

FITNESS FOCUS

December 2011



Healthy Holidays!

News From Fitness:

Holiday Hours:

Christmas Eve: 7 a.m. to noon
KIM 8 a.m. to noon

CHRISTMAS DAY CLOSED

New Year's Eve: 7-3 p.m.
KIM 9-3 p.m.

NEW YEAR'S DAY CLOSED

As we move into our busier fall and winter times, look for additional classes, as well as holiday classes. There will be special holiday classes posted throughout the center, as well as schedules at the membership desk for Christmas Eve and New Year's Eve.

In addition, we will once again offer two **De-Stress Friday** evening class schedules:

December 2

Turbo Kick with Tara 5 -6:15
Zumba with Denene and Karen S 5:30-6:45
Yoga Flow with Tanya 5:30-6:30

December 9

Turbo Kick with Tara 5 -6:15
Slow Flow yoga with Ita 5:30-6:30
Spinning with Mary T 6-7

Please be aware that some of our classes fill up during our busy months and class capacity limits are in place based on industry standards for participant safety. We appreciate your support in helping us keep our exercise studios safe for all members.

Our Tri-Fall Frenzy winners:

Miriam Perry
Elaine Bachman
May Kessenich



It is Platform Tennis Season!

Platform Tennis is a doubles game, which is scored and played similarly to tennis, racquet ball or squash. The catch is the ability to play the ball off the screens. It is the only racquet sport that players can enjoy outdoors in the cold weather! There are lights on the court as well as a heater underneath to melt any snow or ice off the court. THFC provides platform tennis racquets and balls behind the fitness desk. All levels are welcome to play. Please contact Brian Guimon at bguimon@powerwellness.com for more information and start playing!

News From Pilates:

THFC will be offering a 20 percent discount on any Pilates Reformer Package purchased during the month of December for the following:

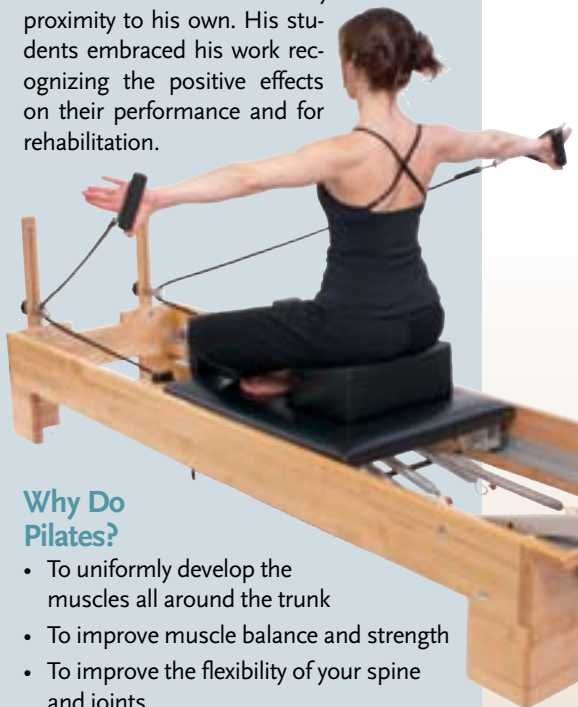
- * Private Reformer package of 3 sessions or more
- * Group Class 4-week session to take place in January
- * Drop In Reformer

What is Pilates?

Pilates is a form of exercise, developed by Joseph Pilates, which emphasizes balanced development of the body through strength, flexibility, and joint mobility. It is guided by the principle that the mind must be actively engaged to move the body safely, efficiently, and gracefully.

A brief history:

Joseph Pilates was born a sickly child in 1883 in Germany. To overcome his ailments, he relentlessly pursued bodybuilding, diving, boxing, circus acrobatics and many other physical activities. Joseph immigrated to the U.S. in 1926 and opened a studio in New York City, where he taught until his death in 1967 at the age of 84. His clients were boxers, gymnasts, socialites and the ballet dancers whose studios lay in close proximity to his own. His students embraced his work recognizing the positive effects on their performance and for rehabilitation.



Why Do Pilates?

- To uniformly develop the muscles all around the trunk
- To improve muscle balance and strength
- To improve the flexibility of your spine and joints
- To improve body alignment for efficiency of movement
- To balance strength throughout the body
- To increase flexibility and range of motion
- To move with precision and coordination
- To feel refreshed and vigorous even after exercising

Continued

- To discover the power of deep breathing while exercising

Hearing from the members who practice Pilates best demonstrates the benefits: York Yochum said: "When I first started Pilates 4 years ago, I couldn't even do cat or dog (spinal flexion and extension). Now, at age 70, I have a happy spine and am doing Mat Level 2-3."

Triathlete and marathon runner Jenny Pruitt incorporates Pilates into her training for stretching and core strength but as a bonus has completely eliminated her back pain since regularly taking private Reformer training.

Mat classes are offered for every level from Learning the Basics to Mat 3 in the Pilates Room upstairs. The schedule is online, at the front desk, and outside the Pilates room door.

The Reformer is a piece of apparatus designed by Joseph Pilates. There are literally hundreds of exercises that can be done on the Reformer – from rehabilitative to extremely challenging.

Does your aerobic sport or zumba need some balance by adding specific stretching, strengthening and core work? Do you have back pain and poor posture due to a weak core and tight muscles? Try some mat or Reformer classes and see what Pilates can do for you.

The fitness center will be running a special 20 percent off promotion for all Group Reformer and Personal Training packages purchased in December to help jump-start your Pilates training.

Nancy Meier,

Certified Pilates Instructor
Nancy.meier@gmail.com



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S.O.S. and Toys For Tots:

Once again we are offering the opportunity to donate to both S.O.S. and Toys for Tots this year. Toys for Tots will end in December. S.O.S. pick-ups will continue through December 31. In addition to food supplies, this year you can also donate baby items as well as personal care items. Please see the list posted on our large white board near the drop boxes for information about needed items.



Art Exhibition and Sale:

On Friday, December 2 we will offer our 2nd Art Exhibition and Sale in our conference rooms. Please join us from 10 a.m. to 6 p.m. to view, and perhaps take home that extra special and unique gift. Ten percent of all proceeds from our Art Exhibition and Sale will go towards scholarships for the Student Resource and Women's Center at WCC.

December Shoe Review from Tortoise and Hare

New Balance 860v2:

This stability shoe offers moderate support, and has broad appeal. The shoe feels light and has a very comfortable fit. A superior update to the New Balance line. This shoe is available in all widths.

New Balance Minimus:

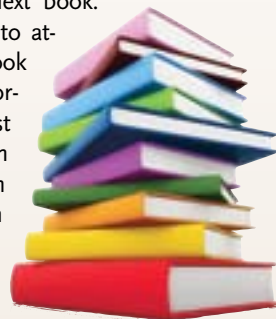
For the person who likes a minimal shoe, but with a more comfortable fit. This shoe supports a variety of uses.

These shoes are available at our Plymouth Road store.

Strengthen Your Mind

Our book discussion group will be on hiatus during November and December. We will return in January and hope to connect with the new books chosen for the Ann Arbor/Ypsilanti Community Reads Project. Please check with us in December or early January for notification about the next book.

Everyone is welcome to attend our monthly book discussion group normally held on the last Thursday of the month from 2 to 3:15 p.m. in our conference room and led by WCC's literature instructor Deborah Bayer.



Transitional Care:

Did you know that THFC offers nutritional and behavioral change services available to all members? Our Registered Dietitian, Debra Oman, offers nutritional counseling and diet planning services to those who seek more education and information to help them with their health and wellness goals.

In addition, our Behavior Modification Specialist, Deb Wyper, offers tools and advice on how to overcome challenging barriers and obstacles that inhibit your success towards healthy lifestyle goals. For those interested in either or both of these services, obtain a request form and price list from the member service desk.



Member News:

Bridges

Membership bridges are granted for either temporary relocation or medical reasons but not honored retroactively. Please let us know as soon as you know if you are planning to bridge your membership. We ask for certain written information in order for your bridge to take effect and can provide you with our "bridge guidelines" at our member service desk.



Fun, Fitness and Food!

THFC gives a giant thank you to all of our members and staff who contributed to our Chowder-Soup Cook-Off on November 4, 2011. This was our 3rd annual cook-off and the first time we had soup on the menu. It was a huge success and a difficult choice to pick the best. They were all terrific! Below we are reprinting the recipes for a few of the members' soups who shared their special recipes with us at your request. Congratulations to the members who won the contest:

1st place: Beth Colaner-Kenney

2nd place: Thomas Fayfer

3rd place: Francine McBride

In addition to soup and refreshments we also had the gymnasium available for dodgeball and volleyball games. On Saturday, November 5 at 10 a.m., THFC partnered with our Tortoise and Hare specialists Matt and Monica to hold our 3rd Fun Run. This year there was a set course for the 5K Fun Run/Walk. The weather was beautiful, though brisk, and refreshments and t-shirts were provided to all members who participated. Thank you to Tortoise and Hare, and Primo's café for all of your help for this event.



Recipes from our cook-off participants

Split Pea Soup with Smoked Turkey by Karen Hertz

Green Split Peas- 2-3 bags
Smoked Turkey Leg- 1-2
Onion
Carrot

Celery
Vegetable Soup Paste
Bay Leaf
Any vegetable you have – option barley, diced potato

Cook turkey legs, dice/shred meat. Set Aside. Cook peas, dice carrot, onion, celery, and more vegetable paste and crock cook until soft. Puree with Stick blender (or not). Stir in some tomato paste, adjust the seasoning, stir in diced turkey. A splash of sherry when serving is really good!

Soupe aux Pommes Genevoise by Thom Fayfer

1.5 lbs. sour apples. Granny Smith apples will do.
2 thick slices of stale white bread, crusts removed
1 stick of cinnamon
3 whole cloves with the heads removed
2 stems fresh tarragon
1 stem fresh thyme
2 lemon slices

1 bottle of buttery chardonnay
Very little salt
2 tablespoons butter
½ cup Flame raisins
3-6 tablespoons sugar
1 egg
2 tablespoons brandy
1 dried ancho chili
Roasted walnut oil

Seed and stem the ancho chili and place in hot water for about 20 minutes. Set aside
Wrap cinnamon, cloves, tarragon, and thyme in a bouquet garni.

Wipe apples, slice and seed, leaving skins on.

Add apples, stale bread, bouquet garni, lemons and wine and very little salt.

Slowly cook the apples until tender. Discard the spices and run the apples through a fine sieve or food mill into another saucepan.

Add butter, generous ½ cup Flame raisins, and 3-6 tablespoons sugar to taste depending on the tartness of the apples.

Bring slowly to boil and simmer for 4 or 5 minutes to give the raisins a chance to plump.

Drain and pat dry the ancho chili and mince very fine. Add to soup.

Mix egg and brandy and very slowly add it to the soup, stirring constantly.

Bring soup back to boil.

Garnish with walnut oil and serve immediately.

Creamy Cashew Broccoli Soup (serves 4) by Judy Stone

3 tablespoons ghee (clarified butter)*
1 large onion, chopped
2 garlic gloves, chopped
1 quart chicken stock (for vegan or vegetarian version use vegetable stock instead)

1 large bunch of broccoli, stems and flowers
½ cup chopped cashews
1 teaspoon sea salt
½ teaspoon paprika
Pinch cayenne pepper

Cut the broccoli stems just below the flower heads. Use a vegetable peeler to peel the tough outer layer from the stems. Slice stems into 3/8" pieces and cut flower heads into about 2" pieces. Keep stems and heads separate and set aside.

Peel and dice onion

Melt ghee in stock pot and sauté onion for 5 minutes. While onion cooks, peel and chop garlic.

Add garlic to stock pot and sauté 1 minute longer with onion. Add chicken stock and bring to a boil

Add broccoli stems and reduce heat to a simmer Cook for about 5 minutes, then add broccoli heads and cook for 5 minutes more. Remove from heat and allow to cool for 5-10 minutes.

Blend the soup (in batches if necessary) in a blender adding the cashews, cayenne, paprika, and salt. Adjust seasoning to taste.

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*ghee is sold in jars on the shelf; because all of the dairy solids have been removed it does not need to be refrigerated. Ghee is a staple of Indian cooking and was developed in hot climates when refrigeration was limited or non-existent. Many health food stores stock it and it is often in Ethnic groceries as well as in the international or ethnic section of grocery stores.

Center for Functional Nutrition-www.CenterForFunctionalNutrition.com

Chicken Poblano Chowder by Catherine Sigler

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| ¼ cup olive oil | ¼ ground cumin, or more to taste |
| 3 large carrots, cut into ½ inch diced | ¼ teaspoon dried thyme, or more to taste |
| 2 large onions, cut into ½ inch diced | 3 quarts chicken broth |
| 5 stalks celery, cut into ½ inch pieces | ½ bunch fresh cilantro leaves, minced |
| 1/8 cup minced garlic | 3 cups diced (large pieces) grilled chicken |
| 2/3 small poblano peppers, seeded and cut into ½ inch diced | ½ cup (1 stick) unsalted butter |
| 1 teaspoon salt | 1 cup all-purpose flour |
| ½ teaspoon white pepper | ½ teaspoon hot sauce, or more to taste |
| ¼ teaspoon chicken bouillon granules | 1 cup heavy cream |

Loco Local Vegetable Soup by Francine MacBride

(This soup can be made with vegetables from the grocery store. The fresh/local ingredients just make it better tasting and better for you! Precise measurements don't matter-just add more/less of what you like!)

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| Onion (about a cup-diced) | Water 6 cups |
| Carrots (about a cup-diced) | Olive oil |
| Potato (about a cup-diced) | Basil |
| Zucchini/yellow squash (2 cups sliced) | Oregano |
| Tomatoes (diced, once 28oz can, unless you can make your own-then one quart) | Red pepper flakes |
| White kidney beans (15 oz can, rinsed and drained) | Thyme |

Saute onion in olive oil until translucent; add carrots-saute about 5 minutes. Add potatoes then enough water to cover potatoes-simmer about 5 minutes. Add tomatoes, zucchini/yellow squash, beans (if adding) and remaining water. Add spices- I start with about 1 tsp each-then adjust. Adjust water depending on how you like your soup. Simmer an hours until the vegetables are tender. Soup is even better the next day. To make this soup out of this world- add cooked sausage- we use a heritage pork sausage-spice Italian. Depending on the fat content-you can cook separately and drain off fat. Add with zucchini. Etc.

Dear Members:

As we move into the holiday season and the winter months, we wanted to remind our members to be kind to our environment, building, and other members and please be observant of the following rules and guidelines for our building:

Please be considerate of the environment and limit your towel usage as much as possible.

Please avoid the use of strong colognes, perfumes, and lotions; we have many members who are extremely sensitive to these products. Please do not use shampoos, lotions, or shaving lotions in our hot tubs, saunas, or steamrooms.

Please remember that our track direction changes daily. We have updated our signs at both ends of the track entrance to provide the daily direction for your convenience.

Please be kind to other members and remember to wipe down the exercise equipment and mats after each use. Pre-Moistened Wipes are located in dispensers throughout the center for your convenience.

We ask that you prevent mud, dirt, and snow from being tracked into the center by carrying in your clean shoes that you wear in the Center.

Please remember that you must shower BEFORE entering ANY of our bodies of water. This helps tremendously in the regulation

Bad weather? What to do?

Check with us before heading out in bad weather.

Your safety is important to us. If hazardous conditions make it unsafe to travel, and we have to close the center, we'll post a message on our phone line and website.

of our chemicals as well as to maintain the cleanliness of all bodies of water at the Center.

Remember there is no cell-phone usage in the fitness center at any time (except for music purposes). Please refrain from making or taking phone calls while on the fitness floor; you may use the lobby area or café for your private conversations.

Please help us respect our closing times. Allow adequate time to shower and change prior to leaving the building by our closing time. Our staff will make announcements to remind everyone of our closing times. Please plan your time accordingly so you can exit the building by time of building closure.

Please remember there is no food or drink allowed in the fitness areas or lobbies. You may bring in a screw top bottle for liquids only (please no glass containers), but no other container is allowed past the member service desk.

We thank you for using our comment card box in the lobby to indicate any issues or concerns you may have with the fitness center. Please put the date on the card and a location or description regarding the issue, it helps us to research more thoroughly any facilities issues in the building. Your name and contact information is always appreciated as well.

As we move into the new year and the winter semester, this is a reminder that there will be a parking attendant on duty during the first few weeks of the winter semester. Community members can always pick up a parking sticker at our membership desk if you would prefer to have a sticker to show instead of your membership identification.



The Health & Fitness Center
AT WASHTEANAW COMMUNITY COLLEGE
Live life to the fittest

4833 East Huron River Drive, Ann Arbor, MI 48106
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