



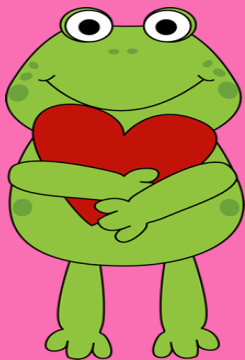
Happy Valentine's Day!!

JRD February Newsletter 2024



♥ 15 Things To Do With Your Loved Ones! ♥

1. Write "I love you" in the steam on the bathroom mirror after they take a shower.
2. Offer a back massage with some good smelling lotion.
3. Surprise them at lunch and take her out or join them at school.
4. Put together a little gift on their pillow: chocolate and a little note that says "You are sweeter than chocolate!"
5. Dedicate a song to him on the radio and send them an email telling them when to listen.
6. Make heart shaped pancakes for a candlelight breakfast.
7. Leave a love note in their backpack or car telling them to have a great day.
8. Go see a romantic movie, sit in the back row, hold hands and cuddle.
9. Write an old fashioned love letter and mail it.
Be romantic and lavish. Have fun with it. Mail your kids valentines.
10. Give him a picture of you for his wallet and write "I love you" on the back.
11. Invent a meal and name it after your partner or child.
12. Blindfold your partner and take them to where you had your first date.
13. Help them with a dreaded chore and make it fun with music.
14. Stop in the middle of your day just to tell them the five things you love most about them.
15. Make dinner together with all kinds of red or heart shaped foods.



When Hunger Comes Calling.....

50 Calories or less

- 1/2 c. sliced zucchini with 2 T. salsa 19 calories
- 1/2 c sliced fresh strawberries 27 calories
- 1 c. air popped popcorn w/ Italian seasoning 31 calories
- 1 clementine 35 calories
- 1 whole cinnamon graham cracker 35 calories
- 1/3 c. unsweetened applesauce sprinkled w/ cinnamon 35 calories
- 2 pineapple rings 41 calories
- 1/2 miniature bagel w/ 2 T. fat free cream cheese 42 calories
- 1/3 c. grapes w/ 1 T. fat free whipped topping 45 calories
- 1/2 c. baby carrots w/ 1 T. hummus 48 calories
- 2 chocolate kisses 49 calories
- 2 T. tuna w/ 3 wheat crackers 50 calories

51 to 100 Calories

- 1/2 c. strawberry flavored 1% milk 75 calories
- 1/2 c. raspberries w/ 1 T. chocolate syrup 80 calories
- 1/2 c. canned sliced peaches in juice 53 calories
- 1/2 frozen waffle w/ 1 T. sugar-free syrup 58 calories
- 1/3 c. baked beans 89 calories
- 2 T. chocolate covered raisins 93 calories
- 13 almonds 95 calories
- 1/2 small banana w/ 2 tsp. reduced-fat PB 99 calories
- 1/2 medium apple w/ 1/2 oz. cheddar cheese 93 calories
- 1/4 c. pretzel sticks w/ 1 T. honey mustard 77 calories
- 1 oz. deli turkey breast w/ 3 slices snack rye bread 84 calories
- 1/2 oz. Swiss cheese w/ 2 butter flavored crackers 87 calories
- 5 medium cooked shrimp w/ 2 T. cocktail sauce 77 calories
- 1/4 c. mini marshmallows w/ 1 T. semi-sweet chocolate chips 90 calories



***Treat
yourself to
a simple
bite that's
fast and
easy. Each
item is an
ideal way
to satisfy a
serious
snack
attack!***

Get Walking with this 12-Week Walking Schedule

By Dana Sparks, Mayo Clinic Staff

Do you want the health benefits of aerobic exercise but need help getting started? Are you looking to ease into getting in shape? This 12-week walking schedule from the National Heart, Lung, and Blood Institute can start you on the path to better health. But before starting this walking plan, talk with your health care provider if you have serious health issues, or if you're older than age 40 and you've been inactive recently.

Aim to walk at least five days a week. Start out warming up with a five-minute, slower paced walk. Slow your pace to cool down during the last five minutes of your walk.

Start at a pace that's comfortable for you. Then gradually pick up speed until you're walking briskly — generally about 3 to 4 miles an hour. You should be breathing hard, but you should still be able to carry on a conversation. Each week, add about two minutes to your walking time.

In addition to strength training exercises such as pushups, squats — to

For most the U.S. Department of Health and Human Services recommends these exercise guidelines:



walking, add ing exercises — planks and your routine.

healthy adults, partment of man Services these exercise

Aerobic activity. Get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity, or an equal combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week. Even small amounts of physical activity are helpful, and accumulated activity throughout the day adds up to provide health benefits.

Strength training. Do strength training exercises for all major muscle groups at least two times a week. Aim to do a single set of each exercise, using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repeti-

Week	Warmup	Brisk walking	Cool-down
1	5 minutes	5 minutes	5 minutes
2	5 minutes	7 minutes	5 minutes
3	5 minutes	9 minutes	5 minutes
4	5 minutes	11 minutes	5 minutes
5	5 minutes	13 minutes	5 minutes
6	5 minutes	15 minutes	5 minutes
7	5 minutes	18 minutes	5 minutes
8	5 minutes	20 minutes	5 minutes
9	5 minutes	23 minutes	5 minutes
10	5 minutes	26 minutes	5 minutes
11	5 minutes	28 minutes	5 minutes
12	5 minutes	30 minutes	5 minutes

What not to do while walking!!

To prevent injury or too much wear and tear on your muscles and joints, try to avoid the following habits.

Don't look down. Looking down at your feet or phone too frequently can put unnecessary strain on your neck.

Don't take very long strides. Your power comes from pushing off your rear leg. Overstriding can put too much stress on your lower leg joints.

Don't roll your hips. Your hips should stay as level as possible while you walk.

Don't slouch. To avoid back and shoulder strain, keep your shoulders down and back when walking or standing, and focus on keeping your spine elongated.

Don't walk in the wrong shoes. If you're going to be walking for more than a few minutes at a time, be sure to wear shoes that fit comfortably, have good arch and heel support, and are well cushioned to absorb the shock of your feet hitting the ground.

Tips for walking properly!

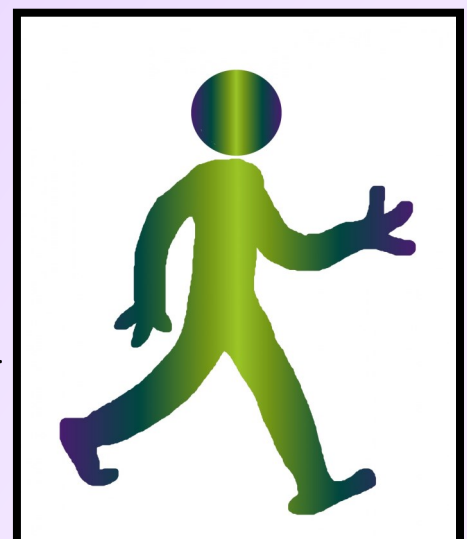
Walking is an activity that involves your entire body. To fully understand how to walk correctly, it helps to focus on each part of the body, from head to toe.

Keep your head up

When you're walking, **focus on standing tall** with your chin parallel to the ground and your ears aligned above your shoulders.

Imagine your head being pulled up gently by an invisible piece of string that's attached to the ceiling. This may help prevent you from dropping your head into your chest while you walk.

Keep your eyes and gaze forward. Focus on an area about 10 to 20 feet ahead of you while you walk.



Lengthen your back. Focus on elongating your spine while you walk. Try to avoid slouching, hunching, or leaning forward, which can put stress on your back muscles.

Keep your shoulders down and back. Your shoulders also play a key role in your walking posture and technique. If your shoulders are tense or hunched forward, it can strain the muscles and joints in your shoulders, neck and upper back.

To ensure that your shoulders are correctly aligned while you're walking, do the following:

Bring your shoulders up high in a shrug-like motion, then let them fall and relax. Using shoulder shrugs helps relieve tightness or tension, and puts your shoulders in a natural position that allows you to move your arms easily.

Try to keep your shoulders loose and relaxed, not tensed up toward your ears or slouched forward. You can do shoulder shrugs occasionally while you're walking to ensure that you're keeping your shoulders relaxed and in the right position.

Engage your core. Your core muscles also play an important role when you're walking, and help you move more easily.

As you take each step, focus on tightening and engaging your core muscles by pulling your belly button in toward your spine. This can help you maintain balance and stability. It can also relieve stress and pressure on your back as you walk.

Swing your arms. As you walk, gently swing your arms back and forth at your sides. Make sure you swing your arms from your shoulders, not from your elbows.

Don't swing your arms across your body.

Don't swing your arms up too high. Keep them around your midsection, not around your chest.

Step from heel to toe. Maintain a steady heel-to-toe gait. This involves striking the ground with your heel first, then rolling through your heel to your toe, and pushing out of the step with your toe. Avoid flat-footed steps or striking the ground with your toes first.



COOKIE DECORATING PARTY

**JOIN US AT THE JEROME RECREATION DISTRICT
FOR A FUN TIME OF COOKIE DECORATING!
COOKIES, FROSTING AND TOPPINGS INCLUDED.
SNACKS AND DRINKS PROVIDED**

WHEN: SATURDAY MARCH 2, 2024

WHERE: JRD CONFERENCE ROOM

TIME: 10AM-11:30AM

Call the Jerome Recreation District at 208-324-3389 to register

Open to people of all ages! 12 yrs and younger must be
accompanied with an adult.

COST: \$10/PERSON

MUST REGISTER BY FRIDAY

PUZZLE TIME

Need a night away? Want to do something with your friends but not sure what to do? Come on out to the Jerome Recreation District for a night of puzzle fun.



Try one of our puzzles or bring one of your own. We will have drinks and small snacks

Ages: 13 and up

WHEN: Wednesday March 20, 2024

WHERE: JRD CONFERENCE ROOM

TIME: 5pm-7pm

Please register to make sure we have enough puzzles for everyone to work on.

COST IS FREE

Please call the JRD at 208-324-3389 to register.



LEGO BUILD OFF

COME OUT TO THE JRD FOR OUR FIRST LEGO BUILD OFF!
BRING YOUR OWN LEGOS OR BORROW FROM OUR
COMMUNITY LEGO BIN.

WHEN: SATURDAY APRIL 13 2024

WHERE: MULTIPURPOSEOOM

TIME: 10AM-11:30AM



COME BUILD US YOUR BEST CREATION AND HAVE
A CHANCE TO WIN A PRIZE. (OPEN THEME)

AGES: 6 and UP

NO YOUNGER SIBLINGS PLEASE

COST TO REGISTER IS
FREE



Ages 6-8 Junior

Ages 9-13 Intermediate

Ages 14+ Senior

Runs all school year!

Home School PE

Begins September 12th

1:30 pm—2:30 pm

Tuesday and Thursday

Ages 5 and up

Instructed by Kylee Holyoak

\$12.00 per child monthly in-district

\$22.00 out-of-district

or

\$30.00 per family monthly in-district

\$40.00 out-of-district

or

\$4.00 per class per child

What we do!!



*Fun, teamwork, coordination,
games, strength, conditioning,
friendship, laughter, skills,
cardio, and more fun!*



Just for Kids



Pom Pom Heart

Need:

White cardstock

Multiple colors and shapes of pom poms

Scissors

Glue

Instructions:

Take one sheet of white cardstock and fold in half. With the cardstock folded in half, cut out a heart shape. If you want a heart shape cut out in the middle of the heart leaving an open space in your large heart shape, cut that out BEFORE unfolding the heart.

Open up the shape and glue on pom poms in any design you like. Have fun!

EXTRA:

-Glue a looped string onto the back of the heart if you want to hang the heart.

-If you like sequins, this heart would be a perfect craft to do with sequins instead of pom poms.

-Use buttons instead of pom poms.

-Paint old puzzle pieces, let dry, then glue to the heart shape. Super neat!



JRD COLORING CONTEST 2024

AGE GROUPS

2 - 5 YEARS OLD

6 - 9 YEARS OLD

10 - 13 YEARS OLD

CONTEST PRIZES

1 winner per age group will win
a \$50 gift certificate to any-
thing at the JRD.



All entries must be submitted
no later than

9:00 pm February 14, 2024.

Three winners will be an-
nounced February 16, 2024

DIRECTIONS

Pick up your age groups picture
at the JRD office.

Entries will be judged based on
creativity & coloring skill.

Please include child's name and
age as well as parent/guardian's
full name, address, email & con-
tact information. One entry per
person.

Once Complete

Mail to JRD PO Box 289
Jerome, Idaho 83338

Drop by the JRD office at 2032
South Lincoln Jerome, Idaho
83338



Interchangeable sign.

This is going to be a fun class.

or email jeromerecreationdistrict.com



JRD Clothing Swap

When: Saturday March 9th

Where: Jerome Rec. District

2032 S. Lincoln Jerome, ID (Gym 2)

Time: 9am-12pm

Cost: FREE

Who: For all adult and child sizes

To donate gently used items, please drop them off the morning of the clothing exchange. Please do not donate any items that you would not want to take yourself. There will be posters on the walls to designate what sizes and items. We ask that you put your donated items in the correct section and sizes. Everyone is welcome to participate, you do not need to bring clothes to swap items. Bring what you can, take what you want. For any questions text Lauren at 208-914-4380.

Heart Healthy Nicoise Tacos

For the Tacos

- 6 flour tortillas, soft taco size
- 2 cans albacore tuna in water, drained and flaked
- 1 can white Northern beans (or your favorite beans)
- 1 can artichoke hearts in water, roughly chopped
- 1 ripe tomato, diced
- 1 cup olives, chopped any olive will do)
- 1 handful red leaf lettuce, roughly chopped

For the Vinaigrette

- 3/4 cup olive oil
- 1/4 cup white vinegar
- 1 tbsp honey
- 1 tsp dried oregano
- 1 tsp sea salt



Instructions

1. Add the dressing ingredients to a mason jar or dressing container, cover and shake.
2. Prep a grill pan with nonstick spray over medium heat.
3. Brown tortillas on each side and remove from heat.
4. Assemble tacos by adding tuna, beans, artichokes, tomato, olives and lettuce to tortillas.
5. Drizzle tacos with vinaigrette and serve

What are omega-3 fatty acids, and why are they good for my heart?

Omega-3 fatty acids are a type of unsaturated fatty acid. They may lower inflammation in the body. Inflammation in the body can hurt blood vessels. Blood vessel damage may lead to heart disease and stroke.

Omega-3 fatty acids may:

Keep the heart healthy by slightly lowering blood pressure.

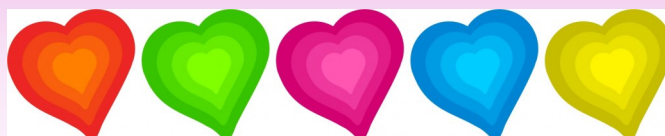
Lower levels of fats called triglycerides in the blood.

Lower the risk of irregular heartbeats.

Try to eat at least two servings a week of fish, especially fish that's rich in omega-3 fatty acids. Doing so appears to reduce the risk of heart disease, particularly sudden cardiac death.

Good omega-3-rich fish options include:

Salmon. Sardine. Atlantic mackerel. Cod. Herring. Lake trout.
Canned, light tuna.





Jerome Recreation District Class Schedule for February



Higher Intensity						Lower Intensity
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	Monday	Tuesday	Wednesday	Thursday	Friday	
5:30-6:15 am	Boot Camp Amy	Boot Camp Scott	Boot Camp Amy	Boot Camp Scott	Boot Camp Amy	\$30 in district \$40 out of district
	Functional Training Scott	Functional Training Joe		Functional Training Joe	Functional Training Scott	\$30 in district \$40 out of district
		TRX Clover		TRX Clover		\$15 in district \$25 out of district
7:30-8:15am		Pound Unplugged Trudy		Pound Unplugged Trudy		\$15 in district \$25 out of district
8:00-8:45am	Boot Camp Amy	Boot Camp Amy		Boot Camp Amy		\$20 in district \$30 out of district
8:15-9:00am	Pilates Annie		Pilates Annie		Pilates Annie	\$30 in district \$40 out of district
8:30-9:45 am		Yoga Suelin		Yoga Suelin		\$25 in district \$35 out of district
9:05-9:50 am	Zumba Carmen		Zumba Carmen		Zumba Carmen	\$20 in district \$30 out of district
5:30-6:15pm	TRX Clover		TRX Clover			\$20 in district \$30 out of district
6:15-7:00pm		Zumba Lorena		Zumba Lorena		\$15 in district \$25 out of district
7:00-7:45 pm	Functional Training Scott			Functional Training Joe		\$15 in district \$25 out of district
SATURDAYS	High Fitness Starts Sept. 16th	7am Boot Camp	8am High Fitness	9am Zumba		\$4.00 a class

Hours Open

Mon-Fri 5am-9pm
Saturday 7am-7pm
Sunday 10am-4pm

Walk-ins to the above classes for a \$4 fee.

All walk-ins are on a first come, first served basis.

Please remember to sign in!

**Buy a punch card and attend 10
classes for only \$25.**

Class Descriptions

Boot Camp: Builds strength and endurance using body weight exercises, resistance bands, kettle bells, dumbbells, bosu balls, rowers and more. Exercises will include both lifting weights for major/minor muscle groups and compound lifting for increasing overall muscle strength, functions and flexibility. This class is programmed for all ages and fitness abilities. **Great for beginners.**

Functional Training: Incorporates strength and endurance training with a mix of Olympic lifts and functional movements. Functional training focuses on increasing strength but is programmed for high intensity to help your cardiovascular stamina. Try this class if you want to get stronger, leaner and take your workouts to the next level. **NOT a beginner class.**

TRX Training: Also known as suspension training. This class will push you to new levels of strength using TRX suspension training bands and your own body weight. TRX uses body weight exercises which develop strength, balance, flexibility and core stability simultaneously. **Great for beginners.**

Spinning: The joy of spinning is that you are in complete control at all times using a resistance dial on your individual spin bike. Throughout the class our instructors bring you through a series of hills, intervals and sprints encouraging you to push and challenge yourself every step of the way to achieve your individual goal. **Great for beginners.**

Zumba: Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training (alternating fast and slow rhythms) to help improve cardiovascular fitness. **Great for beginners.**

Yoga: Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind. **Great for beginners.**

Pound Fitness: Pound fitness is a combination cardio and weight training exercise approach that includes some of the rhythmic techniques used in Pilates. A full-body workout that usually lasts 45 minutes to an hour, Pound includes exercises that involve alternate squatting and standing to strengthen many lower body muscles. Many of the positions used in Pound are ideal for helping maintain and improve balance. Light-weight drumsticks called ripstix add an element of fun to Pound classes while they help exercisers count out the length of time they hold certain positions. Although they are light weight, the ripstix also help tone forearms, upper arms, chest, and shoulders. **Great for beginners.**

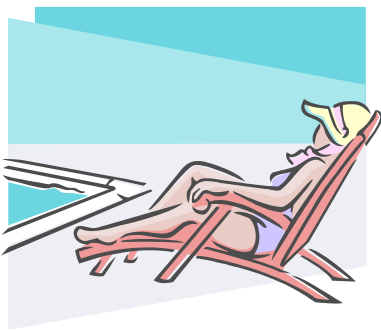
Pilates: Pilates is a form of low-impact exercise that's all about proper body alignment and using breathing and the core to facilitate movement. **Great for beginners.**

JRD Personal Training

(50 minute sessions)

1 Session- \$35.00
4 Sessions- \$126.00
6 Sessions- \$186.00
12 Sessions-\$360.00

Call 324-3389 to
schedule an appt.



- Group Training
 - Friends
- Rehabilitation

Jerome Recreation District is here to partner with you on your journey to optimal health and wellness. If you would like in depth help with nutrition, workouts or just need someone to motivate you, then a personal trainer is for you. Our trainers are certified and are passionate about helping you succeed.

pyramid ROWING WORKOUT WITH BODYWEIGHT EXERCISES

ROW SPRINT IS SHORTER EACH ROUND: 600M, 500M ... 100M

ROWING SPRINT

600m, 500m, 400m, 300m, 200m, 100m



10 TWISTED PUSH UPS

right



20 AIR SQUAT - SQUAT JUMP COMBO



10 TWISTED PUSH UPS

left

20 ALTERNATING SQUAT TO SIDE KICK



pumps & iron
PUMPSANDIRON.COM

20-MIN TOTAL BODY INTERVAL CIRCUIT WORKOUT

20 ROUNDS OF 45 SEC WORK / 15 SEC REST
FOCUS ON R OR L EACH TIME THROUGH THE CIRCUIT

SINGLE LEG SQUAT



SINGLE ARM BURPEE THRUSTERS



SQUAT JUMP - JACK



THREAD THE NEEDLE



CURL TO PRESS IN LUNGE



PUMPSANDIRON.COM

"Love is not blind - It
sees more and not less,
but because it sees more
it is willing to see less."

-Will Moss



"Not all of us can
do great things.

But we can do
small things with
Great Love."

—Mother Teresa

YourBirthdayQuotes.com

The best and most
beautiful things in the
world cannot be seen
or even touched.
They must be felt
with the
Heart

~Helen Keller