



Fitness News



F M W R F I T N E S S D E P A R T M E N T

GOT FITNESS?

How Fitness and Wellness relate to your healthier living lifestyle

Get expert tips and advice on the latest exercises, products and services

Stay current on Fitness events on Fort Jackson

Discover easy ways to make healthier food choices

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Fitness commentary

The best thing and the worst thing that happens to people...is change. Change comes when we least expect it or when we are praying and crossing our fingers that it will not happen. Once it arrives, it has its' way with the situation; while you scramble to get some sort of control or understanding of this **New Normal**. This happens more often than we think in the world of fitness and wellness. Just when you get comfortable with doing an exercise routine or eating your salad without creamy dressing; you are thrown a curve ball. The scale stops moving down or your exercise routine has gone stale. You need to re-adjust or tweak things because at the end of the day...although you did not want the change, it has happened, and it is necessary for your wellness to keep moving forward. You did not want the change but returning to old habits cannot be the

answer. You have worked hard to appreciate group exercise and even found joy in it. Getting together to exercise with people with the same fitness goals; the laughter, struggle and of course the reward; this is what group fitness classes gives participants. No surprise...you value wellness you know what it does for your life. It brings value. You must adapt to changes, not deny fitness progress made, because wellness is an endless journey.

When things come up that alter our norm we often go through a series of emotions. Believe it or not, this is a necessary process so we can adapt and re-appreciate our love (in this case) for group exercise in its **New Normal** state. Living your life helping your health will help you learn to better cope with the **New Normal**. When you realize change cannot be the 'showstopper'

for your health, your **New Normal** becomes a little less stressful and frustrating. A **New Normal** exist in our fitness classes. We now charge a membership. We are group fitness Leaders in the Fitness Department and will continue to deliver a quality service to our patrons. Our **New Normal** never took away the quality of our classes or the overall Fitness and Wellness Department's mission; which is to spread the gift of health.

The Fitness Department thrives on change. We bring different classes, services, special events; we are constantly delivering fresh variety to keep fitness exciting, rewarding and joyful. We know fitness is a lifestyle. We appreciate our patrons and are eager to serve our Fort Jackson Community with the best in group fitness exercise.

Join us!

G O T C L A S S ?

Group exercise is not new and continues to lead the pack with rising numbers in spin classes, Zumba classes, boot camp and CrossFit; group exercise is a tribe like mentality. You workout in a motivational, healthy competitive pack called group exercise. This leaves a significant impact on your health. Research shows that the healthy actions of others rubs off. A 2016 study published in the Journal Obesity found that people struggling with their weight lost more when they hung out with their healthier friends (taking a group class); versus going it alone (walking the treadmill).

Group exercise makes you work HARDER! The 'Kohler Effect' when it comes to fitness, you want to push yourself harder when in a group healthy competition kicks in. It has a wealth of benefits and all help your health. You look for each other to show up. Not just for the workout, but the inspiration. Positive peer pressure goes a long way. Another study found that 95 percent of people who started group exercise with friends and meeting friends stayed with the program. That number drops to 76 percent for those trying to go it alone. The exercise group was also 42 percent more likely to maintain their weight loss! Another plus for group exercise.

Group exercise is there; when you show up and take your spot in the class, you become a part of gym family. You are in the company of like-minded people struggling to reach the same goals; better health. Group exercisers are less likely to skip their workouts too...this helps keep them (and you) accountable and on track. Research finds:



Group exercise may be even better for your mental wellbeing than a solo sweat session

The benefits go way beyond working up a sweat

There is strength in numbers

It inspires, motivates, pushes and more

What is it about exercising in a group that motivates you?

Time to get some class!

Better Performance
Better Mental Health
Deeper Commitment
Motivation & Structure
Social Opportunities
Gain Focus
And more!



7 WEIGHT LOSS PRACTICES THAT REALLY WORK

Keep it real to keep it off when trying to get your health, weight and fitness under control. With just a few adjustments on a regular basis you can customize a system that truly works for you. Take these **best practices** and create real change in your weight loss efforts.

The scale is not the best indicator of weight loss.

Your clothes are a much better indicator of whether or not your diet and exercise plan is working. The scale can, and will, be affected by a multitude of factors including hormones, sleep, water consumption, salt intake; this list goes on! My advice is to weigh in NO more than once a week.

Sugar is the devil!

It does not matter if the sugar in your diet comes from fruit, honey or plain white sugar. All sugar sources are processed similarly by your body and too much sugar is a leading reason why weight loss plans fail. So limit all sugar, even if it is a natural sugar like honey. All sugar makes you gain weight.

Healthy foods are not always weight loss foods.

There is a difference between foods that are good for you and foods that are good for weight loss. In order to make sure that your healthy food is not thickening your waistline, be sure to check out the calories and the suggested serving size. Examples of healthy foods that can be fattening if you eat too much of them include avocados, whole grains, fruit juice, peanut butter and almonds.

Some vegetables can slow weight loss.

Sadly, not all vegetables are created equal. While all veggies are good for you, not all of them are low in calories. There are a few starchy vegetables to watch out for as they are much more calorie dense than their non-starchy cousins. So when you are trying to lose weight, be sure to limit your portions of starchy vegetables such as corn (132 calories/cup), peas (134 calories/cup) and potatoes (135 for one medium baked potato). You do not need to give up these nutritious delicacies; just be sure to keep an eye on portion size.

Low sugar fruits are better for weight loss.

Just like vegetables, some fruits are much higher in calories (and sugar) than others. When trying to lose weight, it is best to limit high sugar fruits and choose lower sugared varieties. Some lower sugar fruits include berries, melon, peaches, plums and kiwis. Examples of higher sugar fruits include bananas, grapes, dried fruit, mangos and fruit juice.

There's more to a diet than just calories

Just counting calories is not always enough for steady weight loss. You have to be sure that your calories are coming from the right sources. If you eat too many carbs and not enough protein or fat, your weight loss plan is sure to fail. When planning your foods for the day, choose foods that are balanced in lean protein, healthy lower starchy carbs, and healthy fat.

Eat all day long

Eating small meals throughout the day is the best way to lose weight. Eating in this fashion, your blood sugar stays on an even keel, resulting in fewer hunger pangs and likely, fewer binges. Your body might do better getting a constant stream of fuel as opposed to three large meals per day.

UPCOMING EVENTS

September 21 is **Do it in Pink** Aerobathon— 10am to 1pm at the Solomon Center. We feature a 3 hour workout featuring our amazing instructors. There will be refreshments, door prizes, mini massages and more! This is a **FREE EVENT!** You must wear pink to participate. All are welcome...from the stroller to the older...as long as you **Do it in Pink!**

October is Domestic Violence month. Join the FMWR Fitness Department on October 12th for our annual indoor cycling awareness ride. We are looking for 35 riders to pledge to ride during this event. We will also feature a Zumba and conditioning floor show. There will be refreshment, door prizes, mini massages and more. This is a **FREE EVENT!** Contact Pam Long at 803-751-3700 to reserve your seat and pledge to ride.

November—Watch Your Steps—A semi self pace walking and wellness program created to get you through the holiday season. Earn walking points, reading points, exercise points and more. All designed to help your health.

Merry Fitness

2019 Customer Appreciation. December 9, 2019 for our annual **Merry Fitness**. Enjoy refreshments, great music, guest instructors, your favorite instructors and as always a Kick Butt workout!

Biggest Loser— January 2020 -Sign up now. More information to come

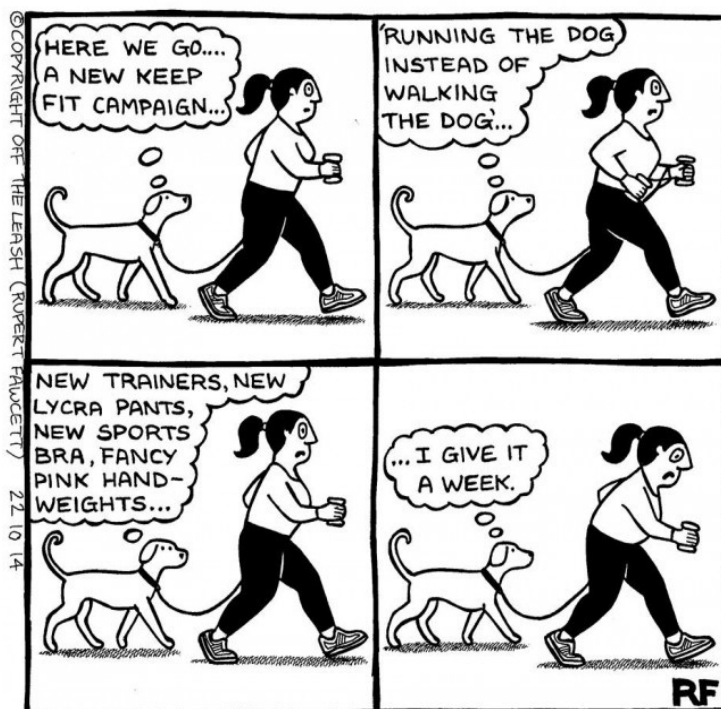
The **FMWR Fitness Department** offers the following services:

Personal Training—Massage—Reflexology—Mixxed Fit Classes and more!

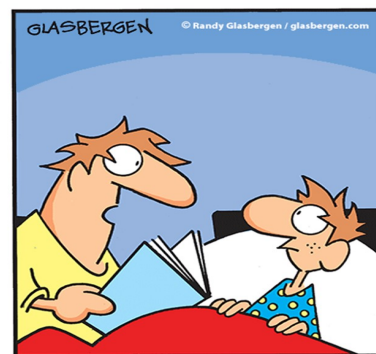
For more information or to sign up contact Pam Long at: 803-751-3700.

jackson.armymwr.com/us/Jackson/programs/fitness

STRICTLY FOR LAUGHS



FACEBOOK.COM/OFF THE LEASH DAILY DOG CARTOONS



"Eggs are loaded with cholesterol. Falling off the wall was the least of Humpty's worries!"



"Ten pounds isn't bad. On my last diet I put on 12."