



The Y & MRC News

McPherson Family YMCA
McPherson Recreation Commission

220 N. Walnut, McPherson, KS 67460
www.ymca-mrc.org



January 2017

Calendar

New Year's Day, the Y will be closed all day.

Jan. 8th – Sunday Family Fun Day @ 2-4pm
(more information on back)

Brand New 30-minute Core Class Starting January!

AXIS

M/W/F 6:00-6:30 pm
M/W Spin & AXIS
6:35-7:35 pm
T/TH 6:35-7:05 pm

What it is?

Create stability from the Axis, the middle of your body! Then layer on Mobility, Strength, and Power!

Success woke me up, Motivation made me breakfast, Destiny gave me my agenda and the Lord gave me his blessings.
lifelovequotesandsayings.com

Member Spotlight: Cindy Rickman

I moved to McPherson 11 years ago and began working out at the Y at least 4 times a week. I started small and continued to "work up" to improved my muscle tone and stamina.

My absolute favorite class is yoga.....my daughter talked me into trying it 7 years ago and I was hooked! Yoga has not only improved my flexibility, balance and coordination, it has taught me relaxation techniques and ways to mentally overcome situations that would otherwise have a negative impact on my life.

As a full time student, I



have read published results in many of my classes on the effects of exercise on the human body. There is nothing we can buy or be prescribed that has the ability to impact our lives the way that exercise can.....it is the single most important factor in the quality of our mental and physical health, as well as longevity.

An added benefit of coming to the Y is being able to hang out with really great people who have become family to me!

-Cindy

January New Membership Special!

When you become a new member of the McPherson Family YMCA, we will waive the Joiner Fee! (a \$48 value)



Why the Y?

The McPherson Family YMCA is all about community. We are focused on making all our lives healthier, full of potential and with an ingrained sense of responsibility.

Included in a membership

to The Y: All Land & Water Fitness Classes, Free Healthy Living Sessions, Hot Tub & Sauna, Wellness Center, Free Weight Area, Ab & Back Room, Lap/Family Pool, Gymnasium, Racquetball

Courts, Locker Rooms and the Youth Center



New Personal Trainer!

Scott Reasoner is a personal trainer at the McPherson Family YMCA with over four years of experience in personal training at the YMCA in Benbrook, Texas and LA Fitness in Fort Worth, Texas. His passion for fitness and nutrition began 20 years ago, and he went on to graduate from Texas Wesleyan

University in 2006 with a degree in Exercise Science. Before graduating, Scott helped lead the Texas Wesleyan University Men's Basketball team to its first National Championship. His experience in basketball gave him tools to help transition into personal training. He has been certified through the Cooper Institute

and is currently FiTour certified. Scott moved to McPherson in November 2015 and resides in McPherson with his wife, Hannah, and two sons Eli and Isaac with a third baby boy due in April.



Scott Reasoner

Boost Metabolism to Improve Overall Wellness

By Tyler Glidden, MS

Senior Program Director, McPherson Family YMCA



Metabolism is the process by which our bodies convert what we take in (food and drink) into useable energy. Even when you aren't moving your body needs energy to maintain functions such as breathing and circulating blood. The number of calories your body needs to perform these basic functions is known as your basal metabolic rate. Some people burn more calories doing the same activity as others. Since they burn more, they can consume more calories without gaining as much weight as others with slower metabolisms. Many factors can affect your metabolism such as body size, body composition, heredity, sex and age. There are some things you can do to

increase your metabolism in a healthy manner. One way to help increase your metabolism is to build muscle. Muscle uses about three times as many calories to sustain itself as fat does. If you are healthy enough you can add some high intensity cardio to your workout routine. Not only does high intensity exercise increase your metabolic rate it also makes that rise last longer after you finish exercising. It is also important to stay hydrated. Your body needs water in order to process calories. If you are even slightly dehydrated your metabolism will slow down. Eating many small meals rather than three large ones can help increase metabolism. When you eat large meals with many hours separating them your metabolism slows down in the time between meals. Eating

small portions every couple hours keeps your metabolism active. If you eat lean proteins you will also burn more calories. This is so because your body uses a lot more calories digesting protein than it does fats and carbohydrates. There are many products and dietary supplements out there that claim to speed up your metabolism and help you lose weight. There is no magic pill out there that can make you lose weight in a healthy and maintainable manner. Remember to view these products with caution and skepticism and always consult your doctor before taking them. You should also consult your health care provider before you start any weight loss or exercise plan.

Be You
NOT THEM

Why Y-Spin?

Y-Spin is a cardiovascular workout that take will take you on a stationary but sweaty ride of your life.

Intimidated by Y-Spin? Don't be! Y-Spin class is a great way to mix up your routine and challenge your body in a different way! You'll get a good sweat going with the high energy vibe and invigorating music.



Plus, spinning burns calories quickly, provides a safe ride in the comfort of the indoors, and is super fun!

Here are just a few of many benefits of Y-Spin:

- Burn Calories
- Improve Cardiovascular Health
- Progress at Your Own Pace
- Experience How Time Flies
- Enjoy an Effective, Low Impact Workout

- Achieve Toned, Shapely Legs
- Get a Great Abdominal Workout.

The Y offers several Y-Spin classes throughout the day. Go online to see the class schedule at www.mcphersonfamilyymca.org or visit the front desk for a land fitness schedule.



Strive for **PROGRESS**
Not *Perfection!*

SUNDAY FAMILY FUN DAY @ THE Y

Jan.
8th

The Fun Starts 2-4 PM

- ◆ **FREE to the Community**
- * Bouncy Castle
- ◆ **Open swim in the Family Pool**
- * Popcorn
- ◆ **Games in Youth Center**
- * Open Gym



How to Stay Motivated in 2017?

- Take it one day at a time
- Surround yourself with positivity
- Ask yourself what you want, and make realistic goals accordingly
- Reward yourself
- Believe in yourself
- Acknowledge your progress
- Visualize accomplishing your goals
- Be kind to yourself
- Don't compare to yourself to others