

July 2011

M-Th 5:30am - 10:00pm

Friday 5:30am - 9:00pm

Sa-Su 8:00am - 8:00pm



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Bye, Bye Food Pyramid!

If you've spoken with a fitness consultant at Morey Courts about health and weight loss or maintenance, the conversation as inevitably lead to your diet. Proper eating habits are key for sustaining a healthy body weight. No matter how much you exercise, you can't out do a bad diet! To help guide you the United States Department of Agriculture (USDA) has given the old Food Pyramid we all know and love a new shape. The once Food Pyramid is now a plate!

Rather than the same ol' rules for everyone, myplate.gov now gives nutrition direction specific to age and gender. The site now follows "10 Tips to a Great Plate" (www.myplate.gov)

1. Balance Calories - find out how man calories you need for a day as a first step in managing your weight. Being physically active also helps you balance calories.
2. Enjoy food, but eat less. Take time to enjoy food as you eat it. Pay attention to hunger and fullness cues before, during, and after meals.
3. Avoid oversized portions. Use a smaller plate, bowl, and glass. When eating out, choose a smaller size option, share a dish, or take home part of your meal.
4. Foods to eat more often: veggies, fruits, whole grains, and fat-free or 1% milk and dairy.
5. Make half your plate fruits and veggies. Chose a colorful palate; red, orange, green, and yellow.
6. Switch to fat-free or low fat milk; they have the same amount of calcium and nutrients with fewer calories.
7. Make half your grains whole grains. Substitute a whole grain product for a white product.
8. Foods to eat less often include those high in solid fats, added sugars, and salt. These include most desserts, pizza, fried foods, bacon, and hot dogs.
9. Compare sodium in foods using the Nutrition Facts label. Try to choose lower sodium versions of foods like soup, bread, and frozen meals. Look for "no salt added", "low sodium", and "reduced sodium".
10. Drink water instead of sugary drinks. Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sport drinks are a major source of added sugar and calories.

Support our Troops! The first annual Morey Courts Recreation Center Salute to the Troops starts this July 4 and runs through August 29, 2011.

Take a look at the back page of this newsletter to see how you can get involved in a great cause.

May no soldier go unloved.



Visit www.myplate.gov for more information and tips.

July in Mount Pleasant



Mount Pleasant Farmer's Market is every Thursday 7:30am-3:00pm in Island Park and every Saturday 7:30am-1:30pm at the Town Center in downtown Mt. Pleasant throughout the summer.

Get out and enjoy our beautiful community! The following events are listed on mount-pleasantwow.com. For more information and a full listing, visit the site or each event's coordinator.

7/7 Farmer's Market in Island Park (see left)

7/8 Stock Car Racing at the Mt. Pleasant Speedway on River Road. \$11 for adults and \$5 for kids 773-2387

7/9 Broadway Farmer's Market 7:30am-1:30pm (see left)

7/11 Women Battling Cancer Can Look Good...Feel Better. Hands on makeup, skin, and nail care with a licensed cosmetologist. 9:30am-

11:30am at CMCH 800-227-2345

7/13 Isabella County 4-H Pleasure Horse Show at the fair grounds 6:30pm 989-828-6881

7/15 ASA U18 Great Lakes Regional Qualifying Tournament - Girls fastpitch with 50 teams over the weekend

7/19 Learn to Chalk Workshop 5:30-8:30PM \$25 for the workshop, chalk, and 5x5 square at Art Reach on Broadway, downtown Mt. Pleasant

7/21 One Act Plays Festival 7:00-8:30pm at the Broadway Theater Thursday - Saturday 772-2075

7/21 Art Reach Chair Affair 2011 on display June 20-July

23. Silent auction to benefit children's programs at Art Reach 773-3689

7/22 Mt. Pleasant Street Festival with sales, arts and crafts, and live music 779-5348

7/23 MPHS Sports Camp at the high school July 23-25

7/26 The Pines Junior Tournament at Lake Isabella.

Boys and girls ages 10-18. \$36 includes free range balls, lunch after the round, and prizes. 989-644-2300

7/28 Max and Emily's Summer Concert Series "Toad the Wet Sprocket" free outdoor concert

7/29 33rd Annual Salt River Bluegrass Festival in Shepherd 12a-12pm \$45 631-0817

MCRC Boot Camps

Session 1 is done - don't miss your chance for session 2!

Early risers have seen the newest addition to the Morey Courts Programs this summer as we've just completed our first boot camp June 6-June 24. We'd like to send out a thank-you to the wonderful instructors, Tiffany and Candace. Congratulations is also in order to our 15 participants who lost

pounds and inches. Boot camps are here to stay! The next boot camp session starts July 11, so there's still time to enroll. This time around, we'll be offering both a morning and evening session starting at 6:00AM or 6:00PM. Members may sign up for only \$59, and boot camps are open to non members for

\$75. Each class will meet Monday, Wednesday, and Friday. We'll take your measurements before and after, and a shirt is also included. Boot camps will remain outdoors until, weather permitting.

Please sign up at the front desk, space is limited!

Wellness Coach Corner

Brought to you by Tri-TEL Health

Are you 1 in 20?
Only one in twenty adults engage in all of the top-six health behaviors (Berrigan, 2003):

- 1. Regular exercise**
- 2. Healthful fat intake**
- 3. At least five servings of fruits and vegetables daily**
- 4. Limited drinking**
- 5. Non-smoking**
- 6. Maintaining a healthy weight.**

Change is Good

As we close out our third year as a part of the Mount Pleasant community, we at Morey Courts fitness are making some changes for the better. Please see Erin, Landon, Tyce, Leslie, Kyle, or Chris in the fitness center with any questions, comments, or concerns and as always, be well!

1. Fitness Consultations
We want you to take charge of your health! To better facilitate this, we will now be offering program design instruction rather than the consultations we've scheduled in the past. More information will follow in emails and the August newsletter.

2. Group Exercise
Sign up online! You can now register for our specialty classes on the website! Specialty classes include Yoga and Kettlebell and class sizes are limited. You can register for 4 weeks at a time. Group exercisers can also sign up to be on our regular email list for updates and registration notices to your inbox.



Morey Courts Fitness July 2011



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Senior Fitness Tiffany 9:00-10:00a	Body Sculpt Tiffany 9:00-10:00a <i>-New Time-</i>	Senior Yoga Kristin 9:00-10:00a		July 2th <i>No Class</i>
		Butt & Gut Barb 5:30-6:00p			July 9th 9a Step/Sculpt Cindy
Kettlebell Jerry 6:00-7:00p (Mezzanine)	Step/Sculpt Paula 6:00-7:00p	CardioKick Barb 6:00-7:00p	Step/Sculpt Cindy 6:00-7:00p		July 16th 9a <i>Body Sculpt</i> 10a Kettlebell
		Zumba Kristen 7:05-8:05p	Yoga Kristin 7:05-8:05p		July 23th <i>9a Step/Sculpt</i> July 30th <i>9a Body Sculpt</i> Cindy

Morey's Courts in July

This summer is unfolding as a busy one for Championship Sports at Morey Courts. During the month of June (13-30), thirty high school girls' and twenty high school boys' JV and Varsity basketball teams participated in the Championship Sports summer basketball league. In addition to the summer leagues, the Michigan State Girl's AAU basketball tourney was hosted by Championship Sports during June and the coaching staff conducted a four hour shooting clinic on Saturday the 25th.

During the month of July, Championship Sports will be conducting the annual Youth Development Basketball Camp July 5-8. In its' third year of operation, this camp focuses on the basic fundamentals for skill development for boys/ girls in grades 3-6. Each youngster attend-

ing the camp receives quality individual instruction to meet his/her needs in learning the basics of basketball from an outstanding staff.

Mark your calendar for the weekend of July 23-24 when some of the Midwest finest high school girls basketball players gather at Morey Courts for the MGBR "Shootout In The North" AAU basketball tournament. Over 60 teams from MI, IND, OH, ILL, WISC, and Canada will be on hand as more than 80 college coaches will attend to get a first hand look at players. This event is one of the premier AAU regional tournaments throughout the USA.

Looking ahead to the month of August, Championship Sports will be conducting its initial Post/Perimeter basketball camp for junior high and high school age boys and



girls on August 6/7. The camp will be run by Steve Mix, a former NBA veteran of 13 seasons and all-star performance in the 1975 season, and Championship Sports' Bob Sherlock, former men's college head coach with over thirty years experience of teaching and coaching. The camp will consist of four hours of detailed instruction concerning the finer points of developing skill and playing in game type situations.

For more information about Championship Sports and our programs visit our website @ 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

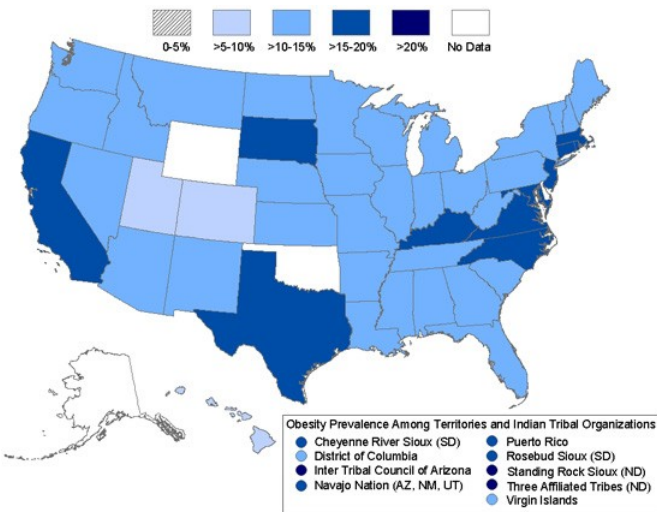
Children and Obesity

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 Comment or Suggestion Box

Area of the facility: (circle one)

Fitness Center Courts Front Desk Mezzanine

Was a staff member involved? Y N

If so, who? _____

Comment or Suggestion:

Name _____

Phone _____



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

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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, 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 Manger

Morey Courts Members and Guests,

It has been exciting to see the use of Morey Courts this spring and early summer. Since many of you are new members I thought it would be good to retell the story of the birth of Morey Courts.

Discussion on the idea of a recreation center began over 5 years ago. At that time several Mount Pleasant business people agreed to lend money to begin the project. 12 months later the Morey Foundation put together a proposal to help fund Morey Courts. Because of this financial backing, local banks agreed to loan money for construction.

The Cultural Recreation Center of Isabella County (CRC) owns title to the property and the Ice Arena. Morey Courts is managed by the Central Sports and Recreation Center (CSRC) until all of the debt is paid.

All income generated after expenses goes to pay the debt. I see members as part owners of this facility. Anyone that rents courts, comes to an event, or buys a day pass helps contribute to the success of Morey Courts.

I tell this story to many people that come to our events. They love our facility and are amazed at how it was built. Please feel free to email me if you have any ideas to improve our facility or want more information on how it is organized.

Thanks for being a part of Morey Courts!!

Marc Sroufe

General Manager

marc.sroufe@moreycourts.com

989-953-7529



Morey's Angels



Morey Courts Recreation Center and Tri-TEL Health First Annual Salute to the Troops

Starting this July 4th, Morey Courts Recreation Center is hosting a state wide fundraiser for Soldier's Angels. If you are not familiar with the organization, "Soldiers' Angels is a volunteer-led 501(c)(3) nonprofit providing aid and comfort to the men and women of the United States Army, Marines, Navy, Air Force, Coast Guard, and their families. Founded in 2003 by the mother of two American soldiers, its hundreds of thousands of Angel volunteers assist veterans, wounded and deployed personnel and their families in a variety of unique and effective ways.

"May No Soldier Go Unloved," encapsulates the motivation behind Soldiers' Angels. The volunteers of Soldiers' Angels work tirelessly to demonstrate active care and concern for veterans, the wounded, deployed service members and their families.

What: 8 Week Competition with teams of 4 raising money for Soldier's Angels. Teams will work on improving their components of the military Army Physical Fitness Test (APFT) (sit ups, pushups, 2 mile walk/run).

When: July 4, 2011 – August 29, 2011

Where: Michigan – focusing on Isabella County

How: Teams of 4 – Invite friends and families from other locations

Pledges will be collected per person on a team with an overall team goal of \$125 and total donation goal of \$1000

Pledges: Per sit up in 2 minutes, per push up in two minutes, and per second taken off the two mile team walk/run time

For example – Landon pledges Bob \$.05 per push up, sit up, and second taken off the team's mile. Bob does 70 pushups in two minutes, 70 sit ups in two minutes, and his team improves their two mile from 15:15 to 14:00. Landon will owe Bob $.05 \times 70$, $.05 \times 70$, and $.05 \times 75 = \$10.75$

Teams:

Individuals may form their own teams, or if they do not have a team, may be placed on one. Each participant will be encouraged to get their friends and family from other locations

Teams will be named for Michigan deployed soldiers. The soldier's story, along with the team participants will be posted in the facility.

Teams will be evenly assigned to Landon or Erin of Tri-TEL Health for weekly coaching and accountability support

Rules:

Pre-testing only needs to be completed for the 2 mile walk/run as a relay. Each team member will complete 1/2 mile at one time. At Morey Courts, we will use the outdoor gravel road (1/2 mile long). Each member will run one 'leg' of a 2 mile relay.

If one participant cannot run, another team member may run an extra lap for the competition. Each member must do their own pushups and sit ups.

Pledges per rep or second must be collected by the team members after the final event held at Morey Courts Recreation Center on Friday, September 2, 2011. Morey Courts will send all collected monies on September 7, 2011 to Soldier's Angels.

For questions and team names, please email Erin Lenhart at elenhart@moreycourts.com or bevell@tritelhealth.com or call 989-953-7529.

Good Luck and thank-you for your help in supporting our troops!