

August 2011

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



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STEP UP! at Morey Courts

This fall at Morey Courts Recreation Center, we invite you to Step Up and take charge of your change. Whether you're looking to drop a few pounds, increase your energy level, run a mile, or walk 2, we encourage you and your family, friends, and co-workers to take the challenge.

Our model for change is the Mount Lasting Change Pyramid and is brought to you by Well-coach. A diagram is also on the bulletin board in the fitness center. Each block represents a step towards lasting behavior modification. With a weak base, you cannot stay at the top.

Vision and Preparation:

The base levels represent your vision and purpose for making a change in your life. This is

where you will identify skills you need and the people who will help you along the way. Connect with what you deeply value and make a concrete commitment you can measure results on. For example, don't simply say you will exercise more, but rather "I will exercise at a moderate pace 4 times a week for 20 minutes each time". Warning: If you set your goal as a weight loss, this is not a behavior modification, but rather an outcome. Your behavior modification is creating a lifestyle to promote weight loss, such as exercise or diet changes.


Action and Results

Mark out your behavioral steps. If you decide on a 3, 6, and 12 month goal, have well defined steps towards each goal. Re-

ward yourself along the way, and plan for road bumps in the road. If we are prepared for disruptions such as eating out once a week, school schedules that may conflict with gym schedules, or holiday gatherings, it's much easier to stay on track. When you do get off your path, have a friend or family member to remind you of your original plan.

Best Self

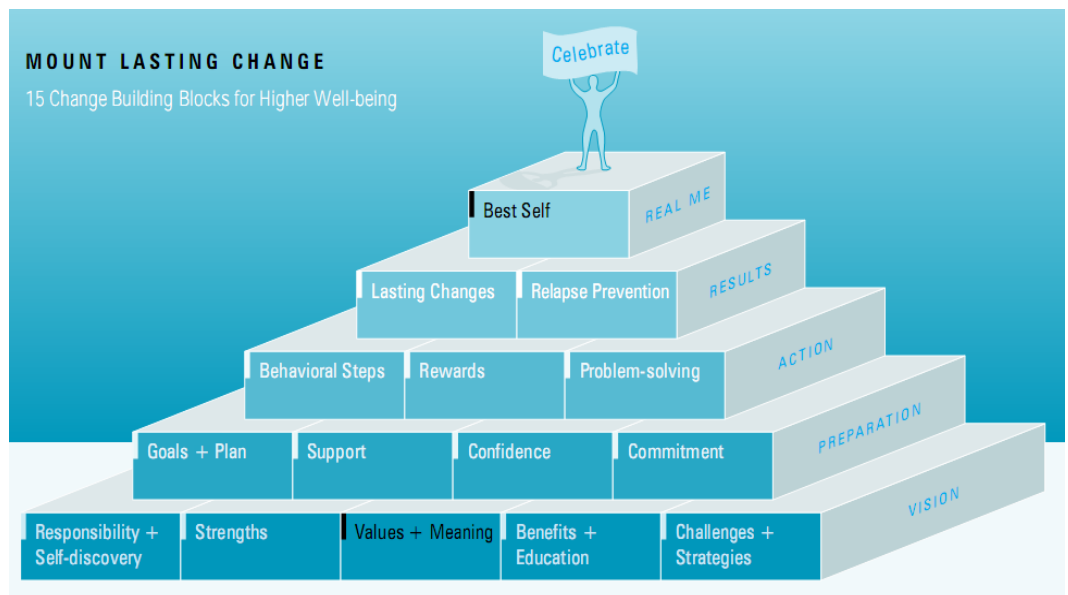
Once you've been practicing a behavior for 6 months, it's usually a habit and has become part of your life. Relapses are to be expected; learn from them rather than allow yourself to be let down. Above all, keep revisiting your first level to be reminded of why you want to change.



BOOT CAMPS CONTINUE!

Boot camp morning workouts with Tiffany, Barb, and Candace are here to stay! We've just completed session 3, and 4 is taking recruits as you read! Our next session starts September 12 and runs Mondays and Wednesdays from 6-7am until October 5.

- YOU GOTTA WANT IT



September in Mount Pleasant



Downtown Mount Pleasant will host a Mardi Gras celebration on September 30, 2011. Visit www.downtownmp.com for details!

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

9/7 Women's Health: Ways to Halt Bone Loss 6-7:30PM CMCH FDJ Conference Room

9/7-11 CMU University Theatre: Shivaree 7:30-9:30PM \$7 public, \$5 Student and Senior 989-774-3000

9/8 Art Reach September Gallery Show Reception 7:30-9:30PM 989-773-3689

9/9 CMU Soccer Game 5PM vs. Pittsburgh at CMU Soccer Complex - Free

9/9-11 Wheatland Music and Arts Festival in Remus 989-967-8879

9/9-11 Rent at the Broadway Theater 7-9:30PM www.MTIShows.com or 772-2075 Other show times available.

9/12 Women Battling Cancer can Look Good...Feel Better 9:30-11:30AM CMCH Morey Cancer Center

9/13 Fall Senior Classic at The Pines at Lake Isabella Contact Joe 989-644- 2300

9/14 Women's Health: Breast Care 6-7PM CMCH FDJ Conference room 772-6700

9/15 Art Reach September Gallery Show Featuring CMU Prof. Al Wildey 5-7PM

9/16 Stock Car Racking Mt. Pleasant Speedway 7:45PM 773-2387 for more info

9/16 Lewis Black: In Got We Rust at the Soaring Eagle Casino \$22-\$52

9/16 MPHS Football 7PM

9/17 Going Green from the Home Inward by Adam Bearup 773-1714

9/17 Alzheimer Memory Walk 10AM-2PM Contact Corrine Cotter 989-621-9539

9/17 Civil War Reenactment at Deerfield Nature Park 8AM-8PM \$6 989-772-0911

9/18 MMCC Fall Festival and BBQ on the Harrison Campus 12-4PM \$5 989-386-6600

9/18 Tails to Trails Walk 2:00PM by the Isabella County Humane Society \$25 989-775-0830

9/21 CMU Field Hockey Game at the CMU Field Hockey Complex 4PM Free

9/22 Guest Artist Francisco de Paula Soler, guitar 8PM for Hispanic Heritage Month Chamichian Hall \$5 774-3000

9/22 Winning Foods Fighting Cancer 6:30-7:30PM CMCH FDJ Conference Room 779-5606

9/23 MPHS Football vs.

Saginaw

9/23 Into the Light fundraiser for cancer survivors at Island Park

9/23 Stock Car Racing 7:45PM \$11 773-2387

9/24 Art from our Parks Art displays, poetry readings, live music and more Deerfield Nature Park \$6 day permit 12:30-4:00PM 772-0911

9/24 Two Person Scramble at The Pines at Lake Isabella 9AM-noon 644-2300

9/24 King of the Cage at Soaring Eagle Casino 8PM

9/25 Faculty Artist Adrienne Wiley piano concert 8PM 774-3000

9/26 Art's Alive 2011 3:15-5:15PM for 7th and 8th graders. \$50 fee and application required. 773-3689

9/27 Sphinx Virtuosi & Catalyst Quartet 8PM Staples Family Concert Hall 774-3000

9/29 CMU Orchestra 8PM

9/29 Information gathering and Open House Tour - Woodland Hospice 7PM

9/29 CMU Volleyball 7PM

9/30 CMU Soccer 4PM

9/30 Mary's Dream Scrapbook event to hstop domestic violence 3-9PM Osceola County Fairgrounds 644-3257

9/30 Mardi Gras in downtown Mount Pleasant 989-779-5348

Wellness Coach Corner

Brought to you by Tri-TEL Health

Check out the Mount Lasting Change Pyramid in the fitness center. This model provides a guide to what it takes to make a lasting change in any area of your health and wellness.

When modifying a behavior, keep in mind it's not a linear process. People cycle up and down the five pyramid levels, sometimes for years. This typically happens when you have missing or weak blocks along the way.

Discounted Music Lessons at CMU

The CMU school of music offers discounted lessons; offered by current music students. Classes begin the week of September 19 and are for both instrumental and voice lessons. Piano, string, woodwind, brass, and percussion lessons are for children age 6

through adults. Voice lessons are offered to students age 13 through adults. Each lesson can be 30, 45, or 60 minutes. The cost is per 10 lessons and is \$150 for 30 minute sessions, \$200 for 45 minutes, or \$250 for 60 minute sessions. The registration deadline is Septem-

ber 15. Late applications are still accepted for lessons starting after September 26. To register or for more information, contact CMU School of Music at 774-7675.





Morey Courts Fitness September 2011 Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sculpt This! Landon 9:00 - 10:00am	Senior Fitness Kellie A. 9:00 - 10:00am	Butt & Gut Barb 5:30 - 5:55pm	Senior yoga Kristin 8:30 - 9:30am		September 3rd 9am step/sculpt Paula
Kettlebell Jerry 6:00 - 7:00pm	Step/Sculpt Paula 6:15 - 7:15pm	CardioKick Barb 6:00 - 7:00pm	ZUMBA® Kelli K. 9:45 - 10:45am		September 10th 9am Step/Sculpt Cindy
ZUMBA® Georgia 7:05 - 8:05pm		ZUMBA® Yvette 7:05 - 8:05pm	Totally Toning Cindy 5:30 - 5:55pm		September 17th 9am Body Sculpt 10 - 11:30 am Kettlebell (intro) Paula
			Step/Sculpt Cindy 6:00 - 7:00 pm		September 24th 9am Body Sculpt
			Yoga Kristin 7:05 - 8:05pm		

Morey's Courts in July

The start of the school year means an opportunity for high school and grade school basketball players to get ready for their upcoming seasons through programs offered by Championship Sports. Starting Sunday, **September 11, the Girls Travel Development Series** kicks off with a 3 hour workout/practice **for grades 5-12.** Last year's development program attracted over eighty young ladies from various parts of the state. This program runs for eight weeks with 4 sessions focusing on skill development and 4 sessions formatted for tournament play.

Also beginning **September 11, is the JV and Varsity Boys pre-season "House League."** The initial week players are placed on teams according to age and ability during a "tryout"/workout session. **From 9/18 – 10/23** league play is held and each week teams play two games, officiated by registered **MHSAA officials.** This is a great opportunity for high school boys to play on a regular basis in preparation for their season. And, by playing with teammates from other areas, a player gets to experience a different perspective as a player and teammate.



The pre-season **High School Girls Basketball League** runs **9/18 – 10/30.** This is the third year Championship Sports has programmed a league for **JV and Varsity Teams** to prepare for their season. It is anticipated twelve different schools will participate in this year's league.

For more information contact Dan Neal @ 989 953 7529 or dnealy@moreycourts.com



Keeping your blood pressure in a healthy range is extremely important for your cardiovascular well-being. High blood pressure typically does not have any symptoms, and can go undiagnosed. Take charge of your health and schedule an annual check up with your physician.

Your Health by the Numbers

Health and fitness professionals love numbers. We have numbers to assess just about anything physiologically or anatomically to do the human body: the pressures on your arteries, the amount of fat circulating in your blood, the sugar circulating in your blood, optimal ranges for hormone levels, height, weight, heart rate, respiration rate, waist and hip circumferences, body mass index, body fat percentage, the list goes on! We fitness professionals then go one step further and want to test your musculature, your one repetition max, your mile time, lung capacity, vertical jump, flexibility, and any sport specific task you can imagine.

If you're curious about any of these measurements specifically, your family doctor is a great resource. If it's a fitness number, Landon, Erin, and Tyce will be happy to give you some pointers! Two specific measurements we look at with physical fitness are blood pressure and heart rate.

Blood pressure is represented as two numbers, 120/80, for example; and is measured in millimeters of mercury (mm Hg). Your systolic pressure is the top number, and diastolic pressure is the bottom number. It is determined by the amount of blood your heart is able to pump along with the resistance of blood flow from the arteries. The smaller the artery, the higher the resistance, and higher the pressure. In some ways, your blood pressure is genetically determined. Your lifestyle can also have a great effect on blood pressure. High sodium diets, high stress, and low exercise are major contributors to an elevated blood pressure.

High blood pressure, or hypertension, is having a chronic blood pressure of 140/90 or higher. Only your health care provider can diagnose hypertension. Treatments range from lifestyle modifications, such as increasing aerobic exercise, dietary changes usually involving lowering sodium intake, and prescription medications.

If untreated, chronic hypertension can lead to other severe health problems such as heart attack,

stroke, heart failure, kidney disease, aneurysms, metabolic syndrome (eventually diabetes), and even contribute to poor memory.

Unfortunately, people with hypertension, even for an extended period of time, do not have any symptoms. Severe hypertension can cause headaches, nose bleeds, or dizziness. These symptoms usually do not present until pressures are severely high, or perhaps even life threatening.

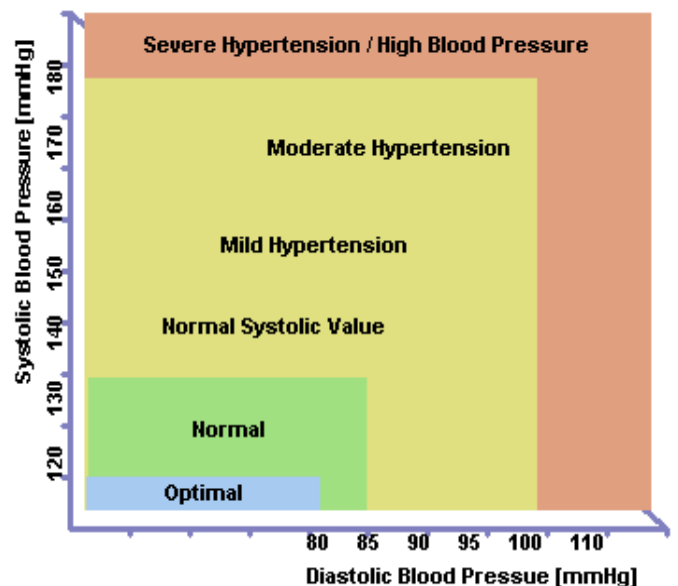
The opposite end of the spectrum is low blood pressure, or hypotension. Unlike hypertension, hypotension does have symptoms. We all experience this after sitting or lying down and arising too quickly. When lying down, blood pressures are normally much lower than when standing; as the heart has to work harder due to gravity. A sudden change from seated to standing results in dizziness and a light headed feeling. Individuals experiencing chronic hypotension may experience this regularly, along with feeling weak or tired. This can result from a drastic decrease in body fluids, illness, or blood loss and in most circumstances requires immediate medical care.

The chart below is a general guideline for blood pressures. Please remember, it is very important to seek medical advice if you think you may have a problem with your blood pressure. Your happy Morey Courts fitness staff is happy to take your blood pressure when you visit the gym! Tune in to the next Morey Courts Newsletter for the next "Your Health by the Numbers".

What's your range?

Knowing your personal ranges for your vital signs is very important. Heart rates can range from 60 to 100 beats per minute and be considered normal. If you're normal heart rate is 70 beats per minute and you find yourself with a resting rate of 90 beats per minute without exercise or other exertion; this may mean something very different for you, but not necessarily raise any red flags for a health professional. The same goes with blood pressure.

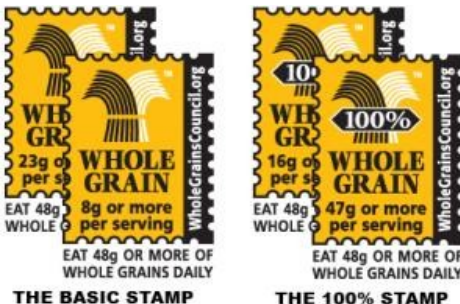
Maintaining an annual check up schedule with your physician can help you be aware of these numbers and others.



Variation of chart provided by WHO/ISH

National Whole Grains Month... and Celiac Disease Awareness Day

Yes, it's true. September is a month to celebrate both the wonderful benefits from whole grains for some and the awful side effects from consuming grains for others. Looking at the benefits of whole grains first, check out www.wholegrainscouncil.org for products, health benefits, recipes, articles, and facts about the fiber filled world of whole grains.



The Whole Grain Stamp

If you do the grocery shopping for your family, or, if like me, you've nothing better to do in the morning while you munch your cereal, you've probably seen this lovely yellow decoration on a box or two. Just like any food labeling, there are specific guidelines for any food with the 'Whole Grains Stamp'. In honor of National Whole Grains Month, here's whole

grain stamp lowdown from www.wholegrainscouncil.org:

Basic Stamp or 100% Stamp?

There are two different varieties of Stamp, the Basic Stamp and the 100% Stamp. If a product bears the **100% Stamp**, then *all* its grain ingredients are *whole* grains. There is a minimum requirement of 16g (16 grams) – a full serving – of whole grain per labeled serving, for products using the 100% Stamp.

If a product bears the **Basic Stamp**, it contains at least 8g (8 grams) – a half serving – of whole grain, but may also contain some refined grain. Even if a product contains large amounts of whole grain (23g, 37g, 41g, etc.), it will use the Basic Stamp if it also contains extra bran, germ, or refined flour.

Each Stamp also shows a number, telling you how many grams of whole grain ingredients are in a serving of the product.

National Celiac Disease Awareness Day - September 13

Although whole grain and whole wheat choices are wise for many people, for others, these foods cause more

damage than good.

Celiac Disease, also known as Celiac Sprue, is characterized by a severe gluten intolerance. Gluten, a protein found in whole grains, namely wheat and white flour, is also commonly used in processed, boxed, or flavored foods. Unlike allergies, gluten intolerance is an autoimmune disease. Celiac Sprue affects 1 out of 133 people in the United States and the cause is not know. Celiac Sprue tends to run in families.

Gluten reactions can cause extreme abdominal discomfort, fatigue, dysentery, bloating, anemia, and even lead to further disease such as ulcerative colitis. The gluten protein damages the intestinal tract, and if untreated, this damage can be irreversible.

Unlike lactose intolerance, there is not medication available for Celiac Sprue. The



solution is for the affected individual to avoid the gluten protein in their daily diet. This means no traditional breads, cakes, cookies, tortillas, artificially flavored foods, and many cereals. The good news? Fruits, vegetables, and natural proteins contain no gluten. So happy Fruits and Veggies More Matters month, too!

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



September is 'Fruit and Veggies - More Matters' Month

from www.fruitsandveggiesmorematters.org

TheBUZZ: Eating veggies while pregnant will help your child like them later on.

WHAT THEY'RE SAYING

If you want your kids to eat their veggies, start developing their taste preferences in the womb.

WHAT WE KNOW

Some taste and smell researchers have investigated where the desire for high-fat and sweetness began. Health professionals know that in the womb, the baby is surrounded and nourished by the amniotic fluid that provides nutrients it receives from the mother's diet. That fluid surrounding the baby is actually flavored by the food and beverages the mother has eaten in the last few hours, forming memories of these flavors even before birth. A *new study* reports that these memories may result in preferences for these foods or odors for a lifetime ... including vegetables!

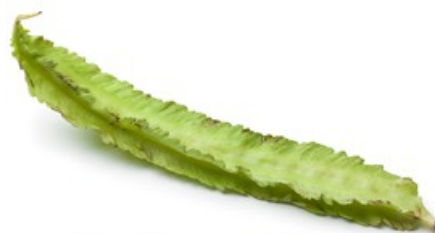
HOW DO WE KNOW THIS?

A recent study by the Monell Chemical Senses Center divided women into three (3) groups: one group drank carrot juice every day during pregnancy, the second group drank it every day during breastfeeding, and the third group avoided carrot juice completely. Then when their children began to eat solid food, researchers fed them cereal made with water or carrot juice and recorded the results. **The study found that the babies who had experienced carrot in amniotic fluid (in the womb) or mother's milk ate more of the carrot-flavored cereal.**

A review of taste preferences published in *Digestion* found that some taste preferences and aversions (i.e. a liking for sweet or salty, or a dislike for bitter) which are mainly inherited, can be modified through early ex-

periences with different flavors and types of food. Experiences with flavors that are bitter, sour, or sweet, occur through flavorings in breast milk, infant formula, and early foods. These early experiences mold long-term food and flavor preferences.

*Beauchamp, G., J. Mennella. "Flavor Perception in Human Infants: Development and Functional Significance." *Digestion* (2011); 83 Suppl 1; 1-6.



What Does a Winged Bean Taste Like?

A lot like a regular bean with a chewier texture and a sweeter taste!

Apple Chicken Stir Fry from More Matters®

Ready in only 15 minutes, this healthy, vibrant blend of salty and sweet offers an unexpected flavor infused with an aroma so intense the smell alone will upstage your usual chicken stir fry. Wait until you actually taste it!

This is one of our own Fruits & Veggies—More Matters® recipes. It meets the Centers for Disease Control and Prevention's strict nutrition guidelines as a healthy recipe.

Preparation time: 15 Minutes

Serves: 4

Cups of Fruits and Vegetables per Serving: 1

Ingredients:

1 pound cubed boneless, skinless, chicken breast

½ cup onion, vertically sliced

1 ¾ cups (3-4 medium) carrots,

thinly sliced

1 ½ teaspoon vegetable oil

1 teaspoon dried basil, crushed

1 cup fresh or frozen Chinese

pea pods

1 tablespoon water

1 medium baking apple, cored

and thinly sliced

1 tablespoon oil

2 cups cooked brown rice

Stir-fry cubed chicken breast in 1

tablespoon vegetable oil in non-

stick skillet until lightly browned

and cooked. Remove from skillet.

Stir-fry onion, carrots and

basil in oil in same skillet until

carrots are tender. Stir in pea

pods and water. Stir-fry 2 min-

utes. Remove from heat; stir in

apple. Add to chicken, serve hot

over cooked rice.

Credit: Recipe courtesy of Pro-

duce for Better

Health Foundation

(PBH). This recipe

meets PBH and Cen-

ter for Disease Con-

trol and Prevention

(CDC) nutrition stan-

dards that maintain

fruits and vegetables

as healthy foods.



Nutritional Information per Serving

Calories: 330

Total Fat: 7.7g

Saturated Fat: 1.1g

% of Calories from Fat: 21%

Protein: 29g

Carbohydrates: 30g

Cholesterol: 66mg

Dietary Fiber: 5g

Sodium: 117mg