



The Y & MRC News

McPherson Family YMCA
McPherson Recreation Commission

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

Member Spotlight: Shulah Neff

In 2010, I made a huge decision to get healthy. I started a weight loss journey that year and signed up at the Y. That year thanks to diet and exercise I lost 50 lbs!! I was able to utilize Zumba, Yoga and the cardio machines. It was a life altering experience for me.

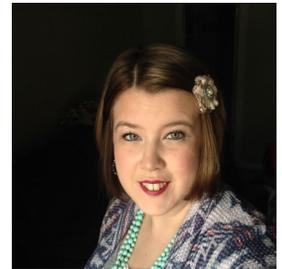
The next year I started to really struggle with some health issues. After many tests and doctors, I was finally diagnosed with Fibromyalgia. For several years, I struggled with balance between medications and staying as active as I could.

After a couple of years, I was able to start utilizing supplements, massage therapy and chiropractor therapies. I started back up at the Y again and started to feel better. This past year I started a journey running. Running has become a metaphor for my life. I struggle through a level of pain everyday, but I have to keep going. Pushing through something so physical that I thought I could never do has changed my life not only physically but also spiritually. I couldn't do this journey with out God sustaining me every step of the way.

So many times I've found myself quoting scripture during difficult runs. At the Y, sometimes there are verses that you can take with you and many times that is just the encouragement that I needed.

Last year, I was able to do my first 5k trail run, several 5ks and my first 10k. This year God willing I have a goal of my first 1/2 marathon.

Thank you so much for the Y community for always encouraging me and for helping me reach my fitness goals!



April 2017

Calendar

April 9th-
Easter Member Only
Appreciation Day @
2-4 pm

April 11th- NEW! Line
Dancing in the aerobics room
Tues/Thurs @10-10:45 am

Registration Deadline:

April 14th, 2017 for:

- MRC 3-year old Blastball with Parent
- MRC Adult Summer Softball

Registration Deadline:

April 28th, 2017 for:

- MRC T-ball, Softball, & Baseball

WALK yourself out of your bad mood. Studies show that even a 10 MINUTE walk immediately BOOSTS brain chemistry to increase HAPPINESS.



"It does not matter how slowly you go as long as you do not stop." -Confucius



Employee Spotlight: Aspen Rank

One of the newer positions created at the YMCA over the last year has been the Child Care Coordinator. This position is held by Aspen Rank. Beginning with our organization as a toddler time attendant she started back in August of 2015 and has gradually worked her way into scheduling, lesson planning, helping coordinate YKids activities and more.

After growing up in Hutchinson, Aspen and Ryan moved to McPherson in 2012. Aside from being a YMCA staff member she is a wife and mom to four children, Layla 9, Bennett 7, Sydney 4, and Isla 2. She currently holds her Elementary Education degree from Fort Hays State University and is planning to work on her Masters in early childhood as well. Her husband



Ryan is currently a Corrections Counselor for the Kansas Department of Corrections where he also has his degree in criminal justice. In her free time, besides playing with her kids and spending time with her husband she enjoys spending time with friends and reading. She has a goal of reading 100 books this year, she is on book 22 currently!

Extra Tidbit:

Aspen has a strong passion for helping kids and has absolutely loved being able to work with all the kids, parents, and staff at the YMCA. Working with the kiddos in these programs and helping the program to grow has really become a goal of her's over the last year. These kiddos, parents, and staff deserve the best we can give them in these programs and she really hopes that she is able to help that happen.



Easter Member Appreciation 2017

YMCA Members Only

Sunday, April 9th

2 - 4 PM



Schedule:



2:00 - 2:30 Toddler Time Egg Hunt

2:00 - 2:20 Parent/Child Aqua Egg Hunt

(Family Pool)

2:25 - 2:45 Aqua Egg Hunt Ages 5-8

(Family Pool)

2:50 - 3:10 Aqua Egg Hunt Ages 9-12

(Family Pool)

3:20 - 4 Family Yoga / Zumba

(Aerobics Room)

Available from 2:00 - 4:00



Easter Bunny and Pictures

Bouncy Castle (Racquetball Court)

Healthy Snack

Obstacle Course (Gym)

Adult Eggs Hidden in the Weight Room

& Wellness Center



Line Dancing!



Enjoy a fabulous mind-body workout while dancing your way to better health! You'll boost your brain power by improving your memory skills, strengthen your muscles without hurting your joints, develop better balance to prevent falls and relieve stress so you feel great!

Line Dancing can be done to several types of music including country, pop, jazz, disco, and more! There will be a wide range to keep you on your toes and coming back for more!

Starting April 11th, classes will be Tuesdays / Thursdays @ 10-10:45am in the aerobics room.

Save time. Register online.

On www.ymca-mrc.org you can register for activities and programs for both the Y and MRC. When you sign up, you can create an account with your email address.

After your account is created you can edit your address, phone numbers, emergency contact information, etc. This will also update your account in the Y/MRC system.

Also, from your account you can register for activities, view registrations, view details of a registration and pay account balances.



Healthy Eating and Physical Activity for a Healthier future

By Tyler Glidden, MS

Senior Program Director, McPherson Family YMCA

The YMCA of the USA has done years of research with partners like the Harvard School of Public Health, the University of Massachusetts at Boston, the Healthy Out of School Time Coalition, and the National Institute for Out of School Time to create standards that will help build a healthier future for our children. These standards are being adopted by early childhood and afterschool programs nationwide. They call this model the Healthy Eating and Physical Activity Standards or HEPA. The HEPA standards aim to create environments for children that promote healthy eating and physical activity.

I will share some of the information with you so that we as adults can set an example for our community's children that help lead them to healthy lives. The first thing we can do is be positive role models by eating healthy and exercising ourselves. A lot of times kids want to be like the

adults that are in their lives. They also suggest that children engage in at least 60 minutes of Physical activity that includes a combination of vigorous and moderate physical activities that promote bone and muscle strengthening each day. It is also suggested that this exercise takes place outdoors whenever possible. Another one of the standards is family engagement. Engage your family in activities that focus on healthy eating and physical activity and do them together. This will not only promote better health but it will promote family bonding. The HEPA standards suggest that screen time for children under two is eliminated. They also suggest that screen time for children over two is limited to under an hour per day. HEPA also set standards for nutrition.

They suggest serving fruits or vegetables at every meal and snack. Children should serve themselves family style so that they

can learn what portions are. They also suggest that children not be served partially hydrogenated oils (trans fats) or fried foods. If you are serving grains, whole grains are suggested. It is also preferred if children are fed food that doesn't list sugar as one of the first three ingredients and avoid foods that have more than 8 grams of added sugar. The standards also support breastfeeding for infants.

These standards are a great start to improving the health of our community's youth. Try to start by making small changes in you and your family's lives that lead to healthier choices and you may be very happy with the results.

