

MEMBER NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Columbus Family YMCA

3912 38th St, Columbus NE 68601

November 2018

Columbusy.org



GIVING THANKS

What are you thankful for this year? It would be very hard to count all of our blessings and the gifts that we have in our lives.

Columbus has been blessed by the programs and services of the Columbus Family YMCA since 1892. We have seen many changes, innovations, and new ideas, but our greatest blessing is now starting its fourth year. Our purpose and mission has always been to impact the lives of everyone we serve with Christian principles through programs that build a healthy Spirit, Mind and Body of those who are involved with us.

November 1, 2015 was the day we officially opened the doors of the Columbus Family YMCA at the Columbus Wellness Center. We have experienced overwhelming growth and impact in those three years. Over a third of the population of Columbus comes through our doors on a regular basis. For whatever reason you come to the Y, we are here to serve you to the best of our abilities.

As you pause to reflect on the past year as we head toward the

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact Amy Mahoney, the editor at amahoneycfy@gmail.com.

holidays, stop and give thanks. Give thanks for your family, your neighbors, your friends. Most of all, know that the YMCA gives thanks to you and to this community for allowing us to make a difference for everyone we come in contact with.

Happy Thanksgiving,
Corey Briggs, CEO

MEMBER APPRECIATION WEEK (NOV 12-17)

THANK YOU!

MONDAY

All Day-Wear your Y Gear Day!
½ off Join Fee Day!

10am: Specialty Fitness Class: TBA
5:30pm-Bounce House Party in the Youth Gym
7pm: Demo of the day-Proper Squats with Mike
Drawing for Free Birthday Party.

TUESDAY

Pickleball-All Day
10:15am Demo of the Day-Move for Life 1 in Studio 1
1p-9p- Rec Volleyball Court 3
5:30am: Healthy Eating: TBA

Must Pre-Register for this event-Event held in the Multi-Purpose Room!
5:15pm Ask the Trainer-Marcia will show you how to properly use the Machines on the Wellness Floor.
This is Free-Please Pre-Register at the Front Desk
Drawing for a YMCA gift Basket-All Day.

WEDNESDAY

9am-Step Class Demo-Studio 1
11:05am-Tai Chi Demo-Studio 1
4pm-Run Club-Discuss your running goals as a group w/ Run Coach Rachele Eller and then take a group run
This is free! Please Pre-Register at the Front Desk
11am-Lunch at the Y
5:30pm: Demo of the Day-Synergy 360
7pm-Ask the Trainer: Weight Night-Join Mike Rusk on the Weight Room floor to learn proper technique and form.
This is free! Please Pre-Register at the Front Desk
Drawing all day for a free session of 30 Minute Personal Training

THURSDAY

Drawing for a YMCA Gift Basket with fun YMCA Merch.
9am-10am: Body Fat Testing
5:30pm-Gaga Dodgeball Party-Youth Gym
5:30pm-Holiday Treat Alternative Cooking Ideas-Kelli Thomazin
Must Pre-Register for this event-Event held in the Multi-Purpose Room!
Drawing all day for ½ off a summer camp (not including travel camps)

FRIDAY

Open-12p-Rec Volleyball-Court 3
6am Specialty Class-TBA
5:30p- Kids Cooking-Healthy Snacks with Jenny Sloup
Must Pre-Register for this event-Event held in the Multi-Purpose Room!

SATURDAY ALL AGES POOL PARTY-3P-5P

KIDS NIGHT OUT

Saturday November 10

A night full of FUN and ADVENTURE for school aged youth.

Activities: Swimming, bounce houses, Gaga, Laser Tag, Basketball, Volleyball, PIZZA and more!

Grades: K-6th Grades

Time: 6pm-9pm

Members: \$10/Student

Non Members: \$20/Student

Registration Deadline:

November 9th



ROOKIE BASKETBALL LEAGUE

Ages:

- Kindergarten division (Must be 5 by Start of League)
- 1st-2nd Grade division
- 3rd-4th Grade division (if numbers allow)

*Boys and girls will be in separate divisions as long as registration allows.

Dates: January 5- February 9

Times: Saturday Morning's (league schedule will be made after registration deadline)

Registration Deadline: December 22

Cost: \$25 Member, \$60 Non-Member

YOUTH STRENGTH TRAINING CLASS

This is a program designed for youth 11-14 years old to teach them the principles of weightlifting and how to use machines on the Wellness Floor. MEMBERS ONLY. Limit of 10 per class. DATES
November 21st 2-4:30pm

Cost: \$40 Private Class \$55

TURKEY TROT 2018 TURKEY DRAG RACE EDITION! COLUMBUS FAMILY YMCA

Walk, Run or even Trot the morning of Thanksgiving. Put the turkey in the oven and join us for a morning fun run. 6 mile race will be the Turkey Drag Race. We will have door prizes and refreshments at this event.



Distance: 1, 2, 4, or 6 mile options available.

Where: Columbus Family YMCA, Wellness Center Front Lobby

Time: 8am

Fee: Individual \$5.00 Family \$15.00 (fees do not include t-Shirt)

\$10.00 Additional cost for each T-Shirt!

if we have bad weather check the YMCA Facebook page for updates that morning

Register at front desk or <http://www.getmeregistered.com/TurkeyTrotFeastFeathers>

INSPIRING HEALTHY CHOICES

When families are struggling with household budgets or busy schedules, prioritizing nutrition may take a backseat to family meals. Follow these steps to inspire halting eating choices at home:



Step 1: Visit ymca.net/membernews to download a free copy of the recipe book "Good and Cheap: Eat Well on \$4/Day"

Step 2: Have the children in your life create healthy reminders to post on your fridge

Step 3: Schedule a time to volunteer at a local food pantry. Use the visit to inspire kitchen table conversations with your children about food.

OVERCOMING THE "EW" FACTOR

Taste buds dull as we age. It's no wonder tiny tongues and younger noses may have heightened responses to textures, flavors and smells. Reintroduce kids to the yummy side of nutrition with these tips to watch their "ew" - face disappear:

- Involve children in the process. Let them help plant a garden, chop vegetables or arrange food on dinner plates.
- Avoid using the term "picky eater." It can become an identity that discourages experimentation.



-Y of the USA-October Member News

ARE YOU AFRAID TO START EXERCISING AT A GYM?

I have heard many people say that they need to "get in shape before they can go to the gym". While this is unfortunate, plenty of people are intimidated at the thought of joining a gym. Walking into a huge open room with confusing machines and with plenty of members who appear fit can be difficult.

I have heard members say that they need to lose weight before joining a gym because they are concerned about their appearance and want to "fit in" with the other members at a gym. I have heard members talk about wearing the right clothes so they "fit in". All of these reasons can keep people away from the gym and keep them from being healthier and reaching their fitness goals.

I asked 3 of our staff at the YMCA what was the most intimidating thing for them when they first went to a gym. They all said it was difficult to exercise in public and feared that other members in the gym would judge their appearance or fitness level.

This is a quote I found about fear. "One of the greatest discoveries a man makes, one of his great surprises, is to find he can do what he was afraid he couldn't do." By: Henry Ford.

In this article, I will discuss some ways to overcome the common fears of joining and attending gyms or health clubs.

1. If you join a gym, take a new member orientation. These are free at the YMCA and are an excellent way to learn how to use the equipment and visit with a personal trainer about any concerns that you may have.
2. When you start going to the gym, it may be easier to come and try machines when it is less crowded. Good times are from 1-4 PM and after 9 PM. During those times, there are less members exercising and you will have more time to make machine adjustments and do your workout.
3. Wear comfortable tennis shoes and any kind or brand of comfortable athletic workout wear. The easiest way to stand out is to wear clothes that are not gym appropriate such as high heels.
4. Working with a personal trainer may help you as well. If you prefer individual, one on one workouts this is perfect for you. It can also be a great way to learn how to develop a workout plan and to learn how to use different machines and/or learn the appropriate technique for various exercises.
5. Going to a fitness class is another way to get comfortable in a gym. These are free at the YMCA and may be free or have a minimal cost at other gyms. If you plan to try a fitness class for the first time, it is helpful if you arrive about 10 minutes before the class begins and meet the instructor. He or she can give you some tips that will be helpful when you first start exercising in a group.
6. Read the rules that are listed for use of equipment and appropriate behavior in the gym and follow those guidelines.
7. Attend the gym regularly to help you to meet your fitness goals and stay accustomed to the facility. The more you attend, the easier it will be to get fit and stay comfortable with the equipment and surroundings.
8. Try to have fun while you are there. You can make it fun by getting to know other members, taking fitness classes, working with a personal trainer or just by creating your own workout and the music that goes with it.

"The only thing we have to fear is fear itself." By Franklin Roosevelt. I hope this quote is how you feel after a couple of visits to our YMCA. It should be a welcoming, friendly place accepting of all races, genders and ages. Good luck and let me know if I can help you on your journey to fitness.

By: Marcia Grant

Wellness Coordinator, Personal trainer & Fitness Instructor
Columbus Family YMCA

Sources: Ace Fitness, Active.com., Success magazine

