



HEALTH MATTERS

A Publication of The Wellness & Fitness Center

Volume 2, Issue 2 – Summer 1999

CALENDAR OF EVENTS

June:

1st – Walk Across Germany begins!

7th – EMS/CES Ed/Support Group (7 - 9 p.m.)

15th – Bench Press Competition @ W&FC (6 p.m.)

18th – Salina Senior Games (Contact W&FC for info)

19th – Salina Senior Games (Contact W&FC for info)

21st – EMS/CES Ed/Support Group (7 - 9 p.m.)

22nd – Lunch Bunch @ CCMC (12 - 1 p.m.)

July:

4th – Have a safe holiday!

5th – EMS/CES Ed/Support Group (7 - 9 p.m.)

19th – EMS/CES Ed/Support Group (7 - 9 p.m.)

22nd – Lunch Bunch @ CCMC (12 - 1 p.m.)

August:

2nd – EMS/CES Ed/Support Group (7 - 9 p.m.)

12th – Indoor Biathlon @ W&FC

16th – EMS/CES Ed/Support Group (7 - 9 p.m.)

17th – Lunch Bunch @ CCMC (12 - 1 p.m.)

20th – Relay For Life, Otto Unruh Stadium (7 p.m.)

5K RACE/2 MILE WALK . . .

The first annual CCMC 5K/2 mile walk was huge success! Congratulations to everyone who participated. Mark your calendars for the 2nd annual race in May of 2000.

RACE RESULTS

Mike Dunn	16:30
Marc Moore	17:06
Frank Dayton	17:27
Joe Wagenblast	17:38
Richard Cott	17:47
Dann Fisher	17:58
Bob Potter	18:13
Geoffrey Myers	20:00
Dale Foster	20:01
Dan Saulnier	20:56
Larry Wallace, Jr.	20:59
Rocky Downing	21:12
Cam McVean	22:00
Richard Golden	22:46
Dalton Henry	23:02
Tom Roth	23:09
Joe Bush	23:38
Chelsie Greenlee	23:42
Mark Habluetzel	23:43
Kim Peterson	23:45
Larry Rice	24:08

continued on page 4 . . .



A WORD FROM THE DIRECTOR . . .

Thank you to everyone who has utilized the suggestion box. Through member suggestions, we have purchased an incline/decline adjustable bench, a rope attachment for the lateral pull-down machine, and a neck pad for the smith machine. The smith machine was also bolted down for those heavy

lifters. Another big thank you goes out to everyone who helped with or participated in the CCMC 5K race/2 mile walk. We plan to make this an annual event! I hope you all have a safe and happy summer!

HEALTHY COOKING

STRAWBERRY-YOGURT PIE

Ingredients:

- 1 Cup + 2 Tablespoons graham cracker crumbs
- 2 tablespoons unsalted stick margarine, melted
- 3 cups aspartame-sweetened strawberry nonfat yogurt
- 1/2 cup frozen light whipped topping
- 3 cups strawberries, coarsely chopped

- 1) Preheat the oven to 350 degrees. Spray a 9" pie plate with nonstick cooking spray.
- 2) In a medium bowl, combine the cracker crumbs and margarine until evenly moistened. Press the crumb mixture evenly onto the bottom and up the sides of the pie plate. Bake until lightly browned, about 8 minutes. Cool on a rack 15 minutes.
- 3) Meanwhile, in a large bowl, whisk the yogurt and whipped topping until smooth; fold in the strawberries. Pour into the crust and freeze until firm, about 3 hours.

Per Serving: 211 Calories, 6 g Total Fat, 1 g Saturated Fat, 0 mg Cholesterol, 206 mg Sodium, 32 g Total Carbohydrate, 3 g Dietary Fiber, 6 g Protein, 186 mg Calcium.

MEMBER SPOTLIGHT . . .

Sheryl Greenlee has been a faithful Wellness Center member since we opened in September. Sheryl walks on the treadmill and does strength training every day. She has recently added the Kick Box class to her fitness routine. Sheryl has increased both her strength and endurance and feels



so much better since starting an exercise program. She wants to get down to an "ideal weight," eat healthy, and exercise on a routine basis. She also wants to run. Sheryl appreciates the encouragement she gets from

everyone at the Wellness & Fitness Center. "I have never in my whole life liked to exercise until now- I'm addicted and I love to sweat!"

Sheryl works at the Lincoln Avenue Professional Building as a secretary/receptionist. In her spare time, she enjoys reading, music, and spending

time with her husband Lynn and children Chelsie, Rachael, and Joshua. Sheryl's positive attitude inspires those around her to work towards their goals. Keep up the great work Sheryl; we are proud of your hard work and determination!

GLORIA WILL BE MISSED . . .

This newsletter is dedicated to the memory of Gloria Holtz who passed away on March 29, 1999. Gloria was a very faithful Wellness Center member. She walked 45 minutes on the



treadmill, did 30 minutes on the NuStep, and participated in classes every day. Gloria always had a smile and was an inspiration to all who knew her. We will miss you Gloria.

RELAY FOR LIFE . . .

The Wellness & Fitness Center will have a team participating in this year's Clay County *RELAY FOR LIFE*. The relay, which will be held at Otto Unruh Stadium, starts at 7 p.m. August 20 and ends at 7 a.m. August 21. If you would like to be on the Wellness Center's team, please contact team captain Jami Beswick. For more information you can call the local Relay For Life Information Hotline at 785-632-3410.

FEATURE ARTICLE . . .

Body Image

The human body is a work of art. But instead of beautiful portraits, many people view their bodies as caricatures, with each flaw overdrawn and exaggerated. OK, you're not perfect. But as Americans are gaining weight, our image of the "perfect" body seems nearly impossible to attain.

This gulf between reality and our ideal causes a lot of unhappiness. A 1997 survey found that 56 percent of women and 43 percent of men aren't happy with their bodies. Talk about weight, and the

numbers increase to 66 and 52 percent.

What to do? Refine the art. Exercise with the goal of feeling better, not losing weight. Eat

"As Americans are gaining weight, our image of the "perfect" body seems nearly impossible to attain."

smart. Get a flattering haircut. Do the clothes and makeup thing. Change what you can. Then . . .

Accept the imperfections of the raw materials. You can't change your genetic heritage.

Frame it well and display it proudly. Wear what makes you feel good- a goatee or electric blue dress shirt, a silk sweater or red fingernails-not what is supposed to fit your age, status or body type.

Ignore the critics. Seek supportive relationships. And reform your worst critic-yourself. In front of the mirror, give yourself good reviews, such as, "This body has been the perfect first home for my babies," or "I have the powerful arms needed to throw a curve ball or shelter the people I love."

Healthy

Bites

Bite One

Diabetes symptoms often go unnoticed. Talk to your doctor if you experience: Excessive thirst, frequent urination, blurred vision, recurring bladder, vaginal or skin infections, slow-healing sores, tingling or loss of feeling in your hands or feet.

Bite Two

Handwashing is the most effective way to prevent infections from spreading. **WHEN TO WASH:** after using the bathroom; before eating; when you're handling food; if you've been out in a crowd; after sneezing, blowing your nose or coughing; after touching an animal; after changing a diaper.



You're Getting Sleepy . . . Very Sleepy

Having trouble dropping off? Try working out. When you exercise, your temperature rises, then falls as your body recovers-reducing stimulation and increasing the urge to nod off.

The key: Exercise at least 20 minutes a day at moderate intensity three to five times a week, 5 to 6 hours or more before bedtime. If you exercise right before bedtime, your temperature will still be up-keeping you up with it!

**WELLNESS & FITNESS
CENTER**

DIRECTOR

Heather Vidricksen

EXERCISE STAFF

Jami Beswick

Diana Gay

Gail Hileman

Wendy Kirchner

Tracy Lebo

Jason Metz

Ryan Sanneman

Linda Stirrett

BUSINESS HOURS

Mon-Thurs 6 a.m.-9 p.m.

Friday 6 a.m.-6 p.m.

Saturday 8 a.m.-12 p.m.

PHONE NUMBER

632-3929

***Health Matters is published
quarterly for the members of the
Wellness & Fitness Center.***

W & FC NEW EMPLOYEES

The Wellness & Fitness Center recently hired **Wendy Kirchner** and **Gail Hileman** as substitute Wellness Attendants. Both are from Clay Center and enjoy exercising and working with people. Wendy works at Clay Center Community Middle School, and Gail works for Clay Center Homecare. Gail is also a certified aerobics instructor through NDEITA. Please introduce yourself to our new employees!

5K Race/2 Mile Walk continued from page 1

Keith Gilmore	24:15
Mike Ryan	25:02
Deanna Laffery	25:15
Ron Braaksma	25:39
William Haley	25:56
Caleb Davis	25:57
Sue Blackwood	26:14
Alice Christensen	26:15
Suzi Carlson	26:29
Randy Carlson	26:29
Jessica Garwood	28:03
Rondell Greenidge	28:11
Kim Davis	29:03
Gail Hileman	29:37
JoAnn Lips	30:22

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