



The Y & MRC News

McPherson Family YMCA
McPherson Recreation Commission

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

Member Spotlight: Dr. Richard Johnson

Dr. Johnson has been a member at the Y since the 1980's. He comes religiously every morning at 5:45 a.m. for lap swim. If he gets to the Y before the pool is open, he will make his way into the wellness center to work on strength training on the weight machines.



His daughter Kathy Hawkinson said, "We were around the water and loved to swim... from a very young age.. whether it was the ocean, the river, a pond or even just the drainage ditch when it rained! Kristy (Kathy's sister) and I were both on the swim team."

"When we got older, exercise and healthy eating were always emphasized. He always set a good example," stated Kathy.

Kathy also said, "When I have a hard time getting out of bed for my morning swim, I think of my dad (already done swimming!), and I know I can and will do it!"

Dr. Johnson's secret to living long and healthy is discipline and knowing how priceless it is to feel good. All it takes is a tiny part of your day to exercise!

Everyone that comes early in the morning is inspired by Doc. At 88 years old, he makes a lot of us look like a wimp. Y member, Robert Peterson once said, "I hope that when I reach Doc's age, I can be like him. He is a true inspiration to me."

Doc's love for swimming and fitness has rubbed off on his children, grand children, and even his great grand kids. His daughters come to the Y daily and participate in several classes and also swim.

Towel Amnesty Day!

**Day: Wednesday,
February 22nd**
Time: All Day



DROP-OFF: Any Y towels that you may have accidentally taken home after your workout!

NO Questions Asked

We have several laundry baskets around the building that towels can be discretely dropped off in!



February 2017

Calendar

Feb. 12th – Sunday Family Fun Day @ 2-4pm

Registration Deadline:
March 10th, 2017 for:

- YMCA 3,4,5 year old Spring Soccer Academy
- MRC K-6th grade Spring Soccer Academy
- MRC 6th-8th grade Indoor Soccer
- MRC Adult Futsal

Happy Valentine's Day

A little progress each day adds up to **big** results.



WITH YOUR HELP WE CAN SECURE \$8,000 OF THE MATCH POOL

McPherson Community Foundations Match Day on Wednesday, March 1, holds incredible opportunity for the McPherson Family YMCA.

On that day, McPherson County Community Foundation will match donations made to our endowment fund—and

MATCH DAY

with your help, we could potentially receive up to \$8,000 of the \$40,000 match available.

How Match Day works:

On Wednesday, March 1, 2017, between 7 a.m. and 5 p.m., make a donation at 206 S. Main Street, McPherson.

- Donations are tax deductible!
- Minimum donation amount to be matched is \$25.
- Cash or check donation are irrevocable and made between 7 am – 5 pm, Wed., March 1 to qualify.

- Credit Card donations made from 7 am to 11:59 pm, Wed., March 1 to qualify.

Please consider participating in Match Day!

Your appreciable donation will help make McPherson Family YMCA the best that it can be!

Thank you for your Support.





Music and Exercise

By Tyler Glidden, MS

Senior Program Director, McPherson Family YMCA



I have always been a big fan of music. It has many benefits beyond just the enjoyment of hearing a song you know and like. One of those benefits is that it can improve your workout. One of the benefits of listening to music during exercise is that it is a good distraction. It can keep your mind off of how much you are exerting yourself and put it on the song. Music can also "pump you up" as they say. It can get you geared up for your workout and studies show that it can increase the effort you put into your workout. The beat can also help with the rhythm of your workout. This is especially true in workout classes. The music in the classes are designed to have a certain amount of beats per minute to



set the pace for the workout. A good general rule when picking music to workout to is to find songs that have beats per minute that match your target heart rate. For example if you want your heart rate at 120 beats per minute you should pick songs that have 120 beats per minute. Music can also elevate your mood so that you have a more positive attitude associated with your workout. Many studies show that listening to music can improve overall performance during a workout. Studies also show that music can help people workout longer because it distracts you from getting tired or thinking about stopping. Listening to music while you workout is great but you should

also make sure that you don't listen too loud. This is especially true if you are wearing headphones or ear buds that project the music directly into your ears. Listening to loud music can cause permanent damage over time if repeated. Try to keep your headphones at around 50%-60% of the maximum level to keep your ears healthy. Music just naturally makes you want to move so go ahead and give in to the music and get active. Make a playlist of music you like and that motivates you and try it during your workout to see if it suits you or improves your performance or come to the Y and try some of the exercise classes that incorporate music into the workout.

Silver Splash

This is a class designed for the older adult to enhance each individual's quality of life and daily function, Silver Splash utilizes the physical properties of water to enhance agility, range of motion, and cardiovascular conditioning. No swimming ability is required.

strength and toning. The Y provides all of the equipment for this class. Come to class dressed and ready for the pool. Proper swim attire is required (swim suit), no basketball shorts street clothes, etc. Water shoes are not required but encouraged. Always bring a towel and water. Silver Splash is Mondays and Friday's in the Lap Pool from 8:15-9:00 am. The Y offers several Aqua Fitness classes.



Silver Splash is FREE for Members! It is for all fitness levels. No need to sign up for this class, just drop in. A typical Silver Splash Class takes place in our Lap Pool. Class can either be in the shallow or deep water. The instructor leads participants through cardio movements such as walking, jogging, kicking, cross-country ski movements, and jumping jacks. The instructor will also lead participants through strength training with water weights. These movements include bicep curls, tricep kickbacks, flies, and more. The benefits of Silver Splash are increased cardiovascular endurance, increased flexibility, and increased muscle

To see the whole list go to www.mcphersonfamilyymca.org or class schedules are located at the front desk.

8 Tips for Cooking with Less Salt

- ⇒ Fresh Lemon Juice
- ⇒ Balsamic or Fruit Vinegars
- ⇒ Onion, Garlic, Ginger
- ⇒ Herbs/Herb Blends
- ⇒ Spices/Spice Blends
- ⇒ Chillies
- ⇒ Mushrooms
- ⇒ Roast Your Veggies



<http://jeanetteshealthyliving.com/2014/04/8-easy-ways-to-add-flavor-with-less-salt.html>

LEAVING A LEGACY

"The goal isn't to live forever, the goal is to create something that will." Chuck Palahniuk



Perhaps you grew up in the YMCA, your children learned to swim at the Y, or you just have a vision to see a better community for the future—the YMCA has a place in your heart. If you share our commitment to children, youth and families and our desire to positively influence the lives of future generations we encourage you to consider a planned gift to the McPherson Family YMCA.

A planned gift may help you give more to the Y than you thought possible, while still providing you or someone you designate with favorable financial and/or tax benefits. Planned gifts to the Y are about planning for the future; your future and the future of children and families.

Planned Gifts may include:

- A bequest
- A life insurance policy
- A charitable trust, gift annuity or gift debenture
- A gift of money, securities, real estate, or other marketable assets.