



NEWS



CHOOSE



Welcome & Overview

Welcome and congratulations on your decision to embark on a lifelong journey for personal health and fitness. In the next eleven weeks we will attempt to motivate, educate and inspire you to form healthy habits and put away any old habits that would keep you from reaching your new goals.

We've made some changes this year to help ensure your success! This year we are pleased to offer the same great New Year weight loss and fitness

program with 3 distinct tracks designed for you to maximize your personal fitness goals. Whether you're here to lose weight, put some fun into your fitness, or take your training to the next level we have a great 11 weeks in store for you.

Our staff, our facilities, and our program are ready for you.

Now, it's your time.

I hope each of you has set a personal goal for the program and also smaller weekly goals. Our goal is your lifelong commitment to a

healthy lifestyle. The benefits are endless!

The staff at Pepper Geddings wants to see each of you succeed and meet your goals.

If you have any questions, suggestions, or concerns, please do not hesitate to speak with your meeting leader or the front desk staff. Hopefully you will find everyone armed with knowledge and ready to help!

Remember, it's all about the FUN! So enjoy your journey.

What to Expect

All of you should have taken a fitness assessment at the Health & Fitness Fair. Choose to Lose participants were assessed based on physical measurements and all others were assessed on physical performance. You should

expect to see improvements based on these assessments throughout the course of the next 11 weeks. To help you along the way, we're offering over 75 fitness classes per week you can attend, personal instruction on how to ex-

ercise, weekly newsletters with helpful tips on health and fitness, Saturday morning seminars hosted by community leaders in the health industry, Team Challenges designed to create added incentive and support to continue improving and so much more. Plus depending on which of the 3 tracks you decided to take, you will meet with your teams on a regular basis to spur one another one. Most of all, you will be able to workout on your own any time our facilities are open.

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Creating a Vision of Success

A vision in its simplest form is a mental picture. This program you're in, whether it's Choose to Lose, Move, or Train has a vision. Our vision is to create community by building a health and fitness culture along the Grand Strand. That's the picture we want to get out of this program. What's your end picture? Where do you see yourself in 11 weeks? Or better yet, where do you see yourself 6 months to a year from now? You need a vision to get there. It's not magic. You'll need more than a vision to get where you want to be. But you can't get there without it.

*"If you can dream it,
you can do it."*

—Walt Disney

See it

Dream with me for a moment. If time, food, busy schedules, work, kids, energy, desire were not obstacles to your personal health and fitness, how would you see yourself? What would you look like, how would you feel? Take in that picture. Now begin to see yourself in that picture a year from now... 6 months from now... 11 weeks from now.

Speak it

Tell your team members where you see yourself. There's power in what you say. Tell people

about the journey you have started. Some may say, "Don't talk about it, just do it." I say, "NO...Talk about and Do it." The more you paint a picture of the new you to others the more you will be motivated to move towards that picture becoming a reality.

Do it

Health and fitness is a journey. All journeys start with the first step. The next 11 weeks will be all about doing it. It starts today. Next week we'll take a look at Setting Goals that are Right for You. We can afford to wait 1 week for that though. Get comfortable with your dreams of being healthy and take those first steps today.

Getting Started

5 steps to getting started

By Mayo Clinic staff

1: Assess your fitness level

To assess your aerobic and muscular fitness, flexibility and body composition, consider recording:

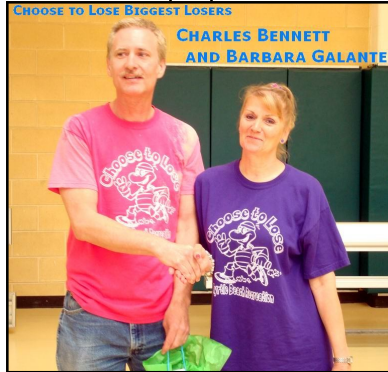
- Your pulse rate before and after a one-mile walk
- How long it takes to walk one mile
- How many push-ups you can do at a time
- How far you can reach forward while seated on the floor with your legs in front of you

- Your waist circumference at the level of your navel
- ### 2: Design a fitness program
- It's easy to say that you'll exercise every day. But you'll need a plan. As you design your fitness program, keep these points in mind:
- Consider your fitness routine. Most adults should aim for at least 300 minutes of moderate-intensity aerobic activity — or 150 minutes of vigorous aerobic activity — a week. Adults also need two or more days of strength training a week.
 - Schedule time to exercise as you would any appointment.

- Plan a logical progression of activity. If you're just beginning to exercise, start cautiously and progress slowly. If you have an injury or a medical condition, consult your doctor or a physical therapist for help designing a fitness program that gradually improves your range of motion, strength and endurance.
- Plan different activities. Different activities can keep exercise boredom at bay.
- Allow time for recovery. Plan time between sessions for your body to rest and recover.
- Put it on paper.

Choose to Lose

Let me take this opportunity to welcome you to our 2011 Choose program. Life is filled with choices. We must make good choices as we move into our new year. You have already made a good decision by choosing our wellness program. This means you are ready to make some changes. Change represents progress, it is the only way to grow. Change energizes us. It can spur a new beginning, it can take us to the next level. Change is GOOD. You have made the conscious chose to



take action and as you follow through with that action in our program, you can watch the transformation take place. Get ready to change your thoughts so you can change your world! We, the staff at Pepper Geddings are ready and anxious to support you through it all. Ask ques-

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tions, ask for help, get involved with your team, it really makes it more fun that way. Enjoy the new friends you are about to make and reunite with old friends. We want you to feel an integral part of our Pepper Geddings family and community, because you are! So c'mon, let's all do this together. Let's take off like this is the first day of the rest of our lives!

Just to let you know, our staff has a friendly little contest going on. They have challenged each other with a contest to see who's class has the most people in them each week. So if you have a favorite instructor or two, make sure you go to lots of their classes. Then I will be announcing each week the winner of that little wager.

Event Calendar

Upcoming Breakfast Seminars

Maximized Living Total Makeover
Saturday, Jan 15 9:00am

Grand Strand Health & Wellness
Saturday, Jan 22 9:00am

Team Challenges

Food Drive
Saturday, Jan 29 10:00am

Heart Walk @ The Boardwalk
Saturday, Feb 12 10:00am

Adventure Race for Autism
Saturday, Mar 5 10:00am

Grand Finale
Saturday Mar 26 10:00am

Maximized Living Total Makeover THE 5 ESSENTIALS OF A MAXIMIZED LIFE

FREE Breakfast Seminar This Saturday at 9:00am



Choose to Move

Congrats to all of you who kicked off the program with a bang at the Fitness Fair! What a great day that was as we enjoyed the good information and new fitness experiences.



Thank you all for your patience in getting through our first fitness tests on the bike and on the track. Everyone will receive a copy of their scores in their folder which will be located in the rolling file cart near on the right hand side of the lobby. This will be our communication tool for Choose to Move. Each competitor will have a folder so

we can keep abreast of important information.

Choose to Movers are competing for the most fitness points! Points will begin Monday January 10th. Be sure to swipe before every class you attend. Points will also be awarded for completing your vendor card at the Fair, improvement on your fitness tests, seminars and attending Satur-

Stop by Pepper Geddings front desk anytime on Tuesday the 18th to pick up your Choose to Move T-Shirt!

day Challenges.

Remember, measuring and tracking success is always important! Keep a journal to stay focused and committed to meeting your goals. Without the help of our weekly meetings, each competitor will be on your own to continue your commitment. *Be sure to encourage those around you!*



See you in the Gym!

Fitness Class Highlight

What is BOSU?

BOSU is a fun and challenging cardio fitness class that is great for core muscular strength, balance, stability and endurance. BOSU is a total body workout using a half-shaped dome that will strengthen core muscles and tone your body.

This fitness class utilizes low impact cardio step patterns in a fun and challenging way that will produce strength and endurance. Come and find out what all the excitement is about!

BOSU



Workout with Aaron on Monday, Wednesday, and Fridays from 3:30-4:15 in the Aerobic Room. Or catch Mike on Tuesdays and Thursdays from 6:30-7:15 at night. Looking for a great morning workout? Be sure to see Linda for BOSU on Tues/Thur at 10:15am.

Did you know... your Choose membership gives you access to workout at Canal Street Recreation Center 7 days a week and at Crabtree Memorial Gym on Tuesdays, Thursdays, Fridays, and Saturdays?

All Choose Fitness Classes take place at Pepper Geddings Recreation Center (except Aqua Surge).

Choose to Train

Welcome to Choose To Train! First I want to congratulate you all for making the decision to take your health and fitness to the next level! We are extremely excited to get started! We look forward to pushing everyone beyond what they thought possible! It's all about the fun or "fun"! As your trainers, we do want you to have fun but we also always expect 110% effort! Always do what you can plus a little extra! It is important to us that you reach your goals and we are dedicated to you and the program! Please be on time to your sessions and be prepared! We as a team are here for you, feel free to come to us with any



questions, comments, concerns, or suggestions!

WORK HARD, PLAY HARD!!!!

Don't forget Wednesday Night Game/Sport Night 6:00pm

"We Train Not to Maintain but to Get Better Everyday!"

"Your biggest challenge isn't someone else. It's the ache in your lungs and the burning in your legs, and the voice inside you that yells CAN'T but you don't listen. You just push harder! And then you hear the voice whisper CAN! And you discover that the person you thought you were is no match for the one you really are!"



Weekly Recipe

Antipasto Kabob

Ingredients

1/8 tsp pepper

1/8 tsp garlic powder

1/4 cup water

1/4 cup white wine vinegar

1 medium carrot, peeled

1 medium-size yellow squash, cut into 1/4-inch slices

1 small green pepper, seeded and cut into 1-inch

1 Tbl olive oil

1 tsp dried Italian seasoning

4 ozs reduced-fat Monterey Jack cheese, cubed

8 cherry tomatoes

8 ripe olives

8 small fresh mushrooms

Directions

Slice carrot with a vegetable peeler lengthwise into long thin strips. Place strips in a large shallow dish. Add squash and next 4 ingredients.

Combine vinegar and next 5 ingredients in a jar; cover tightly, and shake vigorously. Pour over vegetables. Cover; marinate in refrigerator 30 minutes.

Thread vegetables and cheese alternately onto 8 (6-inch) wooden skewers.

Nutrition Info Per Serving (Makes 8 servings.)

Calories 68

Fat 3.3g

Protein 5.8g

Carbohydrate 4.6g

Cholesterol 5mg

Sodium 58mg





PEPPER GEDDINGS
RECREATION CENTER

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cityofmyrtlebeach.com/choose.html

Getting Started: cont. page 2

3: Assemble your equipment

4: Get started

- Start slowly and build up gradually. Give yourself plenty of time to warm up and cool down with easy walking or gentle stretching. Then speed up to a pace you can continue for five to 10 minutes without getting overly tired. As your stamina improves, gradually increase the amount of time you exercise. Work your way up to 30 to 60 minutes of exercise most days of the week.
- Be creative. Maybe your workout routine includes various activities, such as walking, bicycling or rowing. But don't stop there. Take a weekend

hike with your family or spend an evening ballroom dancing.

- Listen to your body. If you feel pain, shortness of breath, dizziness or nausea, take a break. You may be pushing yourself too hard.
- Be flexible. If you're not feeling good, give yourself permission to take a day or two off.

5: Monitor your progress

Retake your personal fitness assessment 6 weeks after you start your program. You may need to increase the amount of time you exercise or find that you're exercising just the right amount to meet your fitness goals.

Keeping a Food & Exercise Journal:

Research studies have shown that keeping a food and activity journal helps you lose more weight. This same journal later serves as a great resource tool to keep the weight from coming back. As part of a study published in the Journal of the American Medical Association, researchers found that actually tracking what you put in your mouth could double the amount of weight you can lose.

Benefits of Keeping a Journal:

- You tend to take things more seriously when you write them down.
- Actual calories are tracked instead of being guesses
- You can plan a good exercise strategy and see what works and what doesn't
- It helps you to monitor improvements in your shape

- It provides an eye-opening look at how many calories you are really taking in
- Makes you be honest with yourself

In order for your journal to become an indispensable tool in your weight loss arsenal, you need to track everything. Each time you put something in your mouth, write it down. But

don't stop there, break it down:

- Food type: Record whether it is a protein, carbohydrate or fat.
- Portion Size: How much did you really eat compared to the label portion size
- Nutrients: You need to know what's inside the foods you eat so you can be aware of how your diet affects your weight loss.
- Time: Recording the time of the meal helps you to gauge not only when you eat, but how much time lapses between meals. This is key to metabolism.

Recording the foods you eat, when you eat them and why you eat them not only creates a permanent record of how you are adhering to your program, it also provides you a road map for success when you see those pounds, inches and body fat numbers come down.

