



Feith Family Ozaukee YMCA

Feith Family YMCA's Wellness Center Newsletter

March 1st, 2010

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Going **Green** and Staying Healthy For St. Patrick's Day

Instant Health Benefits of Going Green:

- Breathe easier
- Healthier heart and decreased chance of heart disease
- Healthier diet
- Reduces the spread of infectious diseases
- Reduces acid rain

Turn the next page to learn how you can become more
healthy and save the planet!



Meet a Wellness Coach-Erica Richman



Hometown? Born and raised in Dubuque, IA. I moved to Wauwatosa in August.

Educational background? I have a Sports Science degree and a coaching endorsement from Loras College in Dubuque.

How long have you worked at the Feith Family YMCA? Since October.

What is your favorite part about working at the Y? The staff and members at the Y are the best! All the members are so eager to learn it makes my job all that easier!

What are your hobbies outside of the Y? In the winter I like to snowboard and in the summer I enjoy camping, boating, biking and playing sand volleyball.

If I'm outside, I'm usually good to go!

How do you stay in shape? Playing sand volleyball and running outdoors when the weather is nice are my favorite ways to stay in shape. When the weather is bad I use a treadmill or elliptical and I just recently started taking Body Pump!

How do you motivate yourself to live a healthy lifestyle? I have participated in sports since I was young so keeping up with that is very fun and a great way to stay in shape. Also, the summer is just a few months a way and for me that is a big motivation to stay in shape!!

New to the YMCA? Schedule your wellness consultation now with Erica or any other member of the Wellness Staff so you can get started on the right path toward a healthier lifestyle.



Meet a Wellness Coach/Personal Trainer Mike Steinmetz

Hometown? Racine, WI

Educational Background? Bachelors of Science in Exercise Physiology from Concordia University Wisconsin, Certified Strength & Conditioning Specialist (CSCS) through the NSCA. I am currently working on my Masters in Rehabilitative Science at Concordia University, Wisconsin.

How long have you been working at the Feith Family YMCA?
2 years

What is your favorite part about working at the Y? Working with people & helping them achieve their goals as well as learning many new techniques through Rick and Nancy. it's a great learning experience.

What are your hobbies outside of the Y? Well I work full time at Concordia University Wisconsin as a football coach so there isn't much time but to just stay active.

How do you stay in shape? I try and work out 4-6 days a week combining cardio and a weightlifting program that I use.

How do you motivate yourself to live a healthy life style? To be honest it has been a way of my life for as long as I can remember and is a priority to me. I also believe that in order to preach to individuals and to help motivate them I should be able to participate in the same things that I expect of others.



"The
ground-
work of all
happiness
is good
health".
- Author
Unknown

Exercise of the Month

Chest Press on a Stability Ball

Target Muscle: Chest, shoulders, abs, back and glutes

Lie on an exercise ball with shoulders and head supported on the ball, and with butt and abs tight to form a bridge. Start with weights directly over chest, elbows soft. Slowly bend elbows and lower arms until your elbows are at 90 degree angles, using your legs, back and abs to balance on the ball. Press arms straight without locking, then lower back to starting position.

Do 1-3 sets of 8-12 repetitions.

You can also perform this move on a step or bench.

*****Please see a staff member if you have questions about this exercise. Sign up for wellness appointment or personal training consultation to learn more!**



Stretch of the Month



Chest Stretch

Target Muscles: Chest and Shoulders

Cross your legs in front of you or sit in the butterfly position. Sit up tall. Reach your arms behind your back and clasp your hands together reaching your arms backwards and holding this position for a couple seconds. You will feel it in your chest and shoulders. Repeat this movement a few times.

*****Please see a staff member if you have questions about this exercise. Sign up for wellness appointment or personal training consultation to learn more!**



Mind, Spirit and Body

Going Green

10 TIPS TO KEEP OUR ENVIRONMENT AND YOU HEALTHY!

1. Use a re-usable water bottle or take advantage of the drinking fountain when exercising instead of using and throwing a plastic one away each time.
2. If you are buying new workout clothes, go with organic fabrics made with soy/cotton and recycled fabric.
3. Carpool with family and friends on the way to the gym to save money on gas and decrease carbon emissions put into the air by vehicles.
4. Hang dry your workout clothes instead of using the dryer to save on power.
5. Try some organic foods. They are made without any artificial ingredients so they will give you the energy you need for you workout.
6. Take the stairs instead of the elevator.
7. Start gardening! Great way to save money on fresh nutritious vegetables and get a good workout.
8. Ride a bike to school, work or even the gym.
9. If the weather is nice, help clean up trash in your local community areas such as streets, parks, and nature reserves. You'll get a workout and you'll be helping the environment!
10. Ride your bike or walk whenever you can!



**"Take care of the earth and she will take care of you."
- Author Unknown**

New Programs at the YMCA



Summer Shape Up is Almost Here

Start getting your teams together! Summer Shape Up starts May 3rd and goes till June 13th. Join a team and earn points for working out at the Y! This is the perfect way to get into shape before summer starts!

KidSPACE Monday-Friday 5-8pm

This is a program designed to keep your kids safe while you workout! It is a program for 6-9 years olds that gives them the freedom to choose what they want to do as a group without being left alone in the YMCA. Supervision includes various cooperative activities using many aspects of the YMCA and its facilities. There is a \$2 charge per child for each visit. Ask the front desk for more details!

NEW Kid Care Hours Starting March 1st:

Monday-Friday 8:30am-12:30am and 4pm-8pm and Saturdays 8-1pm

Change your mind...Invigorate your body...Lift your spirit...Embrace Wellness Seminar

Learn how to balance all aspects of your life including healthy meal planning, physical activity, self-management, social networks and spirituality. The balance you will achieve in your life will steady your way!

Tuesday, March 9th, 10:30-11:30am @ the Feith Family Ozaukee YMCA

Healthy Vegetarian Recipe

Stuffed Peppers and Tomatoes

Ingredients:

- 4 bell peppers (any color)
- 4 beefsteak tomatoes
- 1 medium onion
- 2 cloves garlic
- 1/2 cup grated Parmigiano Reggiano
- 1/2 cup breadcrumbs
- 1/2 cup fresh parsley and basil, chopped
- Black pepper
- Extra virgin olive oil (EVOO) or cooking spray

Directions:

Pre-heat the oven to 400°F. Core and rinse out the bell peppers. Core the tomatoes and scoop out the insides. Chop the tomato insides and throw them into a medium size bowl. Chop the onion and garlic and add to the bowl with the tomatoes, along with the cheese and the breadcrumbs. Chop up the parsley and basil and add them to the same bowl. Mix everything together and season with black pepper. Spray a roasting dish, with cooking spray. Fill the peppers and tomatoes with the stuffing mixture and arrange them in the baking dish so that they are standing up. Drizzle everything with a generous amount of EVOO. Place in the oven and bake, uncovered, until lightly browned, about 40 minutes. Remove from the heat and allow to cool before serving, but serve warm.



Try Y-Weight every Monday and Wednesday Night @ 6:30 with Registered Dietitian Vickie Bergquist to learn more about making healthy lifestyle changes through nutrition.

No sign-up required and FREE!