



## FORUM FITNESS CENTER

Rantoul Recreation Department

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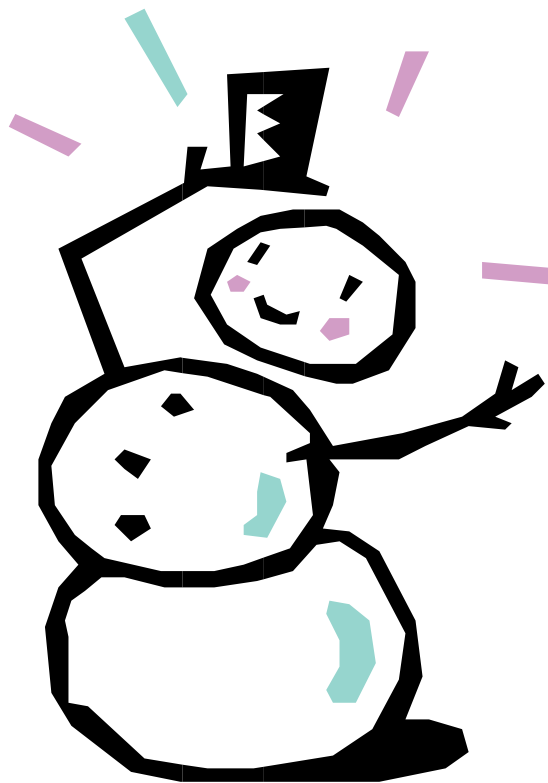
## What Is Your New Years Resolution?

The Forum Fitness Center is having their 2011 Get Fit Challenge. The 2011 Get Fit Challenge began January 2nd, 2012 and will run until April 3rd, 2012. Cost per member is \$25, and \$85 for non members (price includes 3 months access to the Forum). The contestant with high total percentage of weight loss will win the grand prize of a 1 year annual Forum Fitness Center pass! Each contestant will receive a t-shirt on their final weigh-in. Initial Weigh-In Dates & Times

January 2nd & 3rd 2012: 8am-10am, 12pm-1pm, 4-8pm.

### Final Weigh-In Dates & Times

April 2nd & 3rd 2012: 8am-10am, 12pm-1pm, 4pm-8pm.



### Winter Hours of Operation

Monday – Thursday

5am – 10 pm

Friday 5am – 8 pm

Saturday 8 am – 6 pm

Sunday 10 am – 6 pm

### Contact Information

**Luke Humphrey**

Fitness & Adult Recreation

Director

lhumphre@village.rantoul.il.us

**Katherine Jones**

Youth/Fitness

Supervisor

Kjones@village.rantoul.il.us

Phone 217.893-5752

Fax 217.893-5703

200 West Flessner

Rantoul, Illinois 61866

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# Top Ten Myth Busters to Start the New Year of Exercise

- **Myth #1: I'm not athletic, so even if I wanted to become more active, I can't do it**

There are many ways to incorporate more physical activity into your day.

- **Myth #2: It's too late for me to exercise**

Research shows that even those in their 90s can build new muscle and improve their speed

- **Myth #3: Exercise isn't enjoyable**

It's important to find an activity that you like to do-you'll be much more likely to stick with it.

- **Myth #4: A woman will get too bulky if she lifts weights**

Your body will change-you'll get more lean and flexible- but you won't get bulky

- **Myth #5: Exercise is dangerous**

Working out is safe when done with proper form, a moderate progression, and your doctor's clearance.

- **Myth #6: It takes too much time to eat right and exercise**

It doesn't take as much time as you may think

One of the biggest misconceptions about physical activity is that it has to come all at once—the reality is that you can accumulate activity with short bouts throughout the day.

- **Myth #7: I won't be able to enjoy my favorite foods**

As long as you have a generally healthy diet, occasional indulgences are OK, and there are ways to make your favorite dishes healthier and just as tasty.

- **Myth #8: No pain, no gain**

While exercising may cause soreness, pain doesn't have to be part of your fitness routine.

- **Myth #9: It's inevitable that I'll gain weight as I age, so it's not worth fighting it**

Exercise can counteract the natural tendency to gain weight with age

- **Myth #10: I have to buy expensive equipment to get in shape**

You can exercise just about anywhere, anytime, and with minimal equipment





## Dietitian's Corner: Amelia Shaffer, MS, RD, LDN, CLC, NCSF-CPT

Thinking about your "Super Bowl" Party Menu or Snack Ideas to serving those hungry football enthusiastic viewers? Perhaps, something different and tasty but yet appealing to the eye? This recipe is what you are looking for. It's also excellent for any Diabetic requests.

### Mediterranean Pita Pizzas

4 (6-inch) whole wheat pita bread rounds or whole wheat flat breads

Place pita rounds on microwave-safe plate and microwave on HIGH 10 to 20 seconds to warm and soften

1 cup chopped, peeled cucumbers

Meanwhile, toss cucumber with lemon juice and oregano.

1 to 2 tablespoons lemon juice

Remove pita round from microwave and spread evenly with hummus. Top with evenly with cucumber, tomato, olives and cheese

1 tablespoon chopped fresh oregano

½ cup roasted red pepper hummus

Makes 4 servings

½ cup chopped tomato

3 tablespoons sliced olives, black

3 tablespoons crumbled reduced-fat feta cheese

Note: To reduce the sodium in this recipe, rinse and drain the olives.

Dietary Exchanges:	½ Fat, 3 Starch
Calories:	245
Total fat:	5 g
Saturated fat:	1 g
Protein:	8 g
Carbohydrate:	41 g
Cholesterol:	2 mg
Dietary Fiber:	3 g
Sodium:	616 mg

Recipe source: Diabetic Cooking September/October 2011

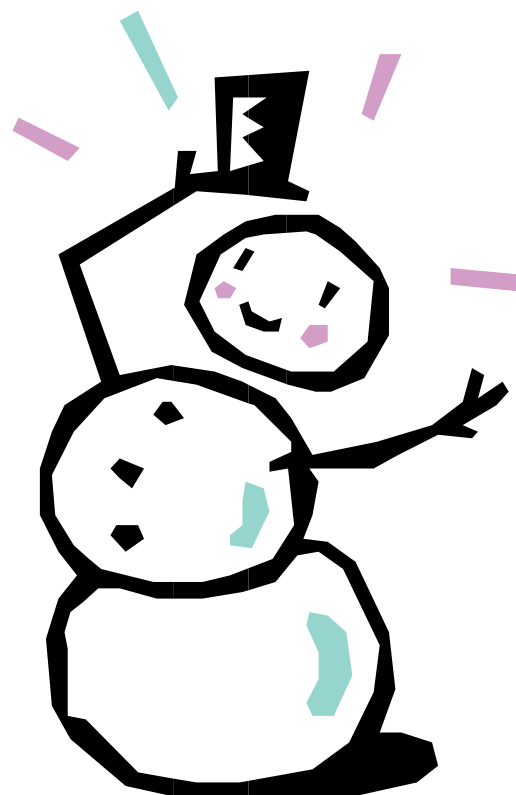
Although you may be seeing your favorite fruits or vegetables at the local supermarkets that you customarily see during the summer months, these may be more costly and less flavorful. Therefore, the alternatives are to buy fruits and vegetables that are in season or purchase your favorite fruits and vegetable frozen.

Frozen fruits and vegetables have the same nutritive value as fresh except the texture may be different as well as the preparation. For example; fresh blueberries, in comparison to the frozen blueberries will require thawing in the microwave or in the refrigerator. Do be careful when thawing frozen fruits in the microwave for it may burn or become dried.

### Produce in season for Winter

Artichokes • Arugula • Asparagus • Avocados • Bananas Beets • Bok choy • Broccoli • Brussels sprouts • Cabbage • Cactus Pears • Carrots • Cauliflower • Celery • Chard • Collards • Dates Fennel • Garlic • Grapefruit • Grapes • Green Garlic • Guavas • Herbs • Horseradish • Jicama Kale • Kiwi • Kohlrabi • Kumquats • Leeks • Lemons • Lettuce • Limes • Mandarins Mushrooms • Nuts • Onions • Oranges • Parsnips • Pea shoots • Pears • Peppers, sweet Pineapple Pomegranates • Pomelos • Potatoes • Radishes • Rhubarb Rutabagas • Scallions • Spinach • Sprouts • Squash,

winter • Sweet potatoes • Turnips  
Resource: The information contained in the above chart was taken partially from CUESA.



**Rantoul Recreation Department**

Forum Fitness Center  
200 E. Flessner  
Rantoul, IL. 61866

Phone:217-893-5752  
Fax:217-893-5730  
Hotline: 217-893-5707

Email: Lhumphrey@myrantoul.com



Have you Moved or Changed  
Phone Numbers? If so,  
please call the Recreation  
Department at 893-5700 to  
update your account!

*Ballet- Dance classes will be held at the  
Youth Center starting in January 2012. Clas-  
ses will be Monday nights for 12 weeks. The  
cost will be \$60.00 for ages 3 and up. Reg-  
ister by calling the Rantoul Recreation De-  
partment at  
217-893-  
5700.*



## Co-Recreation Activity

### Co-Rec. Volleyball

The Forum Fitness Center has an Adult Co-Rec. Volleyball League starting in March. All games will be played at the Forum Fitness Center beginning the week of March 5th. Please specify which night you want to play on when registering. The league will be broken up into four divisions as follows:

Monday : Elite Division

Tuesday: Competitive Division

Wednesday: Intermediate Division

Thursday: Recreational Division  
Rule Considerations- Under-

hand serve, no spiking

Registration is now being accepted for all teams interested in participating in the Rantoul Recreation Department 2012 Co-Rec. Volleyball League. Team registration deadline is February 24th with \$250 sponsor fee due at registration. Registration fee is due at the time of sign up.

### Fitness Classes

Monday, Wednesday, & Friday  
6:20am to 7am Aerobics

Monday 5:15 to 6:15pm Circuit

Tuesday 5:15 to 6:15pm Kick  
Jump Pump & 6:20 to 6:50pm

### AB Core

Wednesday 5:15to 6:15pm  
Step-N-Tone

Thursday 5:15pm to 6:15 Cardio n Tone & 6:20 to 6:50pm

### AB Core

