

February 2011

M-Th 5:30am - 10:00pm  
Friday 5:30am - 9:00pm  
Sa-Su 8:00am - 8:00pm



Morey Courts Recreation Center  
5175 E. Remus Rd  
Mount Pleasant, MI 48858  
Ph: 989.953.7529

## What have YOU Done Lately?

### Inside this issue:

<i>Mount Pleasant Calendar of Events - February</i>	2
<i>What's it Worth - Caloric Expenditure in Winter Sports</i>	2
<i>February Group Exercise Schedule</i>	3
<i>Championship Sports - What's Happening on the Courts</i>	3
<i>From the CDC to You - Childhood Obesity</i>	4-5
<i>A Message from the General Manager</i>	5
<i>Inside Story</i>	6

Have you reached a goal? Accomplished a feat you never saw yourself doing?

I've been working at Morey Courts Recreation Center since we opened our doors in October of 2008. I remember the fitness center with a total of four treadmills, two bikes, two Arc trainers, and two ellipticals - even two members! Since that time, along with increasing our equipment and memberships, I have witnessed some amazing transformations in the members of our community.

I have seen hip and knee replacement patients walk, run, and go back to recreational activities as they loved before; I have seen tremendous weight loss and the boost in confi-

dence that comes with it. We have had members get off of blood pressure medications and reduce fibromyalgia pain; and even others who have been relieved of insulin dependence and control their diabetes with a healthy lifestyle. Morey Courts Recreation Center also has members who participate in lifting competitions, figure competitions, and competitive road and bike racing.

So, what have you done? Tell me your triumphs to share with our Morey Courts Recreation Center community! Stories and pictures will be published each month in our newsletter. Email me at

elenhart@moreycourts.com or fill out and return the form on



*Ed Schrot, a Morey Courts member since February 2010, poses with friends after completing his first 5k race this last January, earning 2nd place! Since starting his weight loss, Ed has dropped over 90lbs.*

page 3 of this newsletter! All responding members will be entered to win a prize!

Thinking about trying personal training??  
Now's the time!

Try our Personal Training Sampler through February and March and receive **3 personal training sessions for only \$45!** Ask the staff in the fitness center for more information!

## New Group Exercise Class - Senior Fitness!

Morey Courts Recreation Center has added a new class to the schedule this February - Senior Fitness! Senior fitness will encompass lower impact cardiovascular, strength, and flexibility exercises geared towards older adults. Each class will use various equipment and have a

seated option for those who cannot stand. Senior Fitness will be held every Tuesday morning at 9 and be instructed by Tiffany, one of our newest instructors. Tiffany also teaches Turbokick and Body Sculpt and holds a certification in group exercise. The class is

free to members, or community members who use the facility for the walking track may participate for \$2 or an extra punch on their walking pass for the day. To sign up, check in at the front desk before class!

## Beat the Winter Blues

Ah yes, the time of year in Michigan - we all begin to hibernate; unless, of course, you have a GREAT fitness program designed for you here at Morey Courts! Although the snow is piling up, Mount Pleasant still has plenty of opportunity for indoor and outdoor activity. Here are some of the most recent happenings from mountpleasantwow.com:



**The Polar Plunge on 2/19 at Rose Pond is a great way to show your support for Special Olympics! Forms available here at Morey Courts Recreation Center!**

**2/4 The Temptations and The Four Tops** at Soaring Eagle Casino 8:00PM

**CMU Theatre presents EVERYMAN** (through 2/6)

**2/5 Skiing and Snow Shoe Workshop** at Deerfield Park

**2/6 Super Bowl & Super Crafting Sunday** at the Faith Johnston Memorial Library in Rosebush 1-5:00PM

**2/7 Heart for Hospice** - purchase a heart for hospice at participating locations in and around Mount Pleasant (through 2/14)

**Fiber Arts Workshop at The Ziibiwing Center** of Anishinabe Culture (through 2/10)

**2/8 Gallery Exhibit Reception** displayed at Art Reach Center in downtown Mount Pleasant

**CMU School of Music Wind Symphony** 8:00PM

**2/10 CMU Faculty Jazz Combo** 8:00PM

**2/11 Adult, Child, and Infant CPR & First Aid** at CMCH 8:30AM-4:00PM

**REO Speedwagon** at the Soaring Eagle Casino

**2/12 SHAgala** fund-raising at Sacred Heart Academy 4:30PM-midnight

**23rd Annual Mount Pleasant Optimist club Bowling Challenge**

**CMU Women's Basketball** vs. Kent State 4:00PM

**CMU Men's Basketball** vs. Bowling Green 6:30PM

**2/13 CMU Wrestling** vs. Buffalo

**Jazz & More** at Veteran's Memorial Library - FREE 3:00PM

**2/14 Valentine's Day Champagne Grand Buffet** at Buck's Run 5:00-8:30PM Reservations required

**Art Reach Wellspring Series** Art Reach downtown Mount Pleasant 7:00PM

**2/16 CMU Men's Basketball** vs. Easter Michigan 7:00PM

**Ask the Experts: Heart Health** at CMCH 6-7:30PM

**What you should know about Health Care Reform 2011** by Diana Web at Buck's Run 12-2:30PM

**2/17 Building a Gluten Free Eating Plan** at CMCH 6:30-7:30PM

**CMU Wrestling** vs. Eastern Michigan 7:30PM

**CMU Percussion Ensemble** 8:00PM

**2/19 Mount Pleasant Chamber of Commerce Annual Awards Bankquet** 5:30PM

**CMU Women's Basketball** vs. Western Michigan

**Polar Plunge** at Rose Pond 11:30AM

**2/20 CMU School of Music Faculty Artist:** Adrienne Wiley, piano 4:00PM

**The CRDL Myth Busters 2-**4:00PM Rosebush Library

**2/23 CMU Women's Basketball** vs. Ball State 7:00PM

**2/24 CMU Theatre presents FAT PIG** 7:30PM

**CMU Symphony Band & Chamber Winds** 8:00PM

**Contemplating a Cosmetic Procedure to Enhance Your Reflection** CMCH 6:30PM

**2/25 Ke\$ha** at CMU 7:00PM  
**Sinbad** at the Soaring Eagle Casino 8:00PM

**2/26 CMU Women's Basketball** vs. Eastern Michigan 4:00PM

**CMU Men's Basketball** vs. Ball State 6:30PM

**2/27 Bowl Over Cancer** at Chippewa Lanes

**CMU School of Music Choral Concert** 2:00PM



## What's It Worth?

Bundling up for Michigan's great outdoors during winter months undoubtedly hinders cold weather activity for some. Participating in winter activities, however, has huge benefits! Not only are most of these snowy sports fun for the family or a great social event, but they

also offer a way to burn off a few calories! Keep in mind, all calorie counts are based on a individual weighing 150lbs:

Ice Skating and sledding 476 calories/hour

Cross Country Skiing - Moderate Speed and Snow Shoeing 544 calories/hour

Downhill Skiing - Moderate Effort 408 calories/hour

Snowmobiling 238 calories/hour

Shoveling Snow 400 calories/hour

Calorie counter from [www.fitclick.com](http://www.fitclick.com)



# Morey Courts Fitness

## February 2011



### Group Exercise Schedule

<u>Times</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
7:30a-8:30a				Step/Sculpt Tiffany *6:15-7:15a*	Body Sculpt Tiffany	February 5th 9a Step/Sculpt Barb
9:00a-10:00a		Senior Fitness Tiffany **New**	Yoga Austen			February 12th 9a Body Sculpt Paula
5:00p-6:00p			Butt & Gut Barb *5:30-6:00p*	Hip Hop Hustle Candace *4:45-5:45p*	Body Sculpt Jeni *5:15-6:15p*	February 19th 9a Body Sculpt Paula
6:00p-7:00p	Kick & Step Jeni	Step/Sculpt Paula	Cardiokick Barb	Step/Sculpt Cindy		February 26th 9a Step/Sculpt Cindy 10a Boot Camp Chris **New**
7:05p-8:05p	Turbokick Tiffany	Yoga Austen	PiYo Paula	Turbokick Tiffany		

## Championship Sports

Championship Sports, through its programs and clinics, teaches the fundamentals of our sports programs to boys and girls of all ages who aspire to become better players in their respective sport. Our organization stresses and focuses on individual skill development and enhancing the understanding of critical concepts in the sport. Championship Sports offers opportunities for individual skill development in baseball, softball, basketball, tennis, and volleyball, as well as AAU Travel Teams in basketball and volleyball. In addition, we plan many com-

petitive sports activities at Morey Courts Recreation Center including adult basketball and volleyball leagues, youth leagues and clinics, and the marketing and management of various tournaments throughout the year.

Currently, Championship Sports has five girls travel basketball teams and four boys travel basketball teams for grades 4-8, and two high school girls AAU volleyball teams. Our adult men's basketball league (1/19 - 2/23) has 8 teams, the boys 7th/8th grade basketball league (1/26 - 3/2) has 10 teams, and our 4 player high school



volleyball league (1/9 - 2/20) has 12 teams. In addition, we will be running two adult volleyball leagues during February and March; a 4 on 4 league and a 6 on 6 co-ed league. Presently, we have softball skill development clinics taking place on Tuesdays through mid February.

To learn more about Championship Sports visit our website: [championshipsports.org](http://championshipsports.org).

# From the CDC to You

The Center for Disease Control and Prevention (CDC) is a component of the Department of Health. From their website, cdc.gov, "CDC's Mission is to collaborate to create the expertise, information, and tools that people and communities need to protect their health – through health promotion, prevention of disease, injury and disability, and preparedness for new health threats." Each month, this newsletter will feature a report from the CDC. Want to learn about a topic pertaining to you? Send me an email and I'll do the research for you! elenhart@moreycourts.com

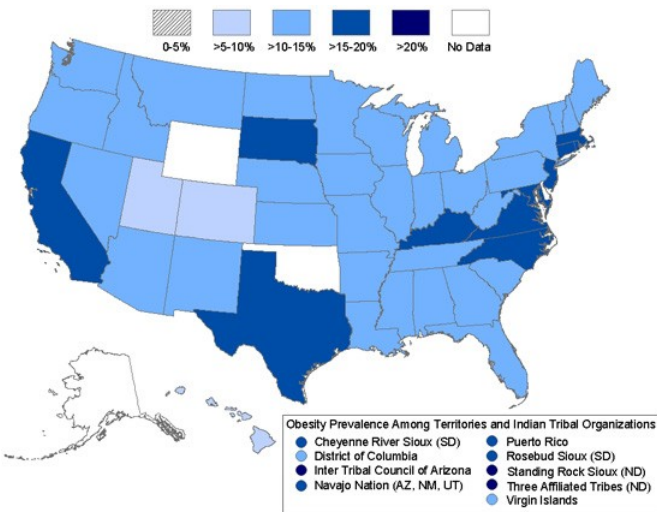
## Children and Obesity

America's obesity epidemic is not only affecting adults, but children as well. The CDC reports 10.4% of pre-school aged children 2-5 years old, 19.6% of children 6-11 years old, and 18.1% of adolescents 12-19 years old nationwide are obese.

Although obesity is affecting children and adults alike, the way overweight and obesity is measured for children and adolescents is different from adults. Adults use a body mass index (BMI) according to height and weight; fitting both genders into the same range. A

BMI of 25-29 for an adult is considered overweight, and 30 or higher is considered obese. For children and adolescents under the age of 20, BMI ranges are defined according to differences in body fat between boys and girls at different ages. Rather than a 17-13 scale like adults, children and adolescents are put into a percentile and ranked against their peers according to age. A percentile of 85-94 is considered overweight, and 95 or above is obese.

Although the method of measurement may be different for children and adults, the worries are the same. Just as adults, obesity in children may lead to type 2 diabetes, asthma, sleep apnea, and social discrimination. Obese children and adolescents have also already been shown to display risk factors for heart disease such as elevated cholesterol, blood pressure, and abnormally high glucose levels. In a study of overweight 5 to 17 year olds,



The map to the left depicts the 2009 State Obesity Prevalence Among Low-Income, Preschool Aged Children. According to the CDC, low income families are more at risk for being overweight and obese.

**Morey Courts Recreation Center- What have YOU done lately?**

My accomplishment was:

---

Did a Morey Courts staff member help you?

Yes

No

If yes, who?

\_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

By submitting this form to Morey Courts Recreation Center, I give my permission for this information to be published in the Morey Courts Recreation Center Newsletter.



## Thank-you!

Morey Courts Recreation Center would like to send a special thanks to our sponsors:

### Premier Court Sponsors

- Morbark
- Isabella Bank
- Central Michigan Orthopedics
- Michigan Spine and Pain
- CMU Athletics
- Total Lee Sports
- Championship Sports
- LaBelle Management
- 104.3 WCZY

### Gold Level Sponsors

- Baymont Inn
- Mobile Medical Response
- Firstbank

## *CDC cont...*

nearly 60% of them had at least one risk factor for cardiovascular disease, and 25% had two or more risk factors.

Okay, so kids are overweight, but what do we do about it? The first step is understanding the problem. Contributing factors to childhood overweight and obesity span genetics to behavior. At the base level, high body fat is a direct result of calories consumed outweighing (pun intended) calories expended. The excess calories are converted and stored as body fat. According to the CDC "Studies indicate certain genetic characteristics may increase an individual's susceptibility to excess body weight". In most cases, however, this genetic susceptibility must also co-exist with behavioral and environmental factors. In rare cases of genetic disorders, obesity is a

symptom, but because the human genome has not been severely altered in the last several decades and childhood obesity is on the rise, genes cannot be the determining factor.

Behavioral factors leading to a child being overweight or obese are those which support the energy imbalance such as high calorie foods, most of which are very convenient for a busy family, and low physical activity levels due to increases in technology. The daily recommended physical activity for children and adolescents is 60 minutes per day most days of the week.

Environmental factors contributing to childhood obesity include parent-child interactions. It's no secret children will develop similar habits as their parents, including those related to food choices

and physical activity. Other environments influencing behaviors related to activity and food intake include child care practices, school district programs, and community influences and accessibility to physical activity such as sidewalks, bike paths, and parks. Finally, socioeconomic factors contribute by limiting food choices.

Changing habits can be hard, and requires consistency. Parents can encourage healthy eating habits, look for ways to make dishes healthier, and remove calorie rich foods from the home. Kids also need to stay active; it helps to put a limit on TV and video game time. A second suggestion is to schedule family time around activity, not food. Check out [wecan.nhlbi.nih.gov](http://wecan.nhlbi.nih.gov), [bam.gov/index.html](http://bam.gov/index.html) or see the fitness center staff with any questions!



*Sedentary lifestyles and high calorie foods readily available to children make it difficult to combat childhood obesity.*



## **A Message from the Morey Courts Recreation Center General Manager**

*Morey Courts Members and Guests,*

*Welcome to 2011 at Morey Courts! It is wonderful to see our memberships and court usage continue to grow. Members, preferred partners and staff make Morey Courts the place to go for recreation in Central Michigan.*

*This time of year the facility is very busy in the Fitness Center and on the Courts. Our staff will continue to schedule events that maximize income while maintaining availability for membership usage. Income over expenses pays the debt and provides improvements to the facility. This is very important to the success of Morey Courts.*

*I encourage every member to communicate their ideas and concerns. This can be done through the suggestion box or you can email or phone me directly. I love talking about Morey Courts!*

*Creating enjoyment through recreation!!*

*Marc Sroufe*

[marc.sroufe@moreycourts.com](mailto:marc.sroufe@moreycourts.com)

989-953-7529

# Add some funny to your fitness..

**NOTICE**

**THIS DEPARTMENT REQUIRES NO PHYSICAL FITNESS PROGRAM.**

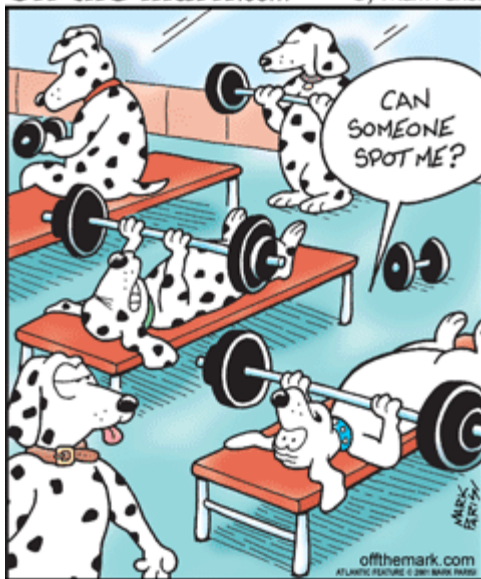
**EVERYONE GETS ENOUGH EXERCISE JUMPING TO CONCLUSIONS, FLYING OFF THE HANDLE, RUNNING DOWN THE BOSS, KNIFING FRIENDS IN THE BACK, DODGING RESPONSIBILITY, AND PUSHING THEIR LUCK.**

off the mark.com by Mark Parisi



© Mark Parisi, Permission required for use.

off the mark.com by Mark Parisi



© Mark Parisi, Permission required for use.

off the mark.com by Mark Parisi



© Mark Parisi, Permission required for use.