



What's New
At the Center?
~ page 2



Summer Safety
Tips
~ page 2



THE FINISH LINE

The official newsletter of
The Wellness Center



Member Spotlight: Scott Cunningham

John F. Kennedy once said, "Change is the law of life and those who look only to the past or present are certain to miss the future." On December 19, 2007, Scott Cunningham decided it was time to look to the future and begin losing weight and start a healthy lifestyle at The Wellness Center.

As a child, Scott never really had any influences to be healthy. Both of his parents struggled with their weight and yo-yo dieting. He said even as a baby he would not eat healthy foods like carrots and green beans.

The events that led to Scott's evaluation of his health were somewhat physical, but even more so, spiritual. Over the years, he developed high blood pressure, sleep apnea, joint pain and a lack of energy, all of which still did not motivate him to make a change. Scott began to realize that his life had gotten out of hand and his physical problems with his weight were directly related to a spiritual issue. Upon joining The Wellness Center, Scott said, "I made a commitment to reshape myself physically, while God reshapes me spiritually. My time at The Wellness Center is as much a worship experience as it is a workout time."

In six months Scott has lost 70 pounds and his body fat has gone from 35% to 20%. He has dropped 6 pants sizes and has seen an increase in his self-esteem. Scott still has 50 more pounds to go but is confident he will achieve his goal weight. He is no longer self-conscious and can be more active with his young daughter. Congratulations Scott, we applaud your efforts and look forward to seeing you achieve your goal of losing another 50 pounds.



NUTRITION CORNER

Summer Snacks to Enjoy!

| | |
|-------------------------|----------------------|
| Frozen fruit bar | Lite iced mocha |
| ½ cup low-fat ice cream | Sugar free popsicles |
| Fresh fruit | Fat free pudding |
| Air popped popcorn | ½ cup sherbet/sorbet |

Eating the right snacks is one of the ways to help maintain your health and fitness goals in the summer months.

WELLNESS CENTER HOURS

| | |
|-------------------|---------------------|
| Monday - Thursday | 5:30 a.m. - 10 p.m. |
| Friday | 5:30 a.m. - 9 p.m. |
| Saturday | 7 a.m. - 5 p.m. |
| Sunday | 11 a.m. - 5 p.m. |

KID'S ADVENTURE STATION HOURS (CHILDCARE)

| | |
|-------------------|-------------------------------|
| Monday - Thursday | 8 a.m. - Noon, and 4 - 8 p.m. |
| Friday | 8 a.m. - Noon, and 4 - 7 p.m. |
| Saturday | 8 a.m. - Noon |

OUTDOOR POOL HOURS (OPEN)

| | |
|-------------------|------------------|
| Monday - Friday | 11 a.m. - 8 p.m. |
| Saturday - Sunday | 11 a.m. - 4 p.m. |

What's New and Exciting Around the Center?

Swim Programs

Swim Lessons

The Swim Lessons Schedule for July became available on Thursday, June 12th in the "Communication Station" in the front lobby. Classes begin Monday, July 7th. For the summer months, we are offering Group Lessons to complement our Private and Semi-Private Lessons.

Group Lessons: consist of group instruction in which participants are divided by age and skill level into the appropriate class. Group Lessons run from May to July.

Private Lessons: consist of one-on-one instruction, based on individual skill level, which personalizes the learning experience.

Semi-private Lessons: consist of two-on-one instruction, which allows the flexibility to schedule a lesson with a friend or family member of a similar skill. Get signed up as soon as possible! For more information, pick up a copy of the Swim Programs Flier in the front lobby.

Family Swim Time

Summer (*Memorial Day Weekend – September 30th*)

Days: Tuesday, Thursday, Saturday, & Sunday

Times: Tuesday & Thursday 1-4PM
Saturday & Sunday 1-4PM

Pool Available: Outdoor Pool Only***

*** Family swim will not be moved inside during inclement weather

Cost: \$3 for one child

\$5 maximum per member with more than one child

\$10 per member with child/children and a non-member parent

Maximum of 3 children per family

For more information, pick up a copy of the Swim Programs Flier and the Family Swim Time Flier in the front lobby.

Expert Is In Series

This month, **Debbie Fogle, Clinical Integration and Community Health and Wellness Coordinator for The Wellness Center**, will lead a discussion titled, "**Strength Training for your Bones: Fighting Osteoporosis**" on Tuesday, July 22nd at 6PM in the Wellness Center conference room. Pre-registration is required - stop by the front desk or call 431.6668. Part of the mission of The Wellness Center is community health, awareness and education. The Wellness Center will offer this monthly, free, educational series to members and guests featuring popular health and wellness-related topics discussed by an "Expert" in the topic. **Stop by and bring a friend with you!**

Summer Safety Tips, Adapting to the Heat

During the summer months it is necessary to be cautious while exercising in warmer, more humid conditions. Below are some summer safety tips to ensure that you have a fun and safe exercise experience in the summer heat. Here are some helpful tips to remember:

- **Hydrate:** Drink plenty of fluids, especially water, to stay hydrated.
- **Avoid working out in the peak hours of the day:** Try working out in the morning or evening hours to avoid hot and humid weather.
- **Try Swimming:** Swimming is a great way to exercise and stay cool in the summer months.
- **Wear sunscreen:** Apply sunscreen at least 30 min before exercising outdoors to limit your exposure to direct and indirect sunlight.
- **Choose the right clothing:** Wear lightweight, loose-fitting clothing to allow your skin to breathe.



ANNOUNCEMENTS

Jacuzzi Notice

Please help us keep the Jacuzzi (and all the pools) clean by showering **BEFORE** you enter. Hot water tends to displace lotions, detergents, etc that are on a person's skin and the cumulative effect quickly challenges the filter system. This simple act on your part will go a long way to helping us keep the Jacuzzi clean and attractive for all our members and guests. Thank you!

ANSWER THIS QUESTION FOR A CHANCE TO WIN!

To earn a chance to win a month's membership dues, simply answer the question below, fill in your personal information, and turn it in at the front desk on your next visit! You will be automatically entered into the raffle to occur the last week of July.

Which of the following is recommended to maintain summer safety?

(Circle your choice)

1. Hydrate
2. Wear sunscreen
3. Wear lightweight clothing
4. All the above are recommendations to maintain summer safety

Name: _____

Address: _____

Phone number: _____

CONGRATULATIONS!

Congratulations to Elizabeth Leach, who won a free month's membership dues for answering last month's Finish Line question. It pays to read The Finish Line!