

WRC

Winfield Recreation Commission

February 2024

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

Youth Outdoor Soccer



The WRC is offering a youth Outdoor Soccer program that is recreational based and focuses on skill development in a fun and positive environment for boys and girls ages 3 (age as of 9/1/23) thru 8th grade. The leagues will be a 7-week season with all teams playing by the US Youth Soccer Association small sided games format. Teams will practice up to two times per week plus an 8-game season. Practices will begin in March and games will begin in April. Games will be played on Monday evenings and Saturday mornings. Shin-guards are required for all participants.

Register Now ONLINE
or in the WRC Office

Fee: \$20 Registration Deadline: Feb. 22nd

WRC OPEN GYM

Open Gym Limited Hours

Monday - Thursday

8:00 a.m. to 9:00 p.m.

Friday— 7:00 a.m. to 7:00 p.m.

Designated Walking

Monday - Thursday

5:30 a.m. to 8:00 a.m.

Friday 5:30 a.m. to 7:00 a.m.

Drop-In Pickleball

Monday—Friday

8:00 a.m.—10:00 a.m.

WRC Activities have priority on gym times



Daddy Daughter Dance

Winfield Recreation Commission will hold the Daddy/Daughter Date Dance on February 18th. Join us for a special evening for the little princess (ages 4-12) and her guy. Start the evening with dinner consisting of pulled pork sandwich, macaroni & cheese, chips and dessert. After dinner, we will have a dance. Get signed up today, no registration will be taken after Friday, February 9.

Cost : \$13 per person

Time: 5:00—7:00 PM

Location: Community Center

(700 Gary St.)

Pre-registration is required by Friday, February 9th.



Spring Cornhole

The WRC Cornhole league will consist of a 10-match season with a tournament to follow beginning April 10th. Singles and doubles will be offered. Teams will play two matches per night. Participants must be 16 years old to play. All matches are played on Wednesday evenings at the Fairgrounds, building #4. Entry fee is \$45 per team or \$30 for singles, the deadline to register is March 28th.

Upcoming Events Calendar

ADULT SOCCER BEGINS	FEBRUARY 18TH
YOUTH INDOOR SOCCER BEGINS	FEBRUARY 17TH
DADDY/DAUGHTER DANCE	FEBRUARY 18TH
WINTER SESSION ENDS	MARCH 9TH
SPRING BREAK OPPORTUNITIES	MARCH 13-17TH

LOVE IS IN THE

air

Health and Wellness ♦ Metabolism, and Weight Loss

Now more than ever, there seems to be no shortage of beverages and supplements on the market claiming to boost your metabolism and help you burn fat. It makes sense to be skeptical of these products. And whether they really work, the reality is that only diet and eating the right food can make a lasting impact on your metabolic rate. As much as factors like genetics influence your metabolism, certain meals can also bring it up or down, affecting your weight along the way. For example, foods that are high in protein are known to cause a temporary spike in metabolism. What's more is that how much you eat also plays a role, with too few calories making your body burn muscle for energy. The resulting attempt by your body to reserve its energy stores leads to a reduction in metabolism. This is why it's vital that you opt for meals that are high enough in calories without containing sugars and unhealthy fats. With all of this in mind, here are seven foods that can boost your metabolism and aid in weight loss.

EGGS. As one of the most affordable sources of nutrition, it should come as no surprise that eggs are an excellent choice for healthy eaters looking to lose weight. Not only are they light on the wallet, but you can also use them in a wide range of meals. Eggs also have an ample amount of B vitamins, which have been demonstrated to boost metabolism. If you're interested in creative ways to add eggs to your diet, meal delivery company metabolic meals has some tasty recipes that you can find on the linked review of the service.

AVACADO. There are several reasons why avocados are so often included in healthy food lists. For our purposes, they are packed with polyunsaturated and monounsaturated fats, which leave you feeling satisfied and thus less likely to overeat. It's also theorized that the anti-inflammatory effects of avocado can positively influence metabolism.

TEMPEH. Another food that contains high amounts of protein and healthy fats, tempeh is a great option for weight loss and is suitable for those who prefer

an alternative to meat. The soybeans that this food is made from are fermented, making tempeh a good source of probiotics as well.

CHILI PEPPER. Some studies have shown that spicy foods such as chili peppers can speed up your metabolic rate. This is primarily due to the presence of capsaicin, an active ingredient that can impact weight loss and has several other great health benefits. So, be sure to add some chili pepper to your meals when you're looking to spice things up.

BEANS. Just like tempeh, beans are a versatile meat alternative that are high in protein. They also contain many amino acids which aid in preserving muscle mass. This has the knock-on effect of raising your calorie burning rate in a way that positively influences metabolism. In addition, beans contain a lot of fiber, further improving satiation so that you can go for longer periods between meals. There are many different types of beans available, so it's a good idea to experiment and try different varieties.

WHOLE GRAINS. There are refined grains and whole grains. Unlike the former, whole grains are anti-inflammatory and high in fiber. Both these factors are conducive to weight management and can lead to a moderate increase in metabolic rate. A few examples of whole grains include barley, brown rice, buckwheat, bulgur, oatmeal and even popcorn.

CRUCIFEROUS VEGETABLES. Cruciferous vegetables, namely arugula, cabbage, cauliflower, broccoli, and collard greens, contain several important nutrients that can improve metabolism. This includes calcium, along with B and C

vitamins. These types of veggies also contain fiber as well as sulforaphane, a nutrient that has been shown to aid in removing toxins.

ADDITIONAL SUGGESTIONS. Food aside, you can also do your metabolism a favor by staying active and building muscle mass. This is because working out raises your resting metabolic rate. When you're not moving, your body is still burning calories, and the speed at which this happens is higher among people with more muscle mass, as muscles need to burn calories to sustain themselves. Moreover, the weight loss and overall health benefits of getting fit go without saying.

TOP 10 FC Members January

1. Ashley Chastain
2. Lance Austin
3. Heather Barrier
4. Justyce Tate
5. Gavin Wisecarver
6. Sheryl Clower
7. Tyler Wallace
8. Trevor Martin
9. Terri Seidel
10. Jayden Tate

Pineapple Banana Smoothie

You will need

- 4 ice cubes
- 1/4 fresh pineapple- cubed
- 1 large banana cut into chunks
- 1 cup pineapple or apple juice

Place ice cubes, pineapple, banana, and juice into the blender
Puree on high until smooth

Fitness Center Tip

Thoughts are powerful; pay attention to yours. Do you encourage yourself with positivity or hold yourself back with negativity? Shift towards positive thoughts.



**Wellness
Director**

Tyler Osborn
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Fitness Center Supervisors

Kyle Larsen
Emma Moore
Lance Austin

Did You Know?

Fitness Center and Fitness Class Drop-Ins

Ever been curious about a fitness class but not quite ready to pay the price for a full session? Drop-Ins are the perfect opportunity to test out a class as many times as you'd like. Drop-Ins are also great for people who have an inconsistent schedule and might not be able to make it to classes regularly. Purchase as many drop-in coupons as you'd like and use them whenever you wish, they never expire!

Drop-Ins are also available in the Fitness Center for anyone wishing to test out the facility before paying for a full membership. View prices below.

Aerobics & Spin Class Drop-Ins	\$3 coupon	Purchase in WRC Office or Fitness Center
Fitness Center Drop-In	\$5	Purchase in Fitness Center
Aquatics	\$3	Pay at the pool

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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