

# 7 Fabulous Reasons for Fall Fitness

## Fitness & Wellness News



# JRD NEWSLETTER OCTOBER 2019

1. **Set year-end goals.** It is the last few months of 2019. What are your goals? Pick three (likely remaining from your New Year resolutions list) and tackle them. A new year is coming. How do you want to welcome 2020 Now is the time to act.
2. **Get in the groove.** As summer ends, schedules naturally settle into a routine. Vacations wind down, schools reopen, and life takes a more predictable rhythm. We thrive when healthy essentials are set in a daily routine: sleep, wake, eat, and exercise; repeat. Fall transitions us from spontaneous day-trips and late-night movies to a more consistent, maintainable existence.
3. **Feast on fall's bounty.** Apples, sweet potatoes, and pumpkins abound! The high-fiber content of apples helps everything from bathroom regularity to reducing cholesterol. Pumpkins and

sweet potatoes are packed with vitamin E and low in calories End of Summer favorites linger so don't forget the finale of local tomatoes, peaches, and plums.

4. **Create a challenge.** Fall's abundance also includes plenty of competitive and community events. Try a walkathon or bike race. Join a fitness fundraising event to bring special meaning and dedication to your efforts. With the deadline of a competition ahead, you will be sure to remain committed.
5. **Color your life.** Let the changing leaves around you be a constant reminder to keep your fitness routine colorful. Join a different Group Fitness class. Hit the Fitness Floor and discover a new piece of equipment. Keep muscles confused and mind engaged.
6. **Build your resistance.** Included in fall's abundance are sneezes, coughs, and com-

plaints of cold/flu season. Regular exercise at moderate intensity levels helps boost your immune system. Make exercise your medicine with its powerful preventative effects. A fit body performs at its peak, without additional physical stress that weakens the immune system. It also helps decrease mental stress and improve mood, to further combat illness. Plus, a well-exercised body more easily accomplishes quality sleep, another germ-buster.

7. **Learn to let go.** Through its display of rich autumn colors, nature shows us how beautiful it is to let go. Embracing the present can take courage. It means we clear our minds of worry, regret, and sadness. Only then can we discover today's new adventures, activities, people, and places. Let fall be a fresh start—Affirm all that is good in your life and let the rest go.

# FALL 3-MONTH SPECIAL



Available for purchase Sept 16, 2019 – Oct 16, 2019

## Silver Membership

**\*Does not include fitness Classes\***

Valid October 1 - December 31, 2019

	In district	out of district
<u>Adult</u>	<u>\$56.80</u>	<u>\$66.80</u>
<u>Couple</u>	<u>\$86.70</u>	<u>\$96.70</u>
<u>Youth (age 13-17)</u>	<u>\$34.00</u>	<u>\$44.00</u>
<u>Senior Citizen (age 55+)</u>	<u>\$34.00</u>	<u>\$44.00</u>
<u>Family</u>	<u>\$113.40</u>	<u>\$123.40</u>

(Dad, mom, and children who live at home and are under the age of 19)

# JRD Saturday Special Event Classes

Only \$3 a  
class!

**Oct. 5th 8am-**  
Yoga

*With Sandra*

**Oct. 12th 8am-**  
Spinning

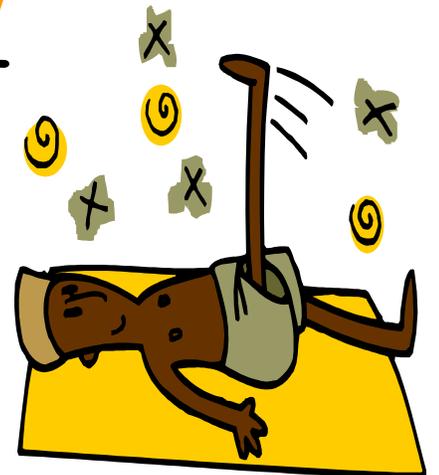
*with Paula*

**Oct. 16th 8am-**  
Pound Fitness

*With Trudy*

**Oct. 26th 8am-**  
Obstacle Course

*with Darin*



# TRX Special Event October!

Monday & Wednesday

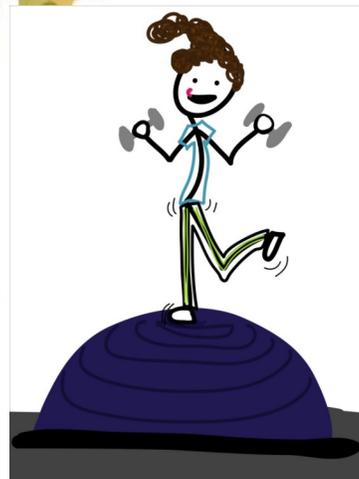
ONLY 5:30-6:15 pm classes

**Fall leaves are changing and so is TRX.....**  
*but just for the month of October!*

**BOSU ball, body bars, and hand weights  
will be the focus.**

**Clover will be the instructor.**

**COME CHANGE UP YOUR EXERCISE ROUTINE!  
FALL INTO A NEW EXPERIENCE!**



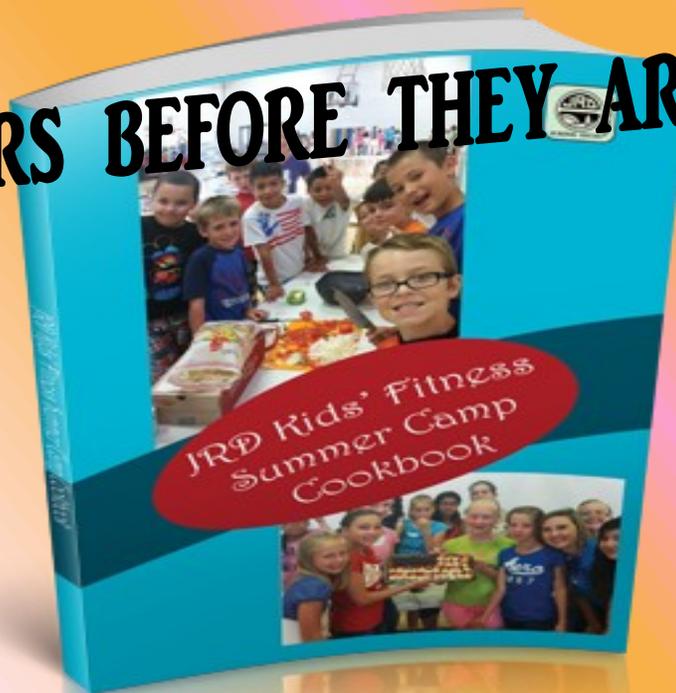
# JRD Kids' Fitness Summer Camp Cookbook

**\$5.00**

**That's 75% OFF!!**

- ♥ **Cranberry Orange Breakfast Squares** page 9
- ♥ **Strawberry Burst Baked Oatmeal** page 29
- ♥ **Salmon Cakes with Cool Lime Sauce** page 69
- ♥ **Spicy Honey Chicken Salad** page 87
- ♥ **Cheese and Herb Potato Fans** page 96
- ♥ **Stuffed Pepper Soup** page 118
- ♥ **Low Fat Raspberry Peach Cobbler** page 47
- ♥ **Spiced Peach Halves** page 50

**GET YOURS BEFORE THEY ARE GONE!!**



**Purchase at JRD. All proceeds support Kids' Summer Fitness Camp!!!**

# WELCOME TO THE SUPERHERO

## 'SUPERHERO TURKEY TROT'

**5K RUN OR WALK**

**8:00 AM**

**THANKSGIVING DAY!!**

**Prize given for best Superhero Costume!**

Cost to register is 5 items of non perishable food or a gently used coat DUE at time of registration. Must pre-register by Friday, November 22nd to get a t-shirt.

This is a GREAT, FUN family event.

Refreshments served.

Volunteers needed!!



## Jingle Bell Fun Run

December 14th

8:00 AM



\$20 per person or \$60 for family of 4  
(immediate family)



Come with bells on and JINGLE all  
the way!

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

You WILL NOT receive a shirt if you register after  
December 9th!!

# YOGA



## IT'S BACK!!

### WEDNESDAY MORNING

10:00-11:00 AM

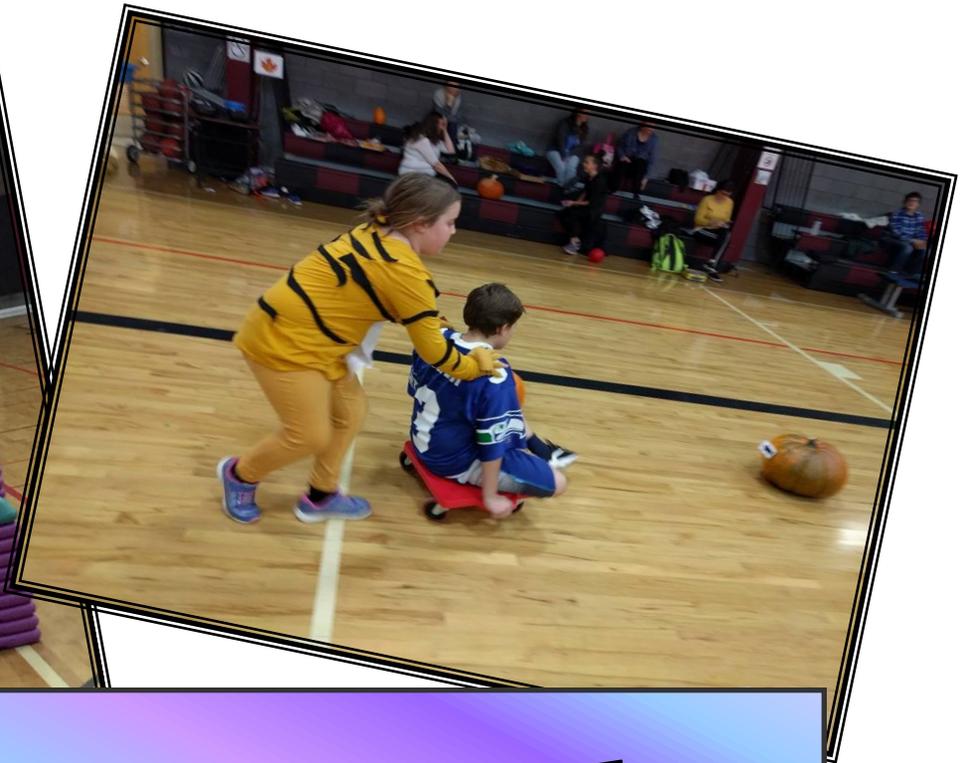
\$8.00 PER MONTH  
OR \$3.00 PER CLASS

### FRIDAY EVENING

7:00-8:00 PM

\$8.00 PER MONTH  
OR \$3.00 PER CLASS

INSTRUCTOR : SANDRA



# Home School PE begins October 2nd!

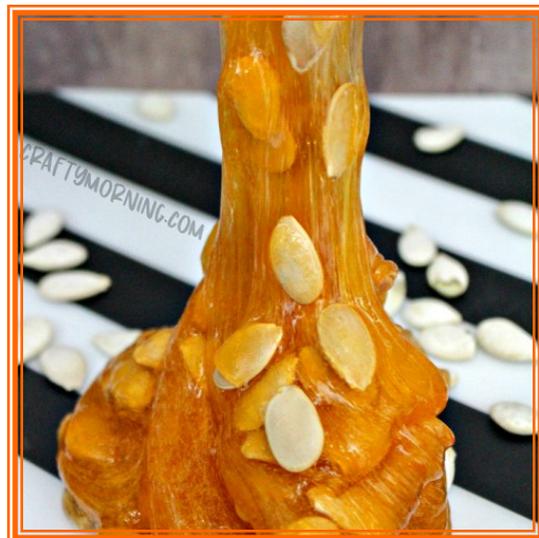
Welcome new instructor Trevor Ostler!!  
He will be joining current instructor  
Jaime Carey!

Wednesdays & Fridays  
2:00-3:00 pm



# JUST FOR KIDS

## Pumpkin Guts Slime



### Materials needed:

- 1 airtight container
- 1 5 oz bottle of clear glue
- ½ cup water
- ½ tsp baking soda
- 1 tbsp contact solution
- Pumpkin Seeds
- Pumpkin Pie Seasoning
- Orange food coloring
- Small bowl

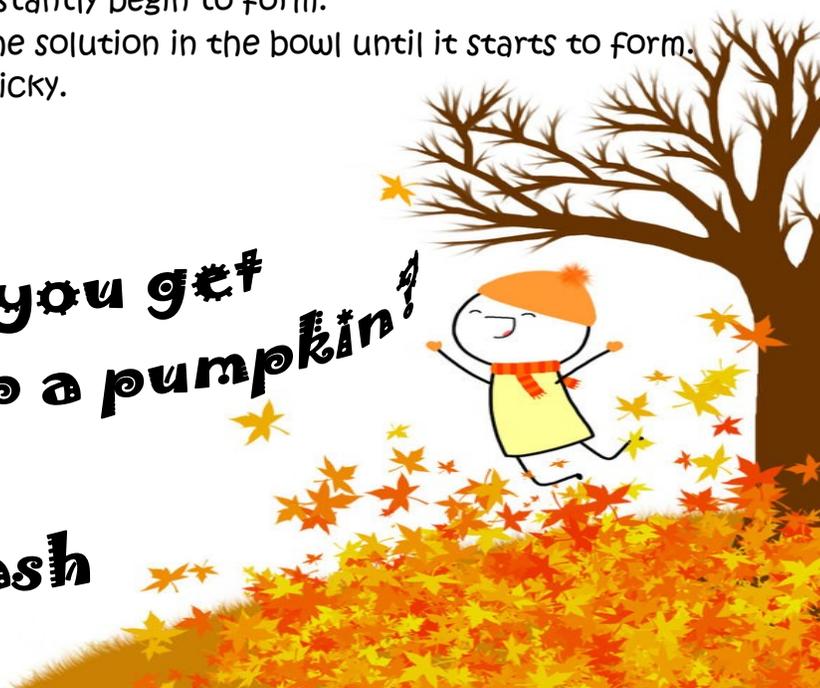
### Instructions

1. In a bowl, pour the entire 5 oz bottle of clear glue.
2. Add in ½ cup of water.
3. Add in ½ tsp baking soda and stir.
4. Drop a few drops of orange food coloring. Stir.
5. Pour in some pumpkin seeds.
6. Add pumpkin pie seasoning to smell good.
7. Add 1 tbsp contact solution. It will instantly begin to form.
8. It will be STICKY! Don't panic! Mix the solution in the bowl until it starts to form.
9. Knead the slime until it is no longer sticky.
10. Store in an airtight container.

What do you get  
when you drop a pumpkin?



Squash



# *Kids Night Out*

October 24th  
Harvest Party

November 21st  
Thanksgiving Celebration

December 19th  
Merry Christmas!!



6-7:30 pm

\$3 per child or free with  
membership upgrade

Pre-register deadline 2  
days prior to event.

# Creative (And Completely Delicious) Ideas to Use Canned Pumpkin

eatingwell.com

*Outside of pumpkin pie, it's hard to imagine what one could possibly do with canned pumpkin. Or when you open a can of pumpkin and only need a cup for your pumpkin bread recipe, what are you supposed to make with the rest? Well, we're here to tell you there's a lot you can do with it, that goes well beyond pie. To be clear, when we say canned pumpkin, we mean puree—not pumpkin pie filling that comes with added sugar and spices. From sweet to savory, you can find a place for canned pumpkin whether you need a lot, or just a little. Read on for inspiration for this sweet and mild fall favorite.*

1. We often think of canned pumpkin as part of a sweet treat, but it's a great addition to savory foods too. Adding canned pumpkin to tomato sauce to top a pizza or pasta is a stealthy way to incorporate more fiber, vitamin A and beta carotene into an every-day dinner. The sweet, slightly acidic flavor from the tomato complements the mild pumpkin flavor and renders it almost undetectable. You can think beyond tomato sauce too.



Try adding pumpkin puree to chili, curries or any other dish with bold flavors that could use the mellowing nature of canned pumpkin.

2. For a fall riff on classic hummus, add in some canned pumpkin. The beautiful color makes snack time even more fun, plus it couldn't be any easier with the help of canned chickpeas and a food processor or blender. Serve with a rainbow of veggie dippers and some whole-grain pita chips!
3. Canned pumpkin puree doesn't just add beautiful color to classic beige side dishes like mashed potatoes and risotto, it also makes these dishes super creamy, without any cream! Plus, it gives the dish a little extra fiber and vitamin A for a nutrition boost.

4. Cookies are the new fall baking must-make. They're easier than pie and there are so many ways to do it. Add some canned pumpkin in place of some of the fat in your favorite chocolate chip cookie recipe, make some into mini pumpkin pie cookies, chewy cookies with apple and even pumpkin spice cookies.

5. You can jazz up pancakes and waffles by adding canned pumpkin to the mix! Not only does canned pumpkin add its own sweet mild flavor, but it will give your stack of pancakes (or waffles) a bright orange hue. Try complementing the flavor with toasted nuts, chocolate chips or chopped apple and of course, a pinch of cinnamon or other fall spice is always welcome.





6. You might not think of making ice cream pie in the fall, but Frozen Pumpkin Mousse Pie is the exception to that rule. Combine it with softened low-fat ice cream to enjoy on its own or use the mixture as the batter for a frozen pie with a cookie crust. Two things to keep in mind when using canned pumpkin in frozen desserts: One, make sure the ice cream is softened before you stir in the pumpkin so it distributes evenly. Two, since canned pumpkin holds a lot of water make sure you have plenty of creamy ingredients (like ice cream or frozen yogurt) to counteract the iciness that you may get when you freeze canned pumpkin.

7. Canned pumpkin is super easy to bake with. Adding it to baked goods like quick breads and muffins helps keep them tender and moist. We especially like how canned pumpkin pairs with the subtle nutty flavor of whole-grain flours, which gives you an added boost of fiber to boot.

## How to Store Leftover Pumpkin

Leftover canned pumpkin keeps for about 5 days in a covered storage container in the refrigerator. You can freeze it in storage bags, or in ice cube trays if you want to use a little at a time for up to 3 months. One standard ice cube is about 2 tablespoons of pumpkin puree.

## How to Use Up Leftover Pumpkin

If you've got extra canned pumpkin hanging around and you just want to use it up a little at a time, try stirring it into overnight oatmeal, or Greek yogurt for breakfast with a dash of pumpkin pie spice and a drizzle of honey. Wake up right by adding a little pumpkin to your smoothie or make your very own DIY pumpkin spice latte.

## Pumpkin Oatmeal Breakfast Cups

Need:

2 1/2 c. rolled oats  
1 tsp. cinnamon  
1/2 tsp salt  
1 c. plus 2 T. water  
1 t. vanilla

1 1/4 c. pumpkin puree  
1/2 tsp pumpkin pie spice  
2 1/2 T. maple syrup  
2 T. oil or almond butter

Chocolate chops or other add ins, optional

Preheat oven to 380 degrees. Line a muffin tin with paper liners. In a large bowl, stir together all dry ingredients. Add remaining ingredients. Pour into the liners. Bake 21 minutes. Take out and let cool. (Liners peel off easier if allowed to cool first.)



# Creamy Pumpkin Pasta (Skinny & Vegetarian)

## Ingredients:

- 1 tsp. olive oil
- 1/2 Tbsp. unsalted butter
- 1 onion diced
- 2 garlic cloves minced
- 1 cup pumpkin puree
- 2 cups fat-free evaporated milk
- 1 tsp. salt or more to taste
- 1/2 tsp. cracked black pepper
- 1/8 tsp. nutmeg
- 1/8 tsp. cinnamon
- pinch of cayenne pepper if desired
- 1/4 cup finely shredded parmesan cheese plus more for serving
- 1 lb. whole wheat linguine or other favorite pasta/zucchini noodles

In a skillet, melt butter in olive oil over medium heat. Add onion and stir until translucent. Add garlic and stir until fragrant. Pour onion and garlic mixture into a blender. Add pumpkin, 1 1/2 cups evaporated milk, 3/4 tsp. salt, pepper, nutmeg and cinnamon (and cayenne if desired). Blend until smooth. If too thick, continue adding evaporated milk until consistency desired. Taste and add any extra salt or seasonings. Pour mixture back into skillet and heat over medium until bubbling. Cook until sauce is the thickness preferred. Add in parmesan cheese and let melt. Add in cooked and drained pasta. Toss to coat. Serve with extra parmesan cheese. Enjoy!

(Skinny & Vegetarian)  
Creamy Pumpkin Pasta



The PUMPKINATOR Workout!  
Grab a pumpkin! It's your new  
medicine ball!

20 Squats with Pumpkin  
Overhead

1 minute Plank on Pumpkin  
20 Overhead Presses with  
Pumpkin

1 minute Plank on Pumpkin

20 Lunge Twists with Pumpkin  
1 minute Plank

20 Uneven Push Ups on Pumpkin

Repeat 3 scary times!  
[www.fitinheels.com](http://www.fitinheels.com)

# HALLOWEEN CANDY CALORIE SHOW DOWN



**FUN SIZE M&M's**  
88 calories



10 minutes of biking



**FUN SIZE STARBURST**  
40 calories



5 minutes of sit-ups



**FUN SIZE KIT KAT**  
73 calories



7 minutes of running



**FUN SIZE SNICKERS**  
80 calories



9 minutes of push-ups



**FUN SIZE SKITTLES**  
80 calories



7 minutes of jump rope



**FUN SIZE NERDS**  
50 calories



18 minutes of hatha yoga

\*Note: Exercise calculations were done based off of a 150 lb. female and moderate exercise

# Fall Family Fitness Day: Healthy Activities For The Whole Family

by Dr. Erin Nitschke

Dr. Erin Nitschke, NFPT-CPT, NSCA-CPT, ACE Health Coach, Fitness Nutrition Specialist, Therapeutic Exercise Specialist, and Pn1 is a health and human performance college professor, fitness blogger, mother, and passionate fitness professional.



Family time is precious and coveted. Between work, social engagements, school, homework and kids' many extracurricular activities, the days can feel hectic. The frenetic activity of each day presents a challenge when it comes to focused family time and a desire to achieve fitness goals. Is it possible to strike a healthy balance? Try combining family time with fitness fun. Family Fitness Day is nationally observed during the month of September. Here are some creative ways to infuse family time with physical activity.

**Make it a priority.** There are many priorities in life—physical activity should be one of them. If you make fitness a priority, your kids are more likely to do the same. Carve out 30 minutes on several days of the week for “fun fitness time.” Take an after-dinner stroll or engage in a Saturday afternoon game of soccer in the park. Take turns choosing the “activity” days and contribute ideas for what to do.



**Play.** A child's natural language is play. If you have younger children who aren't ready for organized sports or other activities requiring more advanced motor skills, engage in active play. Take a trip to the park, go swimming, plant a garden, play tag or chase your toddler around the yard (or the house if the weather is unfriendly).



**Make yard work a game.** Not every chore has to be just that—a chore. Turn a mundane job into a game of “who can finish their task first.” Fall is the perfect time to rake leaves (and jump into the pile), mow the lawn and prune the landscaping. The same strategy can be applied to winter tasks such as shoveling the sidewalk or driveway—encourage kids to build a snow tunnel or fort.

**Go on a scavenger hunt.** This is great for older children. Create a neighborhood scavenger hunt. Make a list of items to find or collect, pair up and see who can collect all the items the fastest. Have a small family? Invite some friends to join in the fun.



**Take a nature discovery walk.** With all the technology in our lives, many of us don't spend nearly enough time outside. Taking a nature walk with your family allows you to get some fresh air, explore the surroundings and learn something new. Invest in a book about the local trees, flowers or birds in your area and take a walk on a trail or walking path to see what you can discover.



**Schedule a weekly game or sport night.** This is great if your kids enjoy organized activities. Set aside an evening that is devoted to a family-friendly game of volleyball, soccer, football or other activity of choice. Take turns as a family deciding which game or sport to play each week.

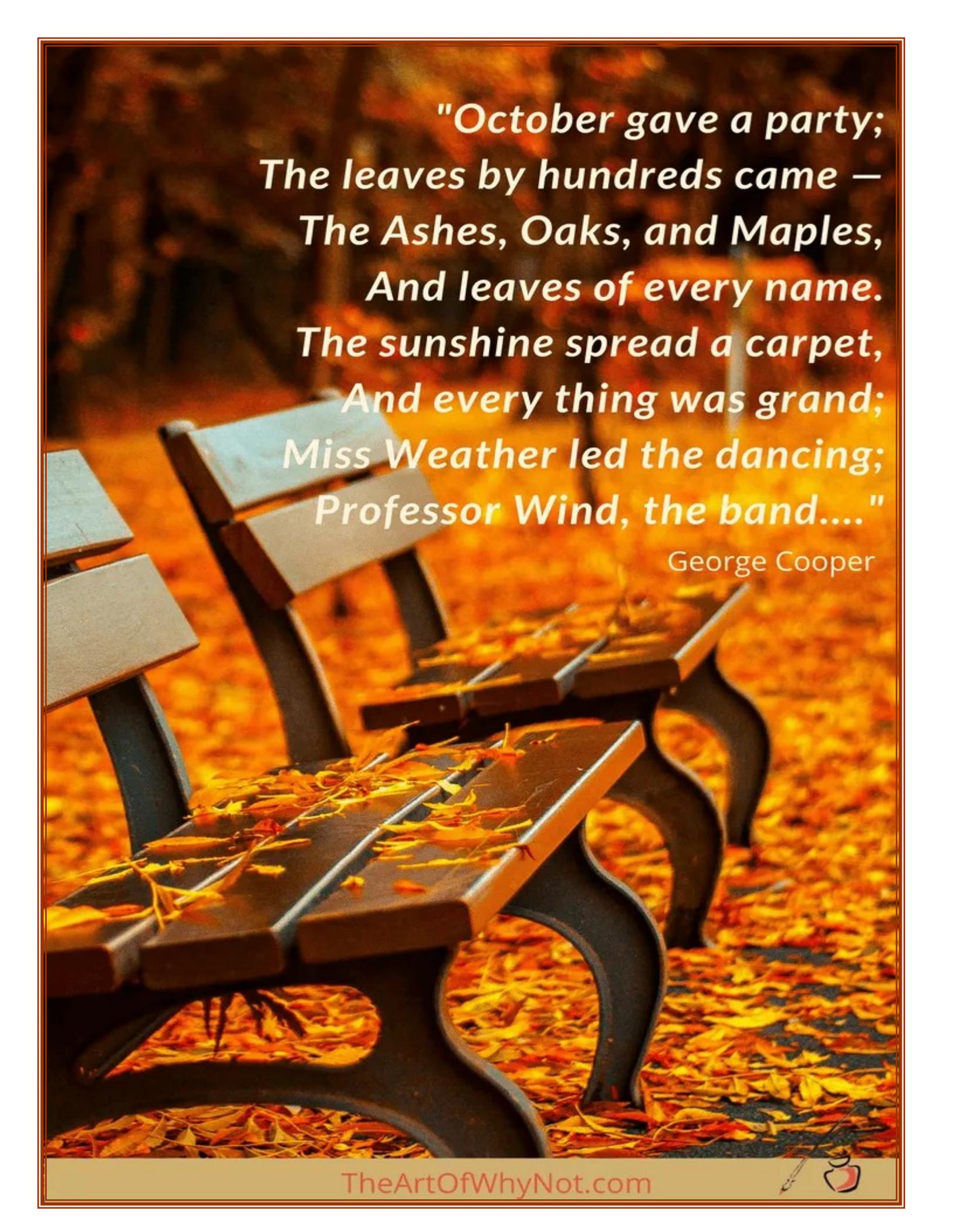
**Train for an event together.** Training for an upcoming event such as a 5K or cycling race is a fantastic way to get fit together and provide a source of motivation for your family members.



**Dance.** Who doesn't love music? And what's better than moving to the music? Have a family dance party. You can introduce your kids to some of your favorite tunes and they can do the same for you.

**Regardless of how you choose to encourage family-centered fitness, the goal is twofold. First, to spend quality time together as a family. Second, to teach your family that fitness isn't to be perceived as a chore, but rather a path to a healthy lifestyle that can be traveled together.**





*"October gave a party;  
The leaves by hundreds came –  
The Ashes, Oaks, and Maples,  
And leaves of every name.  
The sunshine spread a carpet,  
And every thing was grand;  
Miss Weather led the dancing;  
Professor Wind, the band...."*

George Cooper

