



The Y & MRC News

McPherson Family YMCA
McPherson Recreation Commission

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



March 2017

Calendar

March 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

April 9th- Easter Member Only

Appreciation Day @ 2-4 pm (more information on back)

Sunday, March 12th, 2017



Member Spotlight: Matthew Richter

In 2007 our 18 year old son, Ben Richter was killed in a motorcycle accident. I was prescribed medication which got me out of the deep funk but after a year I did not like the side effects. In a life smacking double whammy 2008 peaked in a recession that significantly hurt my small business. I couldn't work more hours since I was already more than full time. I had to change. Self-employed for decades I was determined to continue building on my successes. Tough, yes but I was living the dream and I was getting older. I had the option to shift my business emphasis, work a more physically demanding schedule and simultaneously teach myself how to create more interesting, engaging art work. I couldn't help aging but I didn't want to grow old being out of shape and overweight. I did not want to be terminally discouraged. I revised a new business plan and chose a different life style. I had to work smarter, be stronger and happier to make it happen. My wife, a physical education teacher suggested exercise at the McPherson YMCA. A flier said start up with a new YMCA program, ZUMBA! I danced with fun people to lively routines based on Latin and Hip Hop grooves. I loved it. Zumba classes were my introduction to the joy of friendships at the YMCA. I felt my grief dancing its way out. My plan was small but it

was working. Work changes were tough and regular, vigorous exercise helped me cope with the endless stream of job challenges. I am an artist, a painter of native wildflowers, landscapes and the people who enjoy them. My home and studio are located four miles southwest of the City of McPherson. On suitable days I started riding my mountain bike to classes at the YMCA. I needed something more to increase my strength and endurance. Early one Saturday after Zumba, I hung around for a new class kick off. Four instructors took turns leading Body Pump. All of them women. I tried to keep up. Three days later when I could lift my arms over my head again I went back for another class and another and another. My mental health improved along with my physical self. Expending energy created more energy to expend. I could do things which previously eluded me. I became more aware of my diet and exercise. In 30 months I made gradual changes and shed 40 pounds. I have always led an active life and 2014 started with a knee replacement. I swam laps to keep the impact levels down. I started spin classes for high aerobic levels and no impact. Pilates became a significantly helpful class following knee replacement. It is great for balance, kinesthetic awareness, stretching and strength. Yoga classes for flexibility are wonderful. After a

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Instructor of the Month is Christy Randa!



Christy Randa is a Silver Splash and Aqua Exercise Leader. She has been leading aqua classes for about 1.5 years, but fitness has always been a part of her life. A McPherson native, she participated in gymnastics at the YMCA, MRC sports, and high school sports at Elyria Christian. She attended Mid America Nazarene University and graduated from Central Christian College with a business management degree. Christy and her husband, Brennon have two children, Allison (7) and Luke (4). After residing in Kansas City for seven years, they moved back to McPherson. Christy wears a few different hats, but her favorite is being a mother and wife. She enjoys keeping her family active by incorporating fitness into family time! Swimming at the Y, biking at the park, United Way Triathlons, and watching her kids' sports are her favorites. Christy helps manage their new flooring store, The Finish and Plan 4 Architecture Design. Active in the community, she serves on the Board of Christian Ed for First Baptist Church and as secretary for Sonshine Preschool. When asked to substitute for a Silver Splash class, Christy found she enjoyed aqua fitness. Once enjoying mainly land classes (which she still loves!) she found a new world in water exercise. Mixing up routine and having exercise options keeps her active. She enjoys the passion, dedication and friendships she shares with her classes and the YMCA family.

Easter Member Appreciation 2017

YMCA Members Only
Sunday April 9, 2017

Schedule:

2:00-2:30 Family Yoga

2:30-3:00 Family Zumba (Aerobics Room)

3:00-3:30 Aqua Egg Hunt Ages 5-8 (Family Pool)

3:00-3:30 Toddler Time Egg Hunt

3:30-4:00 Aqua Egg Hunt Ages 9-12 (Family Pool)



- Available from 2:00-4:00**
- Bounce House (Racquetball Court)
 - Healthy Snack (Lobby)
 - Obstacle Course (Gym)
 - Adult Eggs Hidden in Weight Room & Wellness Center



is an excellent introductory game for T-ball. It allows for more action for a youngster's short attention span. More kids get to be involved which helps them retain interest in T-ball/Baseball concept. The game is safe and uses a foam bat and ball with no gloves required. A parent is required to be with the child on the field.

3 year old Blast Ball with Parent registration deadline is Friday, April 14th by 9:30 pm!



....Continued from front Matthew Richter.

few weeks I was able to add Zumba and weight lifting back into my schedule. My new knee brought leg strength and challenges with relearning balance. I engaged a YMCA personal trainer who tailored a great custom workout for me. The key is regular, vigorous aerobic and strength training classes, targeted weight lifting and the guidance of a personal trainer. All of these services and people are part of my YMCA experience.



We would like to send out a big thank you to Bruce Wagoner for leading the YMCA Togetherhood Project at Mt Hope Sanctuary. A big thanks also goes out to Classic Floors & Interiors for donating flooring and Dustin Raney for volunteering to install the carpet. They greatly appreciate having a safer landing and stairwell!



Friends: A Force For Better Health

By Tyler Glidden, MS

Senior Program Director, McPherson Family YMCA



Having healthy friendships can benefit your overall wellness and health. Social wellness is an important dimension of wellness that we may not think about as much as others.

What is social wellness? Social wellness is essentially how friendships and your relationship with others can affect your mental and physical health.

Spending time with others is enjoyable and makes us feel good, but it can also have an effect on our long-term health. Many studies show that those who have strong relationships with family, friends and the community are happier, healthier and live longer. The research also shows that those who connect with others have a reduced level of stress.

Friends can also increase your sense of belonging and purpose as well as improve your self-confidence and self-worth. Friends and family can be very important

to help you deal with traumas like the death of a loved one, loss of a job, divorce, or being diagnosed with a serious illness. If you have good friends that truly want what is best for you, they can encourage you to change or avoid unhealthy habits like drugs or lack of exercise. Friends can also help you celebrate good times and enjoy your triumphs even more.

So what is a good friend that will help improve your wellness? A good friend will accept others without judging them. They will give you space and allow you to make mistakes. They will also keep a positive attitude with you. If your friend is constantly negative and complaining it can not only strain your relationship but it can also affect your mood and make you more negative as a result.

Friends should stay positive and admire each other's talents. Healthy friends will also listen to you when you are going

through a tough patch, empathize with you, and try to help you look at the positives. Healthy friends will also be honest with you and try to encourage positive, healthy behaviors. Don't be afraid to put yourself out there and try a new hobby or attend community events. It might help you make some new friends that could positively influence your life. More healthy relationships lead to greater social and overall wellness.

