

Be Thankful!



## JRD Newsletter November 2018

# 10 Reasons to be Thankful for Fitness!

**Thanksgiving is a time to reflect on all the blessings we have been given in life. It is a time for us to show our gratitude and appreciation through acts of kindness and hospitality to others. We may be thankful for an abundance of different things, such as: our good fortune, health, a promotion at work or a new opportunity.**

**Another thing to be thankful for is our fitness. Our fitness is more than just our physical well-being, it also contributes greatly to our spiritual, emotional and mental well-being. Here are 10 reasons why we should be thankful for fitness.**

- 1. Exercise helps many cope with stress and anger and allows us to release that tension in a healthy way.*
- 2. Exercise helps to ward off sickness and reduces your risk for chronic illness. Studies have shown that regular exercise can give a boost to your immune system and prevent you from getting sick as often. It can also reduce your risk for diabetes, heart disease, stroke, cancer, and osteoporosis.*
- 3. Exercise is a great social experience. When we exercise with friends or loved ones, it gives us an opportunity to feel good and form deeper connections around a shared love of fitness.*
- 4. Exercise benefits the mind. It can help you think more clearly and studies show that a regular fitness routine helps to increase cognitive function and improves blood flow to the brain.*
- 5. Exercise is a blessing, not a chore. Holidays are great at reinforcing why we should be thankful for fitness. When we work out we are also grateful that we physically can do so.*

**What are YOU  
Thankful For?**



6. Exercise allows you to achieve a total body, cardio and weight training workout. It can that help you grow stronger, build endurance, and improve your fitness.

7. Exercise helps boosts confidence as it shows positive physical changes over time. Who doesn't love it when they look in the mirror and see that all their hard work is making a difference?

8. Exercise allows you to set goals, smash those goals, and challenge yourself to achieve greater success.

9. Exercise and fitness blogs help to motivate and inspire individuals to get active. Blogs creates a fitness community based on mutual enjoyment of exercises.

10. Lastly exercise feels good! When you complete a workout, you may feel winded, but you also experience an overwhelming feeling of euphoria and accomplishment. A good workout can set the tone for how your whole day may unfold. It can leave you feeling more ambitious, goal-driven and can help you achieve all the items on your to-do list with a positive mind-frame and "can-do" attitude.

## GRATITUDE, LIKE FAITH, IS A MUSCLE.

The more you use it, the stronger it grows, and the more power you have to use it on your behalf. If you do not practice gratefulness, its benefaction will go unnoticed, and your capacity to draw on its gifts will be diminished. To be grateful is to find blessings in everything. This is the most powerful attitude to adopt, for there are blessings in everything.

~ Alan Cohen

fb/joy of dad

# Basketball Season is almost here!!

## **1st thru 4th Grade Basketball**

*Registration  
November 1st—January 1st*

*Games begin  
January 19th—February 23rd.*

*Basketball* 



## **Men's BB League**

*Registration  
November 1st—January 1st*

*Games begin  
January 14th*

## **Kindergarten BB Clinic**

*Registration  
November 1st—February 11th  
Clinic Feb. 11, 13, 18, and 20*



Register in person at 2032 South Lincoln or  
by phone at 324-3389 or  
online at [www.jeromerecreationdistrict.com](http://www.jeromerecreationdistrict.com)



Monday - Friday 5:00 AM to 9:00 PM  
Saturday 7:00 AM to 7:00 PM  
Sunday 10:00 AM to 4:00 PM

# 2019 TUMBLING Schedule

\$20 in district  
or

\$30 out of district

## **Tumble Academy I:** (Ages 4 through Kindergarten) **Wednesday 5:15pm-6:00pm**

Students are introduced to basic dance movements and positions and basic tumbling movements and positions on the floor, various mats, mini trampoline, and low balance beam. Beginning skills include forward rolls, brush leaps, mini cartwheel, mini handstand, splits, tuck jumps, and lots of balance and coordination work. Tumblers will learn how important conditioning is to their training and work on their ability to wait patiently for their turn. Students should be barefoot and wear comfortable but not baggy clothing.

## **Tumble Academy II:** (Grades 1-4)

### **Wednesday 6:00pm-6:45pm**

Students will add on to their basic dance and tumbling skills, including straddle jump, bridge, bridge kickover, backward rolls, advancing mini cartwheel, advancing mini handstand, and more balance and coordination work. Conditioning will increase in amount and intensity. Students should already know how to wait their turn and be excellent listeners. Students should be barefoot and wear comfortable but not baggy clothing.

## **Tumble Academy III:** (Grades 5-??)

### **Wednesday 6:45pm-7:30pm**

Students will add on to their basic dance and tumbling skills, including straddle jump, bridge, bridge kickover, backward rolls, advancing mini cartwheel, advancing mini handstand, and more balance and coordination work. Conditioning will increase in amount and intensity. Students should already know how to wait their turn and be excellent listeners. Students should be barefoot and wear comfortable but not baggy clothing.

# GIVE THANKS

How long does it take to burn off a **5000 calorie** Thanksgiving dinner?\*



\* Based on a 165lb person

Swimming

6 hours 41 minutes



Running (5 mph)

8 hours 21 minutes



Biking (10 mph)

9 hours 33 minutes



Intense Yoga

11 hours 7 minutes



Walking (3 mph)

20 hours 15 minutes



# TURKEY TRAINING WORKOUT

Do one set of each move in order. Repeat the circuit 3 times.

## 1. CORNICOPIA CRISS-CROSS CHOPS

15 reps to each side (30 Total)



- Clasp hands together and rotate the entire body to one corner of the room as you swing your hands back over one shoulder.
- Squeeze abs and butt and forcefully swing down to the opposite corner.

## 3. MASHED POTATO MOUNTAIN CLIMBERS

20 with each leg (40 Total)



- Begin in a plank position.
  - Lift the same hand up as knee that pulls in and "mash the potatoes". Work to keep the hips steady and even.
- \*If your hips are moving too much, just try lifting the knees alternating 4x followed by the hands 4x.*

## 5. THANKSGIVING BREAK BURPEES

10 reps



- Begin on the floor in a squat.
- Push your legs back and lay flat with your hands underneath your shoulders.
- Jump your legs in between your hands to come BACK into a squat.
- Stand up and reach up.



## 2. SWEET POTATO INSIDE OUT SQUATS

10 reps to each side (20 Total)



- Face one side of the room and lower into a squat.
  - Push off the floor to jump up and turn body front.
  - Land facing the opposite direction.
- \*If you're not up for jumping, just walk your squats to face each side of the room.*

## 4. TURKEY GOBBLER GET UPS

6 reps on each side (12 Total)



- Begin flat on your back (not pictured) with your right arm and knee up. Use your abs to lift up until your left elbow is on the floor. Your legs should NOT move.
- Focusing on the right hand, push all the way up onto the your left palm so your hips are lifted high off the floor.
- Slide your left leg underneath you so you are kneeling on it. The right foot should NOT move.
- Lean over to touch the ground with your right hand and bring your left hand to your head. Reverse the process until you are lying back on the ground again.

## 6. CORNBREAD STUFFING STRETCH & CRUNCH

10 reps



- Begin on your back with your hands behind your head and your knees lifted. Crunch up as you lift your hips slightly off the floor so that your knees and elbows come close together.
- Use a little momentum from your crunch to come up to a seated position with your legs straight out in front of you. Reach forward to stretch the back & hamstrings. Hold the stretch for a count of four before repeating.

# JRD 8th Annual Turkey Trot

November 22, 2018

Run starts at 8am

**Cost: 5 cans of food or non-perishables  
or a gently used coat are  
due at time of registration.**

Please limit the amount of vegetables donated. Families in need can not prepare adequate meals with only canned vegetables. The food pantry is needing more protein rich food, baby products and paper products.

Burn off those Thanksgiving calories with your friends and family. Course is a 3.64 mile run or walk along the bike path. Run starts and ends at the Jerome Recreation District. Register by Friday Nov. 16th to be guaranteed a shirt on race day.

**You WILL NOT receive a shirt if you  
register after Nov. 16th.**

All donations go to Martha and Mary Food Pantry.



**Register online , in our office or mail  
your  
registration and liability waiver to:**

Jerome Recreation District

PO Box 289

Jerome, Idaho

208-324-3389

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**Fact? Or Fiction?**

1. **Thomas Jefferson wanted the turkey to be our national bird.**
2. **Domesticated turkeys are the slowest flying bird on earth.**
3. **When it rains, if a turkey looks up , it can easily drown.**
4. **Cranberries got their name because the plant and the blossom resembled a crane's head and neck.**
5. **The first Thanksgiving celebration lasted a full week.**
6. **Californians eat the most turkey in the U. S.**
7. **Turkey actually has less protein than its cousin chicken or beef.**
8. **The average person consumes a whopping 4,500 calories on Thanksgiving Day.**
9. **According to books and illustrations we see, pilgrims wore big belt buckles on their clothing, shoes and hats. This is a fact of history.**
10. **Abraham Lincoln was the president to have established the original date for our National Thanksgiving Day which was first held in 1845.**
11. **Turkeys have one of the strongest hearts.**
12. **Turkeys often sleep in trees during the night.**



1. Fiction... It was Benjamin Franklin who wanted the turkey to be our national bird.
2. Fiction...Wild turkeys can fly over short distances, but DOMESTICATED turkeys can't fly.
3. **Fact...When it rains, if a turkey looks up, it can drown.**
4. **Fact...Cranberries got their name because the plant and blossom resembled a crane's head and neck.**
5. Fiction...the first Thanksgiving celebration lasted 3 days.
6. **Fact...Californians eat the most turkey in the U.S.**
7. Fiction...Turkey actually has MORE protein than chicken or beef.
8. **Fact...The average person consumes 4,500 calories in Thanksgiving Day.**
9. Fiction...Pilgrims did NOT wear big belt buckles on their clothing, shoes, and hats.
10. Fiction...Abraham Lincoln established the original date for our National Thanksgiving Day in 1863.
11. Fiction...Turkeys have WEAK hearts.(The U.S. Air Force was doing test runs to break the sound barrier and nearby turkeys dropped dead of heart attacks.)
12. **Fact....Funny, but true. Turkeys are known to sleep over night in trees.**

# hAPPY tHANKS gIVING

## Tips for a Healthy Thanksgiving

1. Hydration is essential
2. Portion control is key
3. Don't skip breakfast
4. Avoid excessive alcohol
5. Exercise early
6. Load up on the veggies
7. Avoid processed carbohydrates
8. Don't starve yourself all day
9. Don't 'drink' your days worth of calories
10. Limit the sugar
11. Stop eating when full
12. Go for a walk after dinner



[fitnessfueltraining.com](http://fitnessfueltraining.com)

**SATURDAY MORNING SPINNING  
IS BACK FOR THE WINTER!!!**

**HEY HO, LET'S GO**



**8:00 am to 8:45 am  
\$3.00 per class or  
\$8.00 per month**



# Just for Kids



Q. What smells the best at a Thanksgiving dinner?  
A. Your nose!!

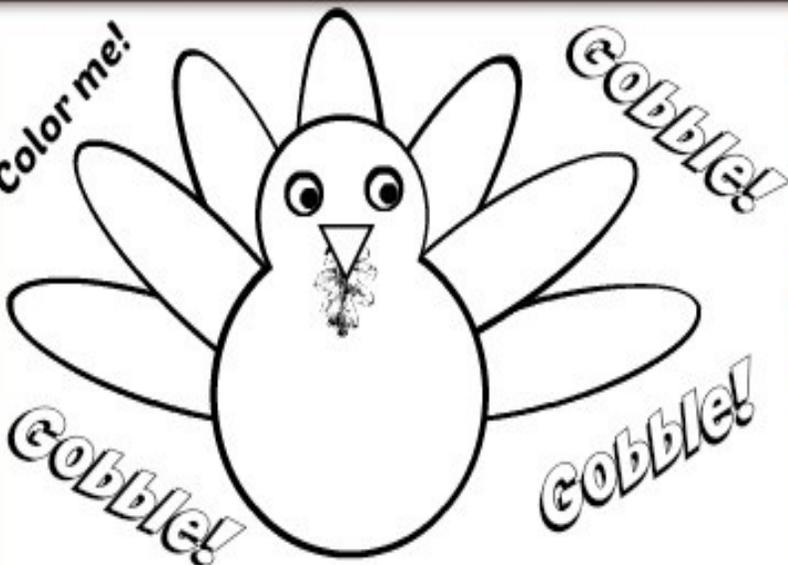
Q. What happened when the turkey got into a fight?  
A. He got the stuffing knocked out of him!!

Q. What did the turkey say to the computer?  
A. Google, google!!

Q. How many cooks does it take to stuff a turkey?  
A. One, but you really have to stuff him in.!!

Q. Why did the turkey cross the road twice?  
A. To prove he wasn't chicken!!

Color me!



I am **THANKFUL** for...

### Thanksgiving Food

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

PUMPKIN	HAM
TURKEY	PIE
STUFFING	GRAVY
YAMS	POTATOES

### Word in A Word THANKSGIVING

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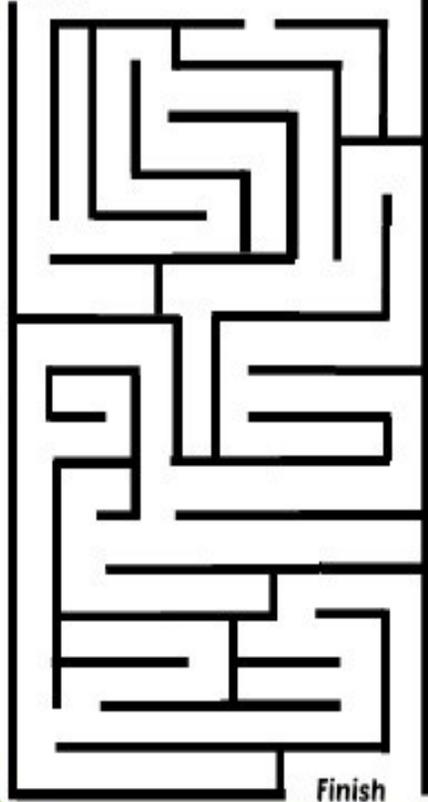
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Start



Finish

# Kids' Night Out

I AM  
thankful  
FOR ?

**Thursday, November 15th**

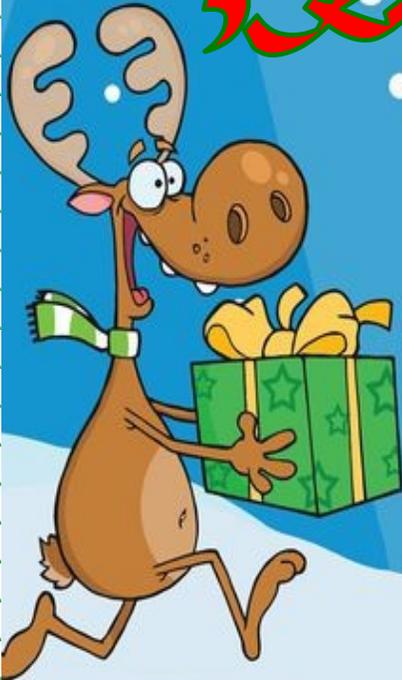
**6-7:30 pm**

**Ages 4 and up**

**\$3.00 per child or  
free with membership upgrade**

**MUST PRE-REGISTER  
BY NOVEMBER 13TH**

# 2018 Jingle Bell 5K Run or Walk



**Cost : \$20.00 a  
person or  
\$60.00 a family  
Immediate family of 4**

**Register before  
December 9th to  
guarantee a shirt on race  
day.**

*You*

**WILL NOT**

*Receive a shirt if you reg-  
ister after December 9th.*

**Saturday, December 15th, 2018  
8:00 AM**

Run starts at the JRD  
and follows the bike path around,  
back to the JRD. T-shirts, refresh-  
ments and prizes for the best festive  
holiday attire! Call or stop by the  
office to register.

## Southwestern Turkey Soup

- 1 1/2 cups shredded cooked turkey
- 4 cups vegetable broth
- 1 (28 ounce) can whole peeled tomatoes
- 1 (4 ounce) can chopped green chile peppers
- 2 roma (plum) tomatoes, chopped
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 tablespoon lime juice
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin
- salt and pepper to taste
- 1 avocado - peeled, pitted and diced
- 1/2 teaspoon dried cilantro
- 1 cup shredded Monterey Jack cheese



In a large pot over medium heat, combine turkey, broth, canned tomatoes, green chiles, fresh tomatoes, onion, garlic, and lime juice. Season with cayenne, cumin, salt, and pepper. Bring to a boil, then reduce heat, and simmer 15 to 20 minutes.

Stir in avocado and cilantro, and simmer 15 to 20 minutes, until slightly thickened. Spoon into serving bowls, and top with shredded cheese.

## Turkey and Bacon Panini with Chipotle May

- 8 slices bacon
- 1 tablespoon butter
- 2 cloves garlic, minced
- 1/2 red onion, thinly sliced
- 3 cups fresh spinach leaves
- 1/2 cup reduced-fat mayonnaise
- 2 chipotle peppers in adobo sauce, minced
- 1 teaspoon adobo sauce from chipotle peppers
- 8 (4 inch) pieces focaccia bread
- 4 slices provolone cheese
- 1/2 pound sliced deli turkey meat or leftover baked turkey, sliced thin



Preheat a panini press according to manufacturer's instructions.

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Meanwhile, melt the butter in a large skillet over medium heat. Cook and stir the garlic and onion until the onion has softened and turned translucent, about 10 minutes. Stir in the spinach and cook until wilted, about 3 minutes more.

While the onions and spinach are cooking, stir together the mayonnaise, minced chipotle peppers, and adobo sauce in a small bowl. Spread the mayonnaise over 4 slices of focaccia bread. Place a slice of cheese onto the 4 slices, then divide the turkey among the sandwiches. Place 2 strips of bacon onto each sandwich and top with the spinach mixture. Place the remaining slices of bread onto the sandwiches.

Cook the sandwiches in the preheated panini grill according to manufacturer's directions until crispy and golden brown, about 5 minutes.

