

# Conway Recreation Center Newsletter

## From the Director

Welcome to the June 2012 edition of the Conway Recreation Center Newsletter. Each month, you will find information on upcoming events and activities at our facility, information on fitness, nutrition, classes, aquatics and a member spotlight, which will focus on an individual member and their success story. Hard copies of this newsletter will be available at the facility and they can also be downloaded at [www.ConwayParksandRecreation.com](http://www.ConwayParksandRecreation.com).



I am happy to announce that Natalie Kitts has joined the staff as the new Membership Coordinator. Natalie is from Greenville, SC. She earned her bachelors degree from University of Tennessee. Natalie has considerable customer service experience and we are happy to have her on board. Natalie looks forward to meeting you and working to improve customer service at the Conway Recreation Center.



I am sad to announce that Sam Collins (*Fitness Coordinator*) has decided to leave us. She has accepted a position with Myrtle Beach Parks and Recreation. Her last full day will be Wednesday, June 20. Her final class will be held on Thursday, June 21 (Zumba @ 9am). We wish her the best.

If you have not been to the Conway Recreation Center lately, please come by. Take advantage of the 50+ fitness & 18+ Aquatic Fitness classes offer weekly. Also, take the time to enjoy our other amenities such as the cardio, weight room, gym, track, swimming pool. On behalf of the staff, we hope you have a great summer and look forward to seeing you soon.

**Foster Hughes, CPRP**

*Parks, Recreation & Tourism Director*



## Fitness Schedule

An updated fitness schedule for the month of June will be available online at [www.ConwayParksandRecreation.com](http://www.ConwayParksandRecreation.com) and at the Recreation Center on Wednesday, June 20.

### NEW Child Care hours:

Mornings: 7:30am-10:00am

Evenings: 4:30pm-7:30pm

*\*Reservations are preferred\**

Call 488-1950 for details



June, 2012

## **Fitness Highlight—Cardiovascular Exercise**

### **The Benefits of Cardiovascular Exercise**

Cardiovascular exercise, also known as aerobic exercise, uses large muscle groups, continued over relatively long periods of time. Examples of cardiovascular exercise are walking, running, cycling, swimming, and playing tennis. When you participate in cardiovascular exercise, your heart rate and breathing rate become elevated. The Centers for Disease Control and Prevention recommend two hours and thirty minutes of moderate intensity aerobic activity every week for health benefits to occur.

### **Maintaining a Healthy Weight**

Since cardiovascular exercise requires energy, the food that you eat, and fat stored in your adipose tissue are used as fuel when you exercise. The longer your exercise session is, the more calories you will burn. When the readily available glucose is used up in your blood, your body will resort to burning extra fat, therefore increasing your chances for successful weight loss.

### **Increasing the Body's Efficiency**

When you attain cardiovascular endurance, several internal adaptations take place in your body that make you healthier, with a greater ability to handle intense cardiovascular exercise. Your heart becomes stronger, with the ability to pump blood throughout your circulatory system much more efficiently. The delivery system of oxygen to your working muscles becomes much more effective, as with the ability for waste and carbon dioxide to be carried out of your muscles.

### **Reducing the Risk of Disease**

By participating in cardiovascular exercise and gaining cardiovascular endurance, you will reduce your risk of several chronic and life-threatening diseases, such as coronary heart disease, type 2 diabetes, and some cancers, such as colon cancer, breast cancer, and lung cancer. The American College of Sports Medicine states that higher levels of cardiovascular fitness are associated with a 50% reduction in cardiovascular disease risk. If you participate in regular cardiovascular exercise, you will also increase your insulin sensitivity and glucose metabolism, reducing your chances for developing type 2 diabetes.

### **Improving the State of Mind**

Exercise causes the release of certain neurotransmitters from the brain called endorphins, which have been known to improve mood. Another theory is that exercise reduces immune system chemicals that can worsen depression. Finally, exercise increases body temperature, which has been known to have calming effects. Regardless of the science behind it, many endurance exercisers claim a gain in confidence and more social interaction, both of which tend to relieve stress.

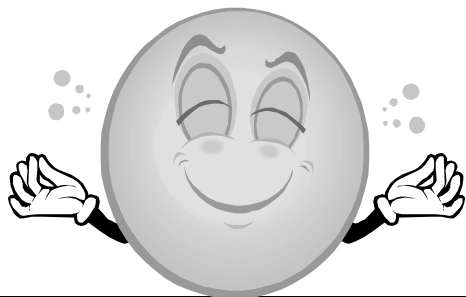
**Read more:** <http://www.livestrong.com/article/522212-a-list-of-the-benefits-of-cardiovascular-endurance/#ixzz1wppyQQqL>

## **Fitness Class Spotlight—YOGA**

Yoga is a flowing sequence of traditional poses and movement with breath made to increase your strength, coordination, concentration, and body awareness while calming your mind and reducing stress. Yoga is being offered on Mondays and Wednesdays at 8:00am as well as Tuesdays and Thursdays at 12:00 pm.. Some studies

suggest that yoga could play a role in weight loss, although results vary depending on the type of yoga. A study of six healthy young adults who did the Sun Salutation (a series of 12 poses repeatedly going from standing to floor) estimated that they burned about 230 calories in a half-hour session. That's comparable to what the

average person burns in the same period on a brisk walk. Since these people weighed less than 135 pounds on average, a person who weighs more would likely burn somewhat more calories. In addition, researchers found that as these subjects were doing this more actively moving form of yoga, they were working out at a heart rate that could improve cardiovascular fitness if done regularly. Aside from any weight impact, yoga increases flexibility, improves balance and relieves stress. Depending on the type of yoga and your health goals, it may or may not offer all the strength-building exercise you need to maintain body muscle. Yoga can be an excellent choice of exercise.



## **Don't eat that...Eat This!**

**Artichokes** are used in aiding in digestion and are rich in inulin, a probiotic that promotes the growth of beneficial bacteria in your stomach.

**Radishes** contain a third of your daily recommended vitamin C. Radishes can also boost your body's absorption of cancer fighting proteins when mixed with broccoli.

**Arugula** provides a huge boost of magnesium, a mineral important for keeping bones strong, immune system healthy, and muscles strong.

**Scallions** are rich in quercetin, an antioxidant that acts as a antihistamine- this is extremely important for seasonal allergy sufferers. Scallions have also been known to help lower blood pressure and ward off heart disease.

**Asparagus** (1 cup) contains 70 percent of your daily recommended amount of vitamin K, which helps transport calcium to your bones. Asparagus also contains 20 percent of your vitamin A which helps maintain your healthy immune system.

**Peas** (1 cup) will provide you with an entire day's worth of allergy-fighting vitamin C, thiamin, vitamin B1, both known to boost your mood and ward off depression.

**Lettuce** (excluding iceberg lettuce) is packed with antioxidants and immune system boosters

**Spinach** a powerhouse of vitamin C and folate, both used in strengthening your immune system. Spinach is also rich in beta-nie, a compound found to boost exercise performance.

**Fava beans** are packed full of protein, with 13 grams per cup of cooked beans, According to studies fava beans also work to lower cholesterol naturally.

## **Aquatics Highlight**

This section is going to be a monthly series highlight 10 different aspects of swimming. This month we are going to start with **#10: The Ability to Do More with Less**

Swimming offers something no other aerobic exercise does: the ability to work your body without harsh impact to your skeletal system. When the human body is submerged in water, it automatically becomes lighter. When immersed to the waist, your body bears just 50 percent of its weight; dunk yourself to the chest and that number reduces to around 25 to 35 percent; with water all the way to the neck, you only have to bear 10 percent of your own weight. The other 90 percent is handled by the pool. This means that the pool provides an ideal place to work stiff muscles and sore joints, especially if you're overweight or suffer from arthritis. In its recommendation for the right types of exercise for people with arthritis, the Arthritis Foundation suggests those that stretch muscles, those that strengthen muscles, and those that provide an aerobic workout. A few laps in the pool combine all three! If the pool is heated, so much the better for arthritis sufferers, as the warm water can help loosen stiff joints. In fact, people with rheumatoid arthritis receive greater benefits to their health after participating in hydrotherapy than with other activities. It's also been proven that water-based exercise improves the use of affected joints and decreases pain from osteoarthritis [source: CDC]. For more information visit : <http://health.howstuffworks.com/wellness/aging/retirement/10-health-benefits-of-swimming1.htm>

Next Month : **#9 Increased Muscle Tone and Strength**

## **Activities & Rentals at the CRC**

### **Pick-up Basketball**

Pick-up basketball is a great time to run up and down the court with your fellow members and friends. Pick-up is on Tuesdays and Thursdays starting at 7:30pm and ending at 9:20pm.

### **Swim Lessons**

Summer Swim Lessons are currently underway. Session dates are June 19-28, July 10-19 and July 31-August 9. Please see front desk staff for times and fees.

### **Pickleball**

Pickleball is a unique activity that combines 3-in-1; tennis, table tennis and racquet ball. Pickleball is played Tuesdays, Thursdays and Fridays from 9:00am-12:00pm in Collins Court #2.

### **Pool Parties**

What is better than having a pool party at the Conway Recreation Center. You will have a room that is away from the pool so you can enjoy birthday cake and other food and drinks. For more information about the pool parties and fees please see the front desk staff or call us at 843-488-1950.

### **Room Rentals**

The CRC has 3 meeting rooms to rent for your occasion that may be birthday party, meetings, HOA, etc. For more information please see the front desk staff.

### **Kids Exercise—*Kid's Calisthenics and Play***

This class will supply kids with exercise and motion through high energy fitness games, relays, and other physical activities. Ages 4+ can enjoy this class! This class is offered on Mondays and Wednesdays at 6:30pm-7:30pm.

## **CRC Success Story—*Kim Johnson***



*Hello, my name is Kim Johnson. I like many others, have had the desire to lose weight and become healthier for many years. I always talked about losing weight and would make attempts to do so however; to no avail. I can say that I had desire to lose weight but could not keep the motivation to do so. When I heard of the Conway Recreation Center opening, I became somewhat interested in checking them out. I talked about it for days and weeks. My supervisor, whom I have lunch with often, must have gotten tired of hearing me speak of losing weight and talking about joining the Conway Recreation Center. She came to work one day in September and said she had joined and she was waiting on me so we could go together. On September 30<sup>th</sup> we were at lunch and she said she had to swing by the recreation dept and give them her license to copy for her membership. Naturally I walked in with her because I was curious about the center. We both took a tour and looked over the facility. That day was the last day to register without an enrollment fee so I joined. I was given a schedule of fitness and swim classes. I came back that evening for my first Zumba class and have been working out ever since. Zumba classes are my favorite way to work out because I like to dance. I went to the gym 5 to 6 days a week. I took Zumba classes mostly at first. I really enjoy the instructors, Sam and Katie. They make the classes very enjoyable with their fun personalities. I also participated in some water Zumba classes, a class called waterworks and I also workout on the treadmill and with the weights in the weight room. I like the variety that the center provides so that you don't get bored of the same things.*

*During this time, I also decided to change my eating habits. I decided if I was going to be dedicated to this I needed to also watch my food intake as well. I concentrated mostly on fruits and vegetables with a few grains and meats. The weight started to come off as I worked hard and diligently. By the end of December, I had lost approximately 25 pounds. I then entered the Conway wellness/focus on fitness challenge where more fitness classes were added to the schedule to accommodate all the members who had entered. I particularly liked the accountability of weekly weigh-ins and valuable information provided about nutrition and fitness. I learned a lot during this challenge and by the end of March I had lost another 28 pounds but even better I had lost a total of 27.5 inches. WOW!! I never thought I would be able to accomplish such a feat. It's enjoyable to meet up with my family of friends at the gym and talk about our successes and challenges. We're all there trying to make a difference in our lives by leading a healthier lifestyle and feeling better about ourselves.*

## **Upcoming Events, Activities & Registrations**

**Movies in the Park** is a family friendly night for all to come out to the Riverfront Park and enjoy a movie. Movies will start at dusk 8:45pm.

### **Movies in the Park Schedule:**

Friday, July 13: *JAWS*

Friday, July 27: *The Muppets*

Friday, August 10: *Mission Impossible-Ghost Protocol*

Friday, August 24: *Ferris Bueller's Day Off*

Admission for the movies are free; concessions are available for a nominal fee. For more information about the Movies in the Park please visit [www.ConwayParksandRecreation.com](http://www.ConwayParksandRecreation.com).

**Fall Youth Sports Registration**—\$26: City Residents & \$51 Non-Residents. Deadline to register is August 24. Fall Sports include the following; Tackle and Flag Football, Cheerleading and Soccer. Register online at [www.ConwayParksandRecreation.com](http://www.ConwayParksandRecreation.com) or at the Conway Recreation Center.

**ARC Blood Drive**—Wednesday, June 20 from 2:00pm-7:00pm. Call to reserve your spot today.

**Great American Splash**—Wednesday, July 4 at Smith Jones Pool. Fun games and activities for all ages. Pool is open 1:00pm-5:00pm.

**July is Parks and Recreation Month**

## **Staff**

**Foster Hughes**

*Parks, Recreation & Tourism Director*

**David Williams**

*Assistant Recreation Director*

**Sandra Smart**

*Administrative Assistant*

**Chris Adrian**

*Program Coordinator*

**Natalie Kitts**

*Membership Coordinator*

**Katie Ognibene**

*Aquatics Coordinator*

**Vacant**

*Fitness Coordinator*

**Ashely Miller**

*Custodian*

**Conway Recreation Center**

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488-1950

[www.ConwayParksandRecreation.com](http://www.ConwayParksandRecreation.com)

**Conway Parks, Recreation & Tourism**

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