

# W R C

*Newsletter Feb. 2025*

## OUTDOOR SOCCER

**FEE: \$20**

**DEADLINE TO REGISTER: FEB. 20TH**

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 9/1/24) 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!! Deadline to sign up is Thursday, February 20. Fee is \$20 per child.





# Daddy/Daughter Dance

**W**infield Recreation Commission will hold the Daddy/Daughter Dance on February 23rd. Join us for a special evening for the little princess (ages 4-10) and her guy. Start the evening with dinner complete with dessert. After dinner, we will turn on some music and dance. Everyone will have a great time dancing with their special one and friends. Limited to the first 200 people!

**Cost :** \$13 per person

**Time:** 5:00—7:00 PM

**Location:** Community Center  
( 700 Gary St.)

**Pre-registration** is required by Monday, February 17 or when full

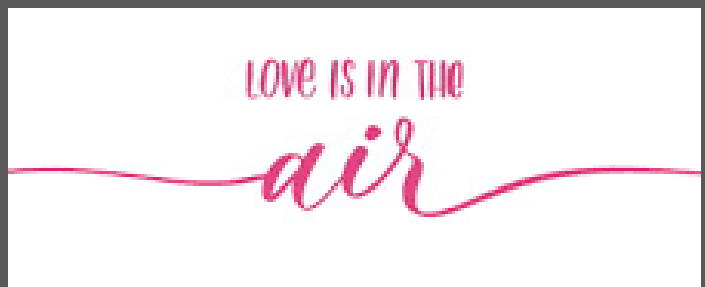


## Spring Cornhole

The WRC Cornhole league will consist of a 10-match season with a tournament to follow beginning April 9th. 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. The deadline to register is March 20th.

## Upcoming Events Calendar

ADULT SOCCER BEGINS	FEBRUARY 16TH
YOUTH INDOOR SOCCER BEGINS	FEBRUARY 15TH
DADDY/DAUGHTER DANCE	FEBRUARY 23RD
WINTER SESSION ENDS	MARCH 14TH
SPRING BREAK OPPORTUNITIES	MARCH 17-21ST



# Health and Wellness • Fitness Journey

The excitement of starting a new fitness journey is contagious. People dive in headfirst, committing to daily workouts that often stretch an hour or more. While enthusiasm is great, this approach frequently leads to burnout within the first week or two, causing many to abandon their fitness goals altogether. The key to success lies in starting slowly and creating a sustainable plan that keeps you engaged over the long term.

**The Importance of a Realistic Start.** It's crucial to remember that getting out of shape doesn't happen overnight and neither will you regain your fitness. The most effective way to build a sustainable routine is to create a weekly training schedule that balances effort with recovery. For beginners, they aim for four days of training per week, dedicating 30-45 minutes to each session. This manageable approach allows your body to adapt gradually without overwhelming it. On days when motivation is low or time is tight, commit to at least 10-15 minute of activity. Even a short session reinforces the habit of staying on schedule. Often, once you start moving, you'll find the energy to complete the full workout. As the saying goes, "by the yard, it's hard, but inch by inch, anything is a cinch." Consistency, not intensity, is what brings results.

**Building Momentum for Long-Term success.** For those who stick to a realistic plan, noticeable improvements often appear within six to eight weeks. These early results can be highly motivation,

creating a positive feedback loop that keeps you committed to your routine. However, the type of exercise you focus on should align with your primary fitness goals.

**Cardi vs. Resistance Training.** If weight loss is your main objective, prioritize cardiovascular exercise like jogging, swimming, or jumping rope. Cardio burns calories efficiently and improves heart health, making it a cornerstone of any weight loss focused program. A good balance might include three days of cardio and one day of resistance training per week.

For those seeking both cardio benefits and muscle toning, consider programs that combine light weights with high repetitions and quick transitions between exercises. The hybrid workouts offer the best of both worlds, helping you build strength while keeping your heart rate elevated. However, if significant weight loss is your goal, ensure that cardio remains a major component of your routine.

**The Role of Nutrition.** No fitness program is complete without attention to diet. Minimizing caloric and carbohydrate intake is essential for weight loss. Focus on whole, nutrient-dense foods like lean proteins, vegetable, and healthy fats.

Proper nutrition not only supports your fitness goals but also fuels your workouts, ensuring you have the energy to perform at your best. Starting a fitness program is a marathon, not a sprint. Resist the urge to overdo it in the beginning and instead focus on building a routine that feels sustainable. By pacing yourself and staying consistent, you'll achieve lasting results while avoiding the pit falls of burnout

## TOP 10 FC Members

1. Lori Aikins
2. Lance Austin
3. Heather Barrier
4. Ashley Chastain
5. Terri Seidel
6. Richard Clower
7. Jennifer Urias
8. John Bredehoft
9. Noah Harris
10. Jon Baker, Tammy Carrasco, Christian Smith

## Taco Dip

### Directions

1. In a large bowl, whisk the softened cream cheese (8 oz), Greek yogurt (1 cup or sour cream), salsa (3/4 C.) and spices (2 tsp of chili powder and cumin, 1/2 tsp of garlic powder, onion powder, salt and pepper) until it's fully smooth. The mixture will start out chunky, but keep whisking until the cream cheese is fully smooth. (it takes a few mins)
2. Place the chesse mixture in the bottom of a circular glass pie plate. Smooth into an even layer
3. Top with cheese (1 C), chopped lettuce (1 C.), Chopped tomato (1 whole), black olives (1/4 C.), and other optional toppings.

### 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**  
624 College  
Winfield, KS  
620-221-3062

### Fitness Center

#### Supervisors

**Aritha Paris**  
**Haley Sparks**  
**Lance Austin**  
**Azie Roth**

# 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 or 2 coupons	Pay at the pool or buy coupon book in WRC office

## 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

624 College, Winfield, KS 67156