

welcome
April

JRD Newsletter 2018

Why Crawling Fixes Everything

Have you ever met a baby with back pain? How about a toddler with tight hips? Considering these and other ailments seem to be a common side effect of aging, do infants and toddlers hold the secrets to being forever supple?

It's important to note that many factors make infants and children so mobile and devoid of the aches and pains that many adults experience. Some key movements they perform on a regular basis, however, help "grease the groove" to create strength, stability and mobility.

It's not surprising, then, that the fitness and rehab fields have seen a boost in the popularity of infant movement patterns. Exercises involving rolling, rocking, squatting and crawling are used to get people out of pain, while providing them with a unique movement challenge.

One of the most popular movements is the crawl, and it is used for everything from ADHD treatment to a grueling, fat-blasting exercise. For years, I have used the crawl in personal-training programs, both as an assessment tool and as a "cure all" for clients ranging from children to professional athletes.

Introducing infantile movement patterns to adults often takes a bit of a "sell" on the personal trainer's part. However, once clients experience the challenge and, more importantly, the results of movement, all doubt is put

this "magic" movement to rest.

The crawl pattern benefits for nearly every part of the body. Read on to learn how moving like a baby can offer adults.



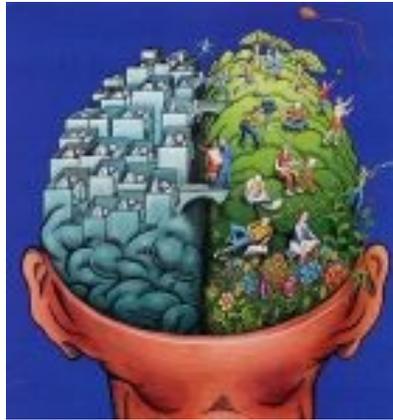
offers a variety of every part of the learn how moving big-time results for

Crawling and the Brain

The brain and body have a ship. The brain develops so the to do more stuff. The body does back to the brain and causes relationship continues for life.

Crawling requires both sides of cause limbs on both sides of chronously (called a contralateral make this happen, information “highway” that links the of the brain called the cor-

When a lot of information the corpus callosum (as it tern), new neural connections strengthened. It ap- coordination, learning, and and adults.



back-and-forth, plastic relation- neural system can tell the body more stuff, which sends feed- the brain to develop more. This

the brain to work together, be- the body have to move syn- eral movement pattern). To must be passed through a two sides or hemispheres pus callosum.

When the brain is balanced,
both sides communicate and we are
able to perform different
types of more tasks easily.

has to be passed through does during a crawl pat- tions must be formed and pears this can help improve even behavior in both kids

Crawling and the Shoulder Complex

Unfortunately, becoming an adult is often synonymous with sitting at desks and cars.

Joints that don't move become stiff, painful and unhappy. Additionally, the muscles around inactive joints become weak and unable to properly stabilize and mobilize. Other muscles are often recruited to do the work.

Crawling requires the scapulae and other joints involved with shoulder movement to move in a proper pattern. At the same time, a small amount of compression is placed on these joints while supporting the upper body against gravity. This small amount of compression is often just enough to fire proprioceptors that reignite muscles involved with stability and mobility. The result is more mobility, less rigidity and pain.

Crawling and the Hands

Our hands have a disproportionate supply of nerves compared to much of the rest of the body. Manual dexterity is extremely important to being human. Unfortunately, the hands that were once used to chop wood, pick up heavy stuff and thread needles now spend most of the time striking a keyboard.

Crawling (particularly when actively gripping the ground) provides proprioceptive feedback from the palms of the hands, which keep these valuable appendages strong and dexterous.

Crawling and the Core

You know that the core is not so much a muscle, but a relationship of the anterior/posterior shoulder, hip and trunk. During contralateral patterns, this entire relationship is engaged. As the hand makes contact with the floor and the shoulder extensors engage, the alternate hip must also engage. The “core” relationship is responsible for making sure energy is transferred across the midline of the body smoothly and synchronously.

Those with poor core stability will display a pronounced “wagging” of the hips as they crawl. This could be an underlying issue stemming from a variety of issues.

Crawling and the Hip Complex

Again, all sitting and no play makes for unhappy joints. Inactivity makes the muscles that flex, extend, rotate, adduct and abduct the hips stop firing properly. Merely getting into the crawl position and rocking the hips back toward the heels, like an infant does prior to crawling, functions to help the mobility of the hip complex.

Initiating a moving crawl triggers dormant muscles in the hips to mobilize and stabilize to match and accommodate the upper-body motions on the other side of the midline. This helps the hips move better, which results in not only healthier hips, but also a healthier lumbar spine.

As you can see, the crawl pattern packs a lot of bang for its buck. Start in the “all-fours” infant position, and then progress to lifting the knees off the floor. Ensure that you can do the movement properly, without excessively elevating the hips. Add multidirectional challenges, obstacles and other variables to progressively make the movement more challenging.

It's important to note that while the crawl pattern can be an effective movement pattern, it's not for everyone. Those with inflexible wrists, painful knees or other pathologies that make the movement painful should avoid crawling. Additionally, the movement might be embarrassing or excessively unpleasant for some. Once again, avoid anything that doesn't result in physical, mental and emotional improvements for you.

**Sometimes, moving forward
requires a return
to the basics.**

ATTENTION!

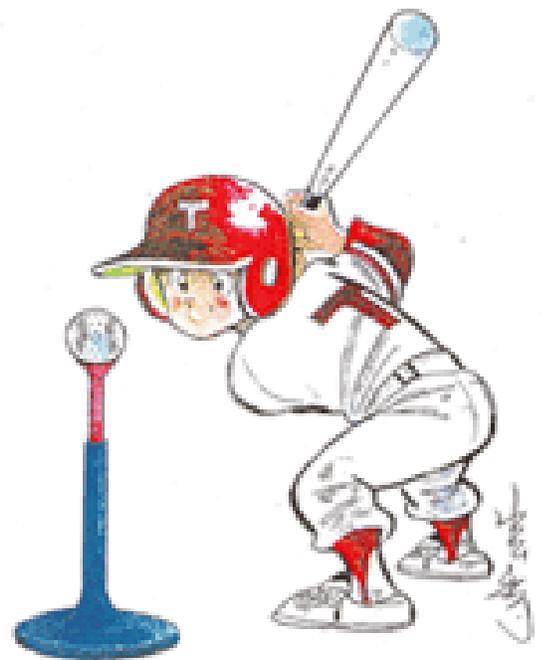
Registration Ends!!!



**Youth Volleyball
April 10th**

**Youth T-Ball
April 16th**

**Youth Coach Pitch
April 16th**



Obstacle Course class schedule!

**NEW
CLASS
ALERT!**

Saturday, April 7th 9:00 am
Wednesday, April 11th 7:00 pm
Wednesday, April 18th 7:00 pm
Saturday, April 21st 8:00 am
Wednesday, April 25th 7:00 pm
Saturday, April 28th 8:00 am

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.



Adult Co-Ed Softball

Register returning teams April 1-May 20

Open registration April 15– May 15

***Limited to 12 teams / Games on Thursdays
Begins June 7, 2018***

\$575.00 team fee (\$50 sub fee)

All fees, roster waivers, and sexual harassment signatures are due at registration to secure a spot.



9 HEALTH BENEFITS OF PILATES

#1 IMPROVED POSTURE | #2 BETTER BALANCE



One of the main benefits of practicing Pilates regularly is that it improves your posture.

All the exercises you perform in Pilates classes promote proper skeletal alignment. In addition to this, they strengthen the muscles which are responsible for good posture.

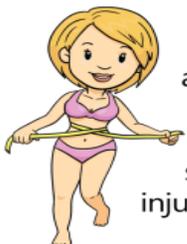
The good posture you get from Pilates allows you to move more freely, breathe more easily and avoid health complications associated with bad posture such as poor blood circulation, back aches, neck pain, a tight chest, slipped discs and other back problems.

A further benefit of Pilates is that many of the exercises boost your balance.

This improved balance has many practical benefits in your day to day life and helps you to better coordinate your movements, reduces your risk of falling, makes you more agile, increases your reaction times and much more.



#3 REDUCED INJURY RISK | #4 INCREASED STRENGTH

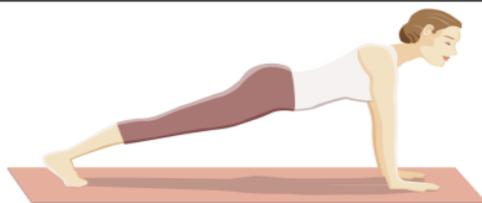


As mentioned above, Pilates does an excellent job of boosting your posture and strengthening your muscles. It also strengthens your joints and improves your flexibility. This enhanced physical state makes you much less likely to get injured both during exercise and generally as you go about your day to day life.

Pilates strengthens all the muscles in your body by using a combination of dynamic and static strength training. The structure of Pilates exercises also ensures that all the muscles in your body get targeted and that no muscle groups are ignored. The best part is that Pilates develop functional strength and endurance which can be applied in your day to day life.



#5 ENHANCED CORE STABILITY



One of the six principles of Pilates is centering. This principle states that strength should be developed from the inside out and that every movement should begin from the core and flow outward to the limbs. Performing the movements in this way strengthens the deep muscles in your abdomen, lower back and pelvic floor and provides the rest of your body with the stability it needs to function effectively.

#6 IMPROVED FLEXIBILITY | #7 HEALTHIER BLOOD



As already mentioned, Pilates workouts involve numerous dynamic movements.

These dynamic movements gently stretch and lengthen your muscles while also increasing the range of motion in your joints which ultimately boosts your overall flexibility.

This improved flexibility has a number of related health benefits which include reduced muscle soreness, enhanced blood flow, reduced injury risk and much more.

Pilates boosts your blood in three main ways.

First, the improved posture and flexibility that comes with practicing Pilates on a regular basis enhances your circulation. Second, the reduced stress that you'll experience as a result of Pilates will help lower your blood pressure. Finally, the controlled breathing techniques that are part of Pilates ensure that your blood is fully oxygenated.



#8 INCREASED MENTAL FITNESS | #9 GREATER STAMINA



Two of the main principles of Pilates are breathing and concentration and these two principles help you to develop mental focus and fitness as you complete your workouts.

This improved mental fitness has numerous benefits which include reduced stress levels, increased happiness and more.

One final benefit of Pilates is that it improves your stamina. Traditional strength training generally involves lifting heavy weights for short periods of time. However, Pilates involves longer flowing sequences of exercises that constantly engage your muscles and build up your endurance. This improved stamina has a positive effect on your overall energy levels and allows you to exercise at a greater intensity for longer without becoming fatigued.

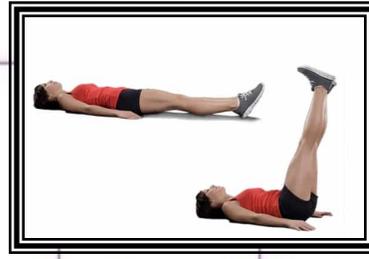
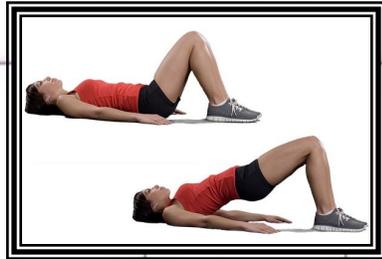


**Monday,
Wednesday,
& Friday**

Pilates at the Rec

**8:15 am
- 9:00 am**

April Showers Bring Ab Power



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 3x10reps crunches, side, crunches cross over crunches.	2 3x10reps leg, lower bicycle, penguin.	3 3x10sec front plank side, plank (each side) back, bridge	4 3x12 reps crunches, side, crunches cross over crunches.	5 3x12reps leg, lower bicycle, penguin.	6 3x12sec front plank side, plank (each side) back, bridge	7 3x14reps crunches, side, crunches cross over crunches.
8 3x14reps leg, lower bicycle, penguin.	9 3x14sec front plank side, planks back, bridge	10 3x16reps crunches, side, crunches cross over crunches.	11 3x16reps leg, lower bicycle, penguin.	12 3x16sec front plank side, planks back, bridge	13 3x18reps crunches, side, crunches cross over crunches.	14 3x18reps leg, lower bicycle, penguin.
15 3x18sec front plank side, planks back, bridge	16 3x20reps crunches, side, crunches cross over crunches.	17 3x20reps leg, lower bicycle, penguin.	18 3x20sec front plank side, planks back, bridge	19 3x22reps crunches, side, crunches cross over crunches.	20 3x22reps leg, lower bicycle, penguin.	21 3x22sec front plank side, planks back, bridge
22 3x24reps crunches, side, crunches cross over crunches.	23 3x24reps leg, lower bicycle, penguin.	24 3x24sec front plank side, planks back, bridge	25 3x26reps crunches, side, crunches cross over crunches.	26 3x26reps leg, lower bicycle, penguin.	27 3x26sec front plank side, planks back, bridge	28 3x28reps crunches, side, crunches cross over crunches.
29 3x28reps leg, lower bicycle, penguin.	30 3x28sec front plank side, planks back, bridge					

The graphic features a black background with two yellow flashlights shining from the top corners towards the center. The text 'FRIDAY NIGHT FLASHLIGHT EGGSTRAVAGANZA!' is written in large, bold, multi-colored letters (pink, blue, yellow, and white) across the middle. At the bottom, there is a green grassy field with several colorful Easter eggs (pink, yellow, and orange) scattered on it.

FRIDAY NIGHT FLASHLIGHT EGGSTRAVAGANZA!

Bring your family, flashlights, and Easter baskets or bags to the Jerome Recreation District (The Park behind the JRD) on

Friday, April 13th to search for eggs filled with candy and gifts. For ages 2-12 yrs old .

Twilight Hunt: 7:30pm -**One parent per child** will be allowed to assist children ages 2 to 6 for a twilight egg hunt when it's not quite so dark out yet.

Flashlight Hunt: 8:15pm-Kids ages 7 to 12 will hunt eggs by themselves once the sun goes down. Flashlights will be needed because it will be dark out there. Flashlights not provided. No parents allowed on the course.

Be sure to arrive 30 minutes prior to hunt for check-in. For any questions call the JRD office at 324-3389

Cost: \$5 a child / \$14 Family (4)

\$3 for each additional child

***All participants must pre-register by closing , Wednesday, April 11th ***



Magic Valley Firearms Training



Idaho Enhanced CCW Class

Jerome Recreation Center
\$100. per class at registration
Firearms rental available \$10
4 Student Minimum

April 7 or April 21

- Women only classes
- Basic to Advanced Classes
- Pistol or Rifle Classes

Concealed Carry Classes – -Live Fire
NRA Certified Instruction
Law Enforcement Trained Instructors

Contact #208-749-0005

Just for Kids

"April Showers Bring May Flowers"

Rain Sticks



Traditional rain sticks when held upright allow pebbles to trickle down the inside of a hollow cactus, hitting the needles as they go. This motion creates a sound like falling rain. While South American rain sticks are most often made from cacti, other tools can also be used.

Supplies: scissors, glue, construction paper, Pringles can, string, beads, corn, rice, dried beans, tape, feathers, toothpicks or nails, markers



First, put toothpicks or nails in lines circling the Pringles can. Two or three lines work best. The toothpicks should go in every 1/2" to 1" apart. They should come close to touching but should not touch. The more toothpicks the better.



Put tape over all the toothpicks to secure them.



Put bean, corn, and rice into the can. Different combinations and amounts will change the sound the rain stick will make.



Tape the lid on the can.



Color the construction paper with designs. Crinkle the construction paper in to a ball several times to make it wrinkled and soft.



Cut the construction paper to fit the can. With the paper left cover the ends. Then glue the construction paper to the can. Decorate with beads and feathers if desired. Turn can up and down to allow beans to flow through toothpicks making the sound of soft rain.



How To Tame Inflammation

Occasional inflammation, like a swollen sprained ankle or painful cut, is healthy. It's a sign that the body's immune system is healing injuries and fighting off bacteria. While a little bothersome, the inflammation is acute and goes away in a few days. But there's another type of inflammation that's not so healthy: chronic inflammation. It's triggered by the immune system responding to irritants or foreign compounds, often in food or the environment. With no overt symptoms, chronic inflammation is a little harder to understand or even recognize. However, research has linked it with obesity, metabolic syndrome, heart disease, type 2 diabetes, cancer, Alzheimer's disease, and autoimmune diseases like rheumatoid arthritis. Read on for the scoop on what to eat and what to skip.

The Top Inflammers

These foods and habits fan the flames of [inflammation](#). Try to limit or eliminate them as much as possible.

- Excessive alcohol
- Regularly eating more calories than your body needs
- Trans and saturated fats
- Fried foods
- Refined carbs like white bread, white rice, etc.
- Added sugars
- Artificial sweeteners
- High-fat meats and processed meats

Does Dairy Promote Inflammation?

Contrary to popular belief, dairy products like yogurt actually have an anti-inflammatory effect in most people. Yogurt reduces inflammation by supporting gut health. But saturated fat can promote inflammation, so choose lower-fat versions. However, if you have a dairy allergy or sensitivity, continue to avoid dairy, as it will trigger an inflammatory response.

Should I avoid nightshade vegetables?

Nightshade vegetables, such as tomatoes, eggplant, peppers, and potatoes, are often blamed for arthritis inflammation due to their compound solanine. However, there's no conclusive research that they trigger inflammation. Nightshades are packed full of anti-inflammatory nutrients, such as lycopene and beta-carotene, so don't avoid them. However, if eating a specific one triggers pain or inflammation symptoms, it likely isn't the entire nightshade family, but rather a sensitivity to one that can be eliminated.

ANTI-INFLAMMATORY FOOD LIST

200-06

OILY FISH



- ↑ levels of **omega-3 fatty acids**
- Dramatically reduces inflammation
- Eat at least **2** portions of fish per week

GINGER



- Alleviates "**stomach problems**"
- Cut into coins and add to food and beverages

TUMERIC



- Yellow spice common in Indian cuisine (i.e, curry)
- **Curcumin** a compound in tumeric may help to reduce inflammation

BERRIES



- **Anthocyanins** | compound in berries possess anti-inflammatory properties

CHILLI PEPPERS



- **Capsaicin**, anti-inflammatory components of chilli peppers.
- ↑  chilli pepper = ↑capsaicin
- Pain reliever
- Consume in moderation

TIP

Eat as many and as much of a variety of fruits and vegetables as possible



ALMONDS + WALNUTS

- Rich source of **omega-3 fatty acids**
- Reduces inflammation



OLIVE OIL

- **Oleocanthal** a compound in olive oil, prevents the production of pro-inflammatory enzymes
- may lose health benefits when heated



GARLIC



- Anti-inflammatory benefits across body systems

AVOID

foods that create inflammation in the body

- ~~X~~ refined oils
- ~~X~~ sugar
- ~~X~~ simple carbs
- ~~X~~ processed foods
- ~~X~~ saturated fats
- ~~X~~ trans fat
- ~~X~~ alcohol
- ~~X~~ white rice
- ~~X~~ white flour
- ~~X~~ white bread
- ~~X~~ pasta
- ~~X~~ pastries

Minimize

Pro-inflammatory Omega 6 oils:
corn, safflower, sunflower, peanut, soybean oil.

VINCHAY FIT
CARDS

Quinoa Bowls with Avocado and Egg

This quick, satisfying breakfast is loaded with anti-inflammatory foods: extra-virgin olive oil, avocado, tomatoes, quinoa, and omega-3 eggs. For even more anti-inflammatory benefit, serve with an orange or grapefruit.

- 2 teaspoons olive oil, divided
- 1 teaspoon red wine vinegar
- 1/4 teaspoon salt, divided
- 1 cup hot cooked quinoa
- 1 cup grape tomatoes, halved
- 1/2 cup cooked black beans, warmed
- 2 Tablespoons chopped cilantro
- 2 large eggs
- 1/2 ripe avocado, sliced

Whisk together 1 1/2 teaspoons of the oil, vinegar, and dash of salt. Combine Quinoa, tomatoes, beans, cilantro, and 1/8 teaspoon salt. Toss gently to combine. Divide mixture evenly between 2 bowls. Heat a nonstick skillet over medium heat. Add remaining 1/2 teaspoon olive oil. Swirl to coat the pan. Crack eggs into pan. Cover, Cook until whites are set and yolk is still runny, 2-3 minutes. Drizzle dressing evenly over quinoa mixture, top with eggs and avocado. Sprinkle with salt and garnish with additional cilantro if desired.



Black Pepper-Curry Chicken Sauté

Adding a subtle spiciness to this aromatic dish, black pepper is thought to enhance the absorption of turmeric in the curry. For the boldest flavor, go for 1 teaspoon peppercorns; crush with a mortar and pestle, or place in a small ziplock plastic bag and pound with a skillet. Other anti-inflammatory ingredients include ginger, garlic, onion, olive oil, and brown rice. Get an extra boost against inflammation by serving with a side of roasted cauliflower or broccoli.

- 1 lb. boneless, skinless chicken breasts, cut into 1 inch pieces
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 Tablespoon olive oil
- 1 1/2 cups vertically sliced onion
- 2 teaspoons minced peeled fresh ginger
- 3 garlic cloves, minced
- 2 teaspoons curry powder
- 1 cup canned light coconut milk
- 2 teaspoons fresh lime juice
- 1/2 to 1 teaspoon peppercorns, crushed
- 2 Tablespoons fresh chopped cilantro or basil
- 2 cups hot cooked brown rice



Sprinkle chicken with 1/4 tsp. salt and 1/4 tsp. pepper. Heat 1 1/2 tsp. oil in a large nonstick skillet over medium high heat. Add chicken to pan, cook, stirring frequently, 5-6 minutes or until lightly browned and almost cooked through. Remove chicken from pan. Reduce heat to medium. Add remaining 1 1/2 tsp. oil to pan and swirl to coat. Add onion, cook 4 minutes or until tender, stirring occasionally. Add ginger and garlic, cook until softened, about 1 minute. Add curry powder, cook 15-30 seconds or until fragrant. Stir in coconut milk, lime juice, crushed peppercorns, and remaining salt. Return chicken to pan. Cover and cook over medium low heat until sauce is slightly thickened and chicken is done, about 5 minutes. Remove from heat, stir in cilantro or basil. Serve over rice.

Life is 10%

what happens to you
and 90%
how you respond to it.

As a man was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at anytime, break away from their bonds but for some reason, they did not.



He saw a trainer nearby and asked why these animals just stood there and made no attempt to get away. "Well," trainer said, "when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

The man was amazed. These animals could at any time break free from their bonds but because they believed they couldn't, they were stuck right where they were.



Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed. Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot, and ground coffee beans in the third pot. He then let them sit and boil, without saying a word to his daughter. The daughter, moaned and impatiently waited, wondering what he was doing. After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He

pulled the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup. Turning to her he asked, "Daughter, what do you see?" "Potatoes, eggs, and coffee," she hastily replied. "Look closer," he said, "and touch the potatoes." She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face. "Father, what does this mean?" she asked. He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity— the boiling water. However, each one reacted differently. The potato went in strong, hard, and unrelenting, but in boiling water, it became soft and weak. The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard. However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

"Which are you," he asked his daughter. "When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean? "

