

2017 October JRD Newsletter



Moved to Tears: Workouts and Waterworks

By Jaqueline Stenson,
MSNBC

When we think of physical activity bringing someone to tears, it's generally in connection with torn hamstrings, sore shoulders, the thrill of victory or the agony of defeat.

But sometimes exercise may release a surprising slew of pent-up emotions, according to fitness instructors and psychotherapists who have seen or heard about clients crying during yoga, Pilates or other body-mind classes.

"We use our bodies to physically tense up against pain or negative experiences," says Karol Ward, a therapist in private practice in New

York City.

"Then someone is in a movement class doing downward dog and that emotion can come to the surface," she says.

In response to reports of workouts that bring on the waterworks, Ward published an article earlier this year in the IDEA Fitness Journal to educate fitness instructors on how to respond when clients melt down in class.

One of Ward's patients was in a Gyrotonic session when she broke into tears after a move that arched her upper back and shoulders, where she holds tension. Before realizing the trigger was emotional, the instructor thought her

client may have been injured.

In the field of "body psychotherapy," Ward and other therapists maintain that the body holds on to feelings, even if it seems the mind has dealt with them. "So if a person has the opportunity to relax that area, whatever has been held there can come to the surface," Ward says.

"The body wants to complete the emotional experience."

'Turning inward'

That's one possible explanation. Another is that body-mind exercise simply encourages people to contemplate life more.

A retail executive and

listen! the wind is rising, and the air is wild with leaves, we have had our summer evenings, now for October eves!

Humbert Wolfe

AZQUOTES

mother of two boys who asked to remain anonymous said she experienced an "emotional flooding" during yoga sessions she took when her husband suffered a bout of depression, began drinking too much and had an affair. As a long-time jogger, she believes it's the meditative aspect of yoga that brought on the tears in a way that jogging or other activities never did. "There's a real turning inward of yourself" with yoga, she says. Rochelle Rice, a fitness instructor in New York, says she's seen people cry for a variety of reasons and during a range of activities.

One woman who had a hip replacement cried at the end of her first mile-long walk after the surgery. "She really was feeling back to normal, she called it. What I observed is a return to self," Rice says.

Another woman actually left a Pilates mat class and threw up because she was so emotional, Rice says. The woman had experienced the death of two family members and the birth of a child after a long bout of infertility. She hadn't been very active through it all and when she started back up she had the strong reaction.

"It was like the body had shut down," says Rice, "and the motion brought up all that emotion." Rice referred the woman to Ward, the psychotherapist, for counseling. (While crying during exercise can ultimately be a stress-reliever, sometimes people need professional help outside of class to deal with issues, experts note.)

Some yoga centers are now geared at using movement to help people cope with their feelings and heal. At the Samarya Center for Integrated Movement Therapy in Seattle, Molly Lannon Kenny, a yoga instructor with a background in speech pathology, offers classes for people who have experienced loss, and those with anxiety disorders, ADHD or chronic pain.

She believes heavy emotions are like tight hamstrings that loosen up when someone gets moving.

"It's our belief that those emotions [such as grief and loss] get stuck in our bodies and that emotions have physical manifestations," she says, such as cloudy thinking, loss of coordination, tension, shortness of breath, and sleeping too much or too little. "We think of the broken heart and the broken mind but we don't think about the broken body."

Healing tears

Nancy Stillger, a nonprofit consultant in Seattle, took a class at the center called Yoga After Loss to help cope with the death of her premature daughter, Maria.

Stillger says the experience led to tears for a few reasons. "It's the combination of leaving your body in a pose and the compassion of the [instructor's] touch and being surrounded by people who had experienced loss," she says. "With yoga it's a time to reflect when you're holding a pose."

But her biggest emotional experience during exercise came at the end of a 60-mile, three-day breast cancer walk in September, which

on to honor both
aunt with breast
"I cried the whole
Stillger says.

But they were heal-
"I was very angry at
says. "I kind of
the loss of my
doing something
and with the good
felt like I got my
that I was emotion-
connected with it and
love it again. It took
big walk."



she embarked
Maria and an
cancer.
last two miles,"

ing tears.
my body," she
blamed it on
daughter. So
that physical
cause, I really
body back and
ally recon-
that I could
two years and a

1st - 4th Grade Basketball Registration

Register November 1 –January 1



\$17.00 in district

\$27.00 out of district

**Late registration subjects to a \$!0. increase.
Late registration subject to availability.**

Games will be played starting January 20-February 24, Saturdays only.

Kindergarten Basketball Clinic

Register November 1-February 20

\$15.00 in district

\$25.00 out of district

Clinic will be Tuesday and Thursdays

February 20, 22, 27, and March 1st

4:00 to 5:00 pm in Gym 2



It's Happening... **HERE!**

Obstacle Course classes start at the JRD Saturday
September 30, 2017!

TIME: 8:00AM

COST: \$3 A CLASS OR FREE WITH MEMBERSHIP UPGRADE

INSTRUCTOR: DARIN HARRISON



**Beginners to advanced
participants welcome!**

An **obstacle course** is a series of challenging physical obstacles an individual or team must navigate usually while being timed. **Obstacle courses** can include running, climbing, jumping, crawling, swimming, and balancing elements with the aim of testing speed and endurance. Sometimes a course involves mental tests. Come out and try an obstacle course class and you will be on your way to competing in Spartan like races if you choose to do so. Even if you don't do any obstacle course events, you will still enjoy it and get an excellent full body workout.

Free Nutrition Classes



All ages welcome!
Spanish will be offered
Classes held at the Jerome Recreation District

October
Wednesday October 18, 2017
6:30pm-7:30pm

The Basics of Diabetes & Sugar- Come learn the basic components of foods; fats, proteins, and carbohydrates. Then we'll explore how these components affect blood sugar. The goal for this class is that you will be able to identify what foods directly affect blood sugars.

November
Wednesday November 15, 2017
6:30pm-7:30pm

Meal Plans- Learn to plan meals based on your individual needs. This class will explore how to reach appropriate calorie levels without going "crazy". Explore basic nutritional methods for improved nutrition and weight loss.

December
Wednesday December 13, 2017
6:30pm-7:30pm

Improving your Health- After all a healthy diet is a healthy diet whether you diabetic or not! First a discussion about non-food factors that affect blood sugar. Next, a short 10 min. exercise class with Amy Worthington. Be prepared to do a few exercises, focusing on exercise for those over 60 years. Finally a demonstration on how to modify your own home recipes for improved health with taste testing!

Jerome Recreation District 2032 S. Lincoln Jerome, Idaho 83338

For any questions call 208-324-3389

2017 JRD Individual Weight Loss Challenge



Welcome to the new You! Besides the overall winner of % of weight lost, a second winner will be chosen based on the 2nd highest % of weight lost AND consistent **daily** food journal entries, steps walked or ran weekly and perfect attendance at fitness classes (at least 2 a week). In this year's challenge, each participant will 2 **FREE** fitness classes a week during the challenge. There will be an optional fitness test to see pre and post improvements. During this challenge the JRD will be hosting a Turkey Trot that we would love to have you join us for. It is Thanksgiving Day and it will be a 5K run or walk.

Overall Winner

- \$250.00 Cash
- 1 Year Silver Individual Plus JRD Membership
- Fit Bit Fitness Tracker
- 1 Night Stay at Sawtooth Best Western in Jerome

Winner of Fitness and Nutrition Requirements

- \$75.00 Cash
- 6 Month Silver Individual Plus JRD Membership
- \$50.00 Miracle Hot Springs Gift Card

CHALLENGE RUNS
OCTOBER 2, 2017 – DECEMBER 18, 2017

- **Gym membership to the JRD is not included in the contest fee.** We are offering the 3 month gym special to make it affordable for everyone.
- Contest runs October 2nd to December 18, 2017. Monday December 18th at 7pm, will be the night to announce the winning individuals. **All members must be weighed in by 5pm on December 18th to be eligible to win.**
- We will have additional prizes for the male and female that lose the most inches and have the biggest decrease in body fat.

In this 3 month challenge you will have **2 FREE fitness classes per week**. Class space is still on a first come basis so there may not be space. Come early to classes and sign in. You will need to remember to sign in, on the class roster to verify class attendance for the 2nd place prizes.

- **Weigh-ins - Mondays (6:15am-8:45am) (5:00pm-7:00pm) and Tuesdays (6:15am-8:45am).** No evening weigh-ins on Columbus Day. You do not have to weigh-in weekly. You can weigh-in at the beginning and the end of the contest. It is just motivating and convicting to weigh in weekly and see how you are doing.
- Jerome Recreation District will use our Facebook page to post results, recipes, workouts and health tips. Our monthly newsletter has recipes and workout tips as well. Drop your email address in the box at the front desk to receive the monthly newsletter. We are also on Pinterest. Follow us to get lots of exercise and nutrition help.
- If you are interested in a workout plan to follow, or just have any questions, please email Amy at worthington6@gmail.com.
- Best websites for menu plans
 - eatingwell.com
 - sparkpeople.com
- Best apps for nutrition and tracking calories
 - myfitnesspal
- Best apps for fitness tips and workouts
 - nike training
 - gain fitness
 - nike running (track miles and times)



Kids Night Out Pumpkin Party!

October 19th 6-8p.m.



Cost:

Only \$3 per child!

Ages 4 and older

*Free to all JRD members with the
JRD membership upgrade.*

Must preregister by Oct. 16th

Kids Fitness Returns!!!

Begins October
2nd

Monday and Thursday

5:30pm—6:10 pm

\$12 in district

\$22 out of district

Ages 5 and up

Instructor: Kirsten



Just for Kids



Autumn Word Search

W	J	W	O	R	C	E	R	A	C	S	U	K	T	N
E	H	X	S	N	I	K	P	M	U	P	O	M	I	D
R	G	C	J	W	U	Z	J	Q	L	D	H	J	U	K
T	A	E	Y	E	L	L	O	W	K	S	P	U	O	M
I	D	K	G	C	J	L	L	A	B	T	O	O	F	J
S	K	T	I	E	H	X	T	S	I	A	K	A	P	U
D	M	I	D	N	G	C	J	W	E	Z	L	Q	L	C
R	J	U	R	T	G	E	H	Z	T	L	I	A	N	O
U	U	O	M	I	D	R	I	C	J	W	U	Z	O	L
O	C	H	J	N	K	A	S	E	L	P	P	A	S	O
G	S	P	U	O	M	I	D	R	G	C	J	W	A	R
J	Q	L	D	H	J	U	K	T	L	E	A	V	E	S
I	E	G	N	A	R	O	T	I	D	R	G	C	S	W
H	A	R	V	E	S	T	J	U	K	T	N	E	H	X
T	S	I	A	K	S	P	U	O	A	I	D	R	G	C

See how many of these autumn related words you can find in the puzzle.
The words can be forward, backward or diagonal.

1. Autumn
2. Fall
3. Leaves
4. Colors

5. Raking
6. Harvest
7. Pumpkins
8. Apples

9. Gourds
10. Football
11. Season
12. Scarecrow

13. Corn
14. Maize
15. Yellow
16. Orange

Pumpkin Stuffed with Everything Good

1 small sugar pumpkin, about 3 pounds
1 onion, thinly sliced
1 Tbsp butter
1/4 lb stale bread, cut or torn into 1/2 inch chunks
1/4 lb Gruyere, or other melty cheese, cut into 1/2 inch chunks
2 cloves garlic, finely chopped
4 slices bacon, cooked until crisp, drained and chopped
1 small apple, peeled, cored and chopped
2 large handfuls fresh spinach
1/4 cup snipped fresh chives
1 Tbsp minced fresh thyme
1/3 cup cream or whole milk
pinch of freshly grated nutmeg
Salt & pepper to taste



1. Preheat oven to 350F. Line a baking sheet or small dutch oven with parchment. Cut away the cap of the pumpkin around the stem. Reach in and scoop out all of the seeds (reserving for toasted pumpkin seeds if you like) and stringy bits. Clean up the underside of the cap as well. Season the inside of the pumpkin generously with salt and pepper, place on prepared baking sheet and set aside.
2. Melt the butter in a medium skillet over medium-low heat. Add the onions and cook, stirring occasionally, until they turn a rich golden color, about 20-30 minutes. Scrape out into a large bowl and add the spinach to the warm pan with a few drops of water, cooking just until wilted, 1-2 minutes. Add to the bowl with the onions.
3. Add the bread, cheese, garlic, bacon, apple, chives, and thyme to the bowl with the onions and spinach. Toss well to combine. Taste and season with salt and pepper as needed. Pack the mix into the prepared pumpkin. Stir the nutmeg into the milk/cream and pour over the stuffing in the pumpkin.
4. Put the cap back in place on the pumpkin and bake for about 2 hours, checking after 90 minutes - the pumpkin should be tender enough to easily pierce with the tip of a knife and the stuffing should be hot and bubbling. You might also want to remove the cap with about 20 minutes left in the cook time to let some of the extra liquid in the pumpkin cook off.
5. Carefully transfer the cooked pumpkin to your serving platter. To serve, either dig into the pumpkin with a large spoon scooping out the pumpkin flesh with the stuffing, or slice into portions, skin and all.



According to the USDA National Nutrient Database, one cup of pumpkin, cooked, boiled, drained, and without salt, contains:

- 49 calories
- 1.76 grams of protein
- 0.17 grams of fat
- 0 grams of cholesterol
- 12 grams of carbohydrate (including 2.7 grams of fiber and 5.1 grams of sugar)

Dinner in a Pumpkin

1 medium pumpkin
1 tbsp oil or butter
1 small onion
1 cup sliced fresh mushrooms
1 1/2 lbs ground beef
1 8 oz can water chestnuts
Salt and pepper
1 can cream of chicken soup
1/4 cup brown sugar
2 Tbsp soy sauce
4 cups cooked rice

1. Preheat oven to 350 degrees.
2. Line a baking sheet with foil.
3. Thoroughly wash and dry the outside of the pumpkin.
4. Cut the top off the pumpkin and clean out the pulp and seeds. Place the pumpkin on the baking sheet. Save the top.
5. In a large skillet, sauté onion and mushrooms in oil or butter. Add ground beef and cook until no longer pink. Drain the grease from the beef. Add salt, pepper, and water chestnuts.
6. In a large bowl, mix soup, brown sugar, and soy sauce. Add ground beef mixture and cooked rice.
7. Empty bowl into the cleaned out pumpkin and replace pumpkin top.
8. Bake for 1 hour on the lower rack of the oven, or on the rack where the pumpkin can be most centered in the oven.
9. After 1 hour, remove the top and check the sides of the pumpkin for doneness. The outside of the pumpkin will turn a dark orange, and the inside of the pumpkin should be tender and easily scoop off the sides with a spoon. If the inside of the pumpkin is still not fully cooked, bake for an additional 10-15 minutes. The cooking time will vary depending on the size of the pumpkin. Sometimes I've cooked the pumpkin as long as an hour and a half before it is ready. Using hot pads, place the pumpkin onto a serving plate, remove the lid, and stir. Be sure to scoop off chunks of cooked pumpkin into the casserole as it is served. That's the best part!



Pumpkin is one of the best-known sources of beta-carotene, a powerful antioxidant that gives orange vegetables and fruits their vibrant color. Beta-carotene is converted to vitamin A in the body once it is eaten.

Consuming one cup of cooked, canned pumpkin would provide well over 100 percent of our daily needs for vitamin A, 20 percent of the daily value for vitamin C, 10 percent or more for vitamin E, riboflavin, potassium, copper, and manganese, and at least 5 percent for thiamin, B-6, folate, pantothenic acid, niacin, iron, magnesium, and phosphorus.

Did you know?

According to leading exercise scientists, **THE BURPEE** is the **MOST EFFECTIVE** exercise, as it targets all five dimensions of fitness: endurance, speed, agility, strength, and flexibility.

DID YOU KNOW



GINGER CAN HELP REDUCE EXERCISE INDUCED MUSCLE PAIN BY 25%



SUPPLEMENTS-SCORE-CARD.COM

Fit Fact #29

Lack of water is the #1 trigger of daytime fatigue.

360
FITNESS

FACT:

women who lift weights burn more calories than women who only do cardio.



DID YOU KNOW?

Your feet bear forces equal to a fully loaded cement truck during an average day of walking.



Fitness Facts

Calories burned per 1 hour

Exercise	Amount
Walking	245
Bicycling	420
Jogging	490
Running	560
Circuit Training (minimal rest)	565
Aerobics (step aerobics)	600
Karate / Kickboxing	705

Estimated amount of expended calories based on a sample body weight of 155 lbs.

DID YOU KNOW?

SUGAR
IS 8 TIMES AS
ADDICTIVE AS COCAINE.

AND WHAT'S INTERESTING IS WHILE COCAINE AND HEROIN ACTIVATE ONLY ONE SPOT FOR PLEASURE IN THE BRAIN, SUGAR LIGHTS UP THE BRAIN LIKE A PINBALL MACHINE.
DR. MARK HYMAN

DID YOU KNOW?

EXERCISERS CAN IMPROVE THEIR PERFORMANCE BY AS MUCH AS 15% IF THEY LISTEN TO MUSIC WHILE WORKING OUT.

BRITISH ASSOCIATION OF SPORT AND EXERCISE SCIENCES





My favorite color
is October.