body you're after. Some isolation exercises can be added from time to time if you really want to enhance the definition in just a single muscle group or bring up a lagging body part, but for the most part, these exercise should be minimized and limited to just a few sets at the end of the workout. If you do that, you will be headed for success.

TOP 10 FC Members

1. Lance Austin
2. Viengxong Intha
3. Ashley Chastain
4. Sheryl Clower
5. Terry Rodgers
6. Aspen Clark
7. Patrick Cantu
8. Steven Lawson
9. Patricia Matthews
10. Cau Nguyen & Justyce Tate

Clean Banana Oat Cookies

Source: Allrecipes.com

Directions: Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.

1. Mix together mashed bananas (2 bananas), milk (1/4 C.), egg (1 Lg beaten), honey (1 tsp), and vanilla (1/2 tsp.) in a bowl. Stir in oats (C. rolled), cinnamon (1 tsp ground), baking powder (1/2 tsp), and salt (1/8 tsp) until well combined. Add more oats fi the batter is too runny.
2. Spoon mounds of batter a few inches apart onto the prepared baking sheet.
3. Bake in the preheated oven until the tops look dry and edges are golden, about 15 minutes.

Fitness Center Tip

Change your limits and surprise yourself. You will feel exhilarated from the discovery that you can do more than you thought you could. So, push yourself. When you surprise yourself, it will motivate you to keep going or set your sights higher



**Wellness
Director**

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Winfield, KS
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**Fitness Center
Supervisors**

Kyle Larsen
Lance Austin
Jaidan Perez

Did You Know?

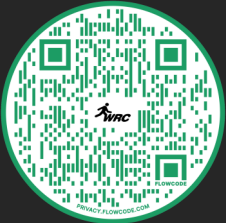
Adult Basketball

The WRC is excited to offer an open 3v3 Adult Basketball league open to individuals 16 and older. This will be a non-officiated league. Players currently on any high school or collegiate team are not allowed to play. League play will be on Monday nights beginning November 20 with all games taking place at the Rec Center. The deadline to enter is Thursday, November 9 and the entry fee is \$40 per team for the 5 week season.



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 cancellations, important notices, deadlines, etc. Text alerts are the quickest way to receive all notices and they can be customized by category.

Sign up @winfieldrec.com



Social Media



@[winfieldrec2160](https://www.instagram.com/winfieldrec2160)



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