

ACTION TODAY, FITTER TOMORROW



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEYERS LAKE YMCA

1333 North Park Ave NW, Canton OH 44708

www.ymcastark.org/meyers-lake-ymca

February 2012

HELPING YOU KEEP YOUR NEW YEARS RESOLUTION

On a side note: Group Exercise Classes at the Y

ON LAND

- Cardio Step
- Core Strength
- Fitness Fusion
- Group Cycling
- Senior Fitness
- Silver Sneakers
- Wild Card
- Zumba

IN THE WATER

- AquaFlex
- Silver Splash
- Water Aerobics

For more help on obtaining your fitness goals, see one of the MEYERS LAKE YMCA wellness staff today!

BUILDING HOURS

MONDAY –THURSDAY 6:00AM—9:45PM

FRIDAY 6:00AM—7:45PM

SATURDAY 8:00AM—6:45PM

SUNDAY 11:00AM– 2:45PM

Social networks

Did you know that the MEYERS LAKE YMCA and The YMCA of Central Stark Co. are on line?! Check us out!



WELLNESS 101

So why should you exercise? Did you know that regular exercise has more benefits than just helping you to lose weight?

Heart health is another benefit and regular activity lowers your blood pressure and bad cholesterol levels; increases good cholesterol levels; enhances blood flow; and strengthens your heart muscle. This lowers your risk of stroke, diabetes, high blood pressure and heart disease.

Help your body help you. Activity helps reduce body fat and increases muscle mass which improves your bodies ability to burn calories. The combination of reduced calories and daily exercise is a fast track to losing weight. With increased muscle mass comes good posture which reduces back pain. After all, a strong abdomen is the body's best defense against back pain.

What about your bones? Weight bearing exercise strengthens bone formation and helps prevent bone loss. Weight bearing exercise and a diet rich in vitamin D and calcium helps prevent osteoporosis.

Another value of regular exercise is improved self esteem. All of the endorphins that get released when you exercise help improve your mood and the way you feel about yourself. Exercise also helps fend off depression, anxiety and stress helping you stay on top of your game.

Water Aerobics classes offer an added benefit of gentle water resistance to your work out.



With all of these benefits helping build a better you, what's stopping you from starting an exercise program today. Call us today and let us help you get started with a plan that is right for you.

Here's what the Y has to offer you in the way of Wellness Programs. **Choose to Lose** is a 10 week comprehensive weight loss program that gives you the guidance of a personal trainer, access to the food group based meal plan with weekly weigh ins and challenges to keep you



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motivated. **Walk and Weights** is a great program for beginners looking for a complete workout in a compact format. The class consists of 30 minutes of cardio exercise followed by 30 minutes of strength exercises all done along side a personal trainer.

Women on Weights is a step by step workout along side a personal trainer teaching free weight techniques and the class size is limited to 6 participants. **Future Fitness** is a collaboration with Akron Children's Hospital and is designed for children ages 8-13 that encourages gradual weight loss while helping participants develop knowledge and habits needed to maintain good health. **Personal Training** is also offered for a one-on-one workout program.

Please visit our website or call the Y for more information on all of these great programs.

VALENTINES KIDS NIGHT OUT DANCE PARTY!!

On Friday February 17th, the MEYERS LAKE YMCA will hold a Valentines Dance Party as part of the Kids Night Out Series. DJ Groove Doctor will keep the kids grooving' with classic dance games and music all night long.

Register your child by calling the MEYERS LAKE Y or by visiting our website. Kids Night Out is for children grades K-5 and it gives parents a night out of their own.

Fee is \$5 for YMCA Members or \$10 for Non Members.

Snack items and drinks will be available from 6:00-8:00.

We hope to see you there.

BUILDING BRIGHTER FUTURES

Child Care Programs

The MEYERS LAKE YMCA Child Care Program is proud of the work that all of the children in the program have done this school year. The children have participated in 3 Community Service Projects since beginning school in the fall. In October the children collected old tennis shoes for the Nike-ReUse-A-Shoe program. This keeps old tennis shoes out of the landfill and turns them into walking tracks or playground surfaces. They are also participating in the Chip Bag Brigade and collecting Frito Lay bags and turning them in for money that we use for new games and supplies. Our most recent was the Stockings for Soldiers Project. The children collected enough stuff to fill 100 stockings and even made a DVD that the soldiers could watch. These small things have impacted their lives, their families lives and even reached across the ocean to Afghanistan to impact the lives of men and women in our Armed Forces. Way to go!

CALLAHAN EDUCATIONAL TRUST FUND SCHOLARSHIP

The Harry D. Callahan Education Trust Fund was established to help needy, deserving students to obtain a college education. Grants are paid to the college of choice in the name of the final candidates. The fund was established to honor and perpetuate Harry D. Callahan as a kind, caring individual who had a concern for his fellow human beings and who, during his life had an abiding concern about the proper education of the young adults in the community in which he lived. Mr. Callahan was deeply involved in the affairs of the Catholic Youth Council for which the fund was established. The MEYERS LAKE YMCA is the catalyst for awarding this scholarship on behalf of the Catholic Youth Council. If you would like to apply you can stop by the YMCA or visit our website under Community Programs.

