

# WRC

## Winfield Recreation Commission

March 2024

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

## Youth Baseball & Softball

The Winfield Recreation Commission is offering Youth Baseball (ages 9 - 14) and Softball leagues (9 - 14). Teams will play in the Quad County League and other towns. The recreational leagues provide participants the opportunity to learn and play the game in a fun and instructional environment. Teams will practice during the week starting April 22 and games will be played throughout the week starting May 20. The WRC also offers a T-Ball League for 5 & 6 years, and Coach Pitch League for 7 & 8 years. Registration deadline is March 28, for more details visit [winfieldrec.com](http://winfieldrec.com).



**Registration starts March 4 ♦  
\$30 Online or in WRC Office**

## Co-Rec Softball Tourney

**Saturday, April 27th**

**Adult Co-Rec Fee \$175 by 4/11**

**7/3 team ratio (at least 3 women per team)**

**3 Game Guarantee**

**Championship shirts will be given to the championship team**

# Adult Spring Sports

The Winfield Recreation Commission is offering Spring Soccer, Volleyball, and Softball for Adults.

**Softball:** The spring season is a shortened season, consisting of 8 games in a 4-week span with teams playing double-headers each night. League is limited to 8 teams. Games will be played on Tuesday evenings beginning April 16th. Entry fee is \$180 and the deadline to enter is April 4th.

**Soccer:** An Adult 6 v 6 league which will consist of a 6-game schedule. Games will be played on Sunday afternoons starting April 14 at the Broadway Recreation Complex. Entry Fee is \$120 and the deadline to register is April 4.

**Volleyball:** Spring volleyball will consist of a 6-game schedule. Games will be played on Thursday evenings starting April 18 at the Rec Center. Entry fee is \$30 and the deadline to register is April 4.



## Youth Track

The WRC youth track program is designed to introduce the sport and track events to boys and girls ages 4 years old thru 6<sup>th</sup> grade. Participants will get the opportunity to learn and develop track specific skills from the WHS Track team and coaches. There will be a total of four practices throughout the program to go along with a home track meet on Sunday, April 21st. Practices are on Wednesday evenings from 6-7:00pm, March 27-April 17. Ribbons will be given for the top three finishers in each event. Registration ends March 21 and the fee is \$30.

## Upcoming Events Calendar

Spring session registration	March 4th
Spring break opportunities	March 11th-15th
Family Flashlight egg hunt	March 22nd
Moon light egg hunt	March 29th
Youth track meet	April 21st
First Grade trees	Week of April 22nd
Co-Rec Softball Tournament	April 27th
Parent/Child patriotic party	May 5th
Summer registration	May 18th

# Health & Wellness ♦ Dieting? What to eat, how and when?

Why do you generally people go on a diet? They want to lose excessive fat and shape their bodies beautifully. Although people tend to think that a diet means cutting off the quantity of food, this is not its only meaning. It should be considered as a healthy eating plan. Both understandings for a diet are true, depending on what eventually we want to achieve.

What to eat to lose only fat? The fat your body loses, is a result of decreased daily calorie intake, increased physical activity and/or both. What we must be aware of is the definition of a calorie. Normally, 1g of carbohydrates gives the body about 4kcal, and 1g fat gives the body about 9kcal. At first sight, the decision seems too simple—decrease the fats intake in daily food or go on a diet with vegetables and fruits. But this is not exactly the decision you should be concentration on. If you want to lose weight in a healthy and natural way, you should simply take the right combination of foods. The easiest way to lose fat is to eat foods rich in fat and proteins. This might seem shocking the first time you hear it, but let's face some facts that would help you accept this theory more easily. The main substances in our body are fats and proteins. If your body needs carbohydrates for any process, it transforms glycogen and fates. If our body contains too much energy that it cannot burn, it reserves it as fate. It does not reserve it as glycogen, just because the levels of the glycogen storage are too low—just for extreme situations.

What steps should we perform?

1. Decrease intake of carbohydrates in your daily foods. The carbs are generally divided into simple and complex. The simple ones are the sugars, which should be burned immediately as energy, otherwise they are the ones

that are stored in the body in the form of fats. The complex carbs can even be of advantage for weight loss, moreover some of them would make your diet menu more diverse.

2. Increase fats and proteins in your daily eating plan—whole-milk products, meat, sub products and essential fats should be part of your daily menu, however you should pay attention to the overall calorie intake per day. Your menu can contain 50-60% fats, 20-30 protein and 10-20% carbs if you are careful with the total calorie intake and remember you should decrease it generally if you want to lose weight.

What foods should we include in our daily diet menu?

1. Eat at least 3 times a day, choose smaller portions. Avoid eating much in the evenings. Let your last meal be about 7-8pm.
  2. Drink a lot of water and tea (without sugar or milk). Let the water be at least 2-3l per day. Avoid juice or drinks containing any sugars.
  3. Choose foods, rich in protein, for every meal and combine these with vegetables, preferably the greens ones.
  4. If you feel hunger between the meals, choose yoghurt, vegetables, nuts.
  5. Exclude from your menu all foods, that contain sugar, flour, margarine.
  6. Exclude fried food, replace it with baked or stewed food. List of appropriate foods
- All types of meat, fish, seas products. When preparing the products, don't fry them,

use other cooking techniques instead, such as stewing or baking

- Eggs
- All milk products, such as yoghurt, cheese (avoid the ones that contain hydrogenated fats).
- Fats: Butter, cream, olive oil. Avoid all the rest, such as refined oil, margarine etc. A very good option is to add cod liver oil to your meals. Vegetables: preferably the green ones. Avoid potatoes, as they contain a lot of cellulose, beans, rise.
- Fruits—maximum 2 fruits a day, recommended are the less sweet ones. Avoid bananas, grapes, watermelon.

## TOP 10 FC Members

1. Doug Treadway
2. Lance Austin
3. Juan Hollingsworth
4. Megan Harris
5. Ashley Chastain
6. Justyce Tate
7. Lori Aikins
8. Cau Nguyen
9. Tammy Carassco
10. Sheryl Clower, Michael Mignogna, Teresa Mugler, Jayden Tate.

## Strawberry Mango Smoothie

- 1 1/2 cups frozen strawberries
- 1 cups frozen mango chunks
- 1 cup banana slices fresh or frozen
- 1 cup ice cubes
- 1/2 cup coconut water

### Directions

Combine all ingredients in a high speed blender and blend until smooth.



### WRC Fitness Tip

Don't compare yourself to others, it only puts you in a negative mindset. Compete against yourself instead. Comparison is the thief of joy!



### Wellness Director

**Tyler Osborn**  
624 College  
Winfield, KS  
620-221-3062

### Fitness Center Supervisors

**Kyle Larsen**  
**Christy Wiebe**  
**Jaidan Perez**

# Did You Know?

## SW/WRC INDOOR POOL

As well as being fun, swimming is a great way to keep fit and stay healthy. It is a low-impact activity that has many physical and mental health benefits. Swimming is a great alternative to traditional exercise, particularly those who need an activity that is gentle on the joints or recovering from injury. Please visit [winfieldrec.com](http://winfieldrec.com) for more details!



### Lap Swim Hours

<b>Monday – Friday</b>	6:00 am – 7:45 am
<b>Monday, Wednesday, Friday</b>	11:30 am – 1:00 pm
<b>Monday &amp; Thursday</b>	6:45 pm – 7:30pm

### Open Public Swim Times

<b>Monday &amp; Wednesday</b>	6:00 – 7:30 pm
<b>Saturday &amp; Sunday</b>	2:00 – 4:00 pm

### Pool Admission Fees

Ages 13 & Older	\$2
Ages 6 – 12	\$1
Ages 5 & Under	FREE

## 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](http://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. Sign up @winfieldrec.com



### Contact Us



@winfieldrec2160



Facebook.com/  
winfieldrecreationcommission

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