

FUSION NEWS

July 2010

Wellness Tip

By: Greg Seago

Exercise Keeps Your Mind Sharp

A new study from the National Institutes of Health found that the most sedentary individuals (i.e. couch potatoes) are 2.5 times more likely to develop dementia than regular exercisers. Dementia is a condition of declining mental abilities (especially memory) that affects your personality, skills (like driving a car), and verbal abilities.

Action Sparked
Stay on a consistent exercise program throughout your lifespan. Try not to view exercise as a temporary means to an end (weight loss). It is part of a healthy lifestyle, and while it does help you lose and maintain weight, it can steer off plenty of health problems, from heart disease to depression.

Taken from
SparkPeople.com

Swim Lessons

The next 8-week session of swim lessons will begin Aug. 14 and conclude Oct. 2. Lessons are available for parent/child, levels 1-3, and adults. Classes are 30 minutes each and are held anywhere from 9 to 11 a.m. on Saturdays. To secure your spot, lesson must be paid in full in advance. Cost for Fusion members is \$25/child and \$10 for each additional child; for non-members, \$35 and \$15, respectively.

Private swim lessons -- 4 lessons, 45 minutes each -- are also available at a cost of \$70 for members and \$85 for non-members (\$20 per additional child for both).

To sign up for swim lessons or for more information, contact the Fusion front desk, 532-3896.

Help Wanted

If you have some hours to fill and would enjoy working in a friendly, community-oriented environment, we have a part-time job opening at Fusion's front desk. You'll need to be available for various shifts (opening, closing, weekends and holidays) and computer knowledge in Publisher and Word is preferred.

For more information, contact front desk supervisor Jan Jett at 532-3896, or ask Front Desk for an application.

Mix it up!

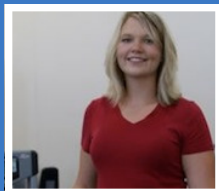
Monday, Wednesday, and Friday mornings at 9 am, join us at Fusion for our new class, Fitness Mix! This is fast pace class that will involve all aspects of fitness. The class will consist of cardio, machines, free weights, resistance bands, medicine balls, and more. You will be moving throughout the facility, taking advantage of all Fusion has to offer!

Summer Swim Passes!

Get out of the heat this summer at Fusion's pool! No sunburns here! Fusion is now offering non-members the chance to swim at a discounted rate, any time! This summer, you can purchase a summer swim pass, allowing the purchaser 10 swims. Adults pay \$50, those under 18 years of age pay \$40! That's up to \$60 in savings! Already a member? Tell a friend!

“ There's no use talking about the problem unless you talk about the solution. ”

-- Betty Williams



Member of the Month: Ruth Chesney

Ruth Chesney has been a member here at Fusion for over two years now. She enjoys using the treadmill and stair climber during her work outs and says her favorite thing about attending Fusion is the friendly staff and how Fusion has all the “workout equipment necessary to get and stay in shape.” Ruth says her favorite healthy snack is strawberries and her favorite quote is from Philippians 4:13; “I can do all things through Christ who strengthens me.” Congratulations Ruth and thank you for allowing Fusion to be a part of your healthy lifestyle.

Keep up the good work!!

Chicken Breasts Stuffed w/ Pimiento Cheese

INGREDIENTS:

1/2 cup shredded Gouda cheese, preferably smoked
2 tablespoons chopped scallion
1 tablespoon sliced pimientos, chopped
1 teaspoon paprika, divided
4 small boneless, skinless chicken breasts (1.25-1.5 lbs total),
trimmed and tenders removed
1/2 tsp salt, divided
1/2 tsp freshly ground pepper, divided
1 tbsp extra-virgin olive oil

PREPARATION:

-Preheat oven to 400°F.
-Combine Gouda, scallion, pimientos and 1/2 teaspoon paprika in a small bowl.
-Cut a horizontal slit along the thin, long edge of each chicken breast, nearly through to the opposite side, and open like a book. Sprinkle the breasts with 1/4 teaspoon each salt and pepper. Divide the cheese filling among the breasts, placing it in the center of each. Close the breast over the filling, pressing the edges firmly together to seal. Sprinkle the breasts with the remaining 1/2 teaspoon paprika, 1/4 teaspoon salt and pepper.
-Heat oil in a large ovenproof skillet over medium-high heat. Add the chicken and cook until browned on one side, about 2 minutes. Turn the chicken over and transfer the skillet to the oven. Bake until the chicken is no longer pink in the center and an instant-read thermometer inserted into the thickest part registers 165°F, about 15 minutes.

NUTRITION: (PER SERVING—SERVES 4)

200 calories; 10 g fat; 76 mg cholesterol; 1 g carbohydrates; 26 g protein; 0 g fiber; 445 mg sodium; 232 mg potassium

Taken From EatingWell.com



Using the Pool for an Ab Workout

- 1) Walk in the shallow end of the pool. While you walk back-&-forth across the pool, with each step, pull your knee up to your chest while keeping your back straight. Tighten your abs as your pull your knee up to your chest.
- 2) In slightly deeper water, perform leg lifts. You will lift each leg one at a time towards your chest. In this exercise you will lift your legs to your chest at a much faster pace. Try to keep your back straight and tighten your abs as you perform this maneuver.
- 3) Go to the deep end. Tread water for one minute. Rest and repeat 5 or 10 times. Keep your abs tight as your tread water.
- 4) Get a Kickboard. Do the backstroke kick with the kickboard. Hold the kickboard to your chest and turn on your back. While holding the kickboard, try to do the backstroke kick while keeping your thighs, knees and feet as close to the surface as possible.
- 5) The wall grab. Find an area of the pool deep enough so your feet do not touch the ground. Grab the side of the wall. Slowly lift your knees to your chest while tightening your abs. Repeat at least 20 times.