



"Be Part of the Change"

September Newsletter

New At the Y!

"Y BARRE"

CORE DE FORCE

Welcome to our new instructors
Amanda Beckwith and Maurie McCain.



"Core de Force is an MMA inspired, Body-weight and Cardio Program. Designed to target the full body and carve the waist!"

See schedule for class details

-Amanda Beckwith

CHALLENGE OF THE MONTH

- ⇒ DRINK 3 LITERS OF WATER A DAY FOR **30 DAYS**
- ⇒ NO SODAS, NO JUICE, NO ENERGY DRINKS.

GOAL: To ENERGIZE YOUR MUSCLES, REDUCE ACHES AND PAINS, CURB YOUR APPETITE, CLEANSE YOUR BODY, (FROM THE INSIDE) BY DRINKING 3 LITERS OF WATER FOR THIS 30 DAY CHALLENGE.



FITNESS MYTHS BUSTED

MYTH: STRETCHING HELPS YOUR BODY RECOVER FASTER.

FACT: KEEP DOING IT IF IT FEELS GOOD TO YOU, BUT A RECENT UNIVERSITY OF MILAN STUDY ON THE EFFECTS OF POST-WORKOUT RECOVERY METHODS FOUND NO SIGNIFICANT CHANGES IN BLOOD LACTATE LEVELS (A MEASURE OF HOW FATIGUED YOUR MUSCLES ARE) IN FOLKS WHO STRETCH AFTER EXERCISE.

WHILE STRETCHING MAY NOT COMPLETELY REDUCE MUSCLE SORENESS OR SPEED MUSCLE TISSUE REPAIR, LIMBERING UP STILL HAS CERTAIN BENEFITS, WESTCOTT SAYS: DOING IT RIGHT AFTER A WORKOUT, WHEN THE BODY IS STILL WARM, IS THE BEST WAY TO INCREASE JOINT FLEXIBILITY.

FAT BURN FRUIT OF THE MONTH

WATERMELON :SOMETIMES GETS A BAD RAP FOR BEING HIGH IN SUGAR, BUT THE FRUIT HAS SOME IMPRESSIVE HEALTH BENEFITS. RESEARCH CONDUCTED AT THE UNIVERSITY OF KENTUCKY SHOWED THAT EATING WATERMELON MAY IMPROVE LIPID PROFILES AND LOWER FAT ACCUMULATION. BETTER YET, A STUDY AMONG ATHLETES BY THE UNIVERSIDAD POLITÉCNICA DE CARTAGENA IN SPAIN FOUND WATERMELON JUICE TO HELP REDUCE THE LEVEL OF MUSCLE SORENESS – THAT'S GREAT NEWS FOR ANY EAT THIS, NOT THAT! WARRIORS WORKING ON THAT SIX-PACK!