

# West River Community Center

2004 Fairway Street  
Dickinson, ND 58601  
(701) 456-2074

[westrivercommunitycenter.com](http://westrivercommunitycenter.com)



## Holiday Specials!

**Apparel Sale**—We are having a 20% off sale on select apparel. Stop by the control desk to pick out your sweatshirt, t-shirt, hat or coffee mug. These make great Christmas gifts!

**Tanning Special**—Buy 1 month of Unlimited Tanning and receive the 2nd Month at 1/2 Price. A \$50 value for only \$37.50. Special runs through Dec. 31st.

**Holiday Pass**—Purchase a full-center holiday membership for \$45.00. The pass is good from Dec. 12th to Jan. 12th. Great for a college student home for the holidays or anyone looking to keep in shape over the holidays.

**Fee Increase: Effective Jan. 1st WRCC will be following a new fee schedule. The updated schedule will be available online and from the media rack soon.**

- Aquatic Lessons will be held **Dec 1-12** from 4:00-7:00 pm. There will be no open swim during this time.

- Old Pro Basketball will be played at WRCC on Tuesday's beginning Dec. 1st.

- **Fisher Racquetball Tournament** will be held **Dec. 5-7** at WRCC. Courts will be closed for open play.

### **HOLIDAY SCHEDULE:**

- WRCC WILL CLOSE AT **1:00 PM ON CHRISTMAS EVE** AND WILL BE **CLOSED ON CHRISTMAS DAY.**

- WRCC WILL CLOSE AT 6:00 PM ON Wed., Dec 31st for New Year's Eve and will be **OPEN 10:00 am to 6:00 pm on NEW YEAR'S DAY.**



**Congratulations** Natashaia Ash and family on the birth of their baby boy on **Saturday, November 22nd.**

## Holiday Tennis Tournament



This year's Holiday Tennis Tournament will be held December 26-27, 2008 at the WRCC indoor courts. Tournament is open to players 7th grade to adult (Singles & Doubles). Doubles will play on Friday, December 26th and Singles will play Saturday, December 27th. Registration forms are available online at [westrivercommunitycenter.com](http://westrivercommunitycenter.com) or at the WRCC media rack. Entry deadline is Thursday, December 18th.

## Jingle Bell 5K Run/Walk

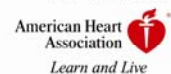
The Jingle Bell Run/Walk will be held on **Saturday, December 6th. Race begins at 10:30 am with registration held from 9:30 to 10:15 am in the Community Room at WRCC.** Register before December 1st at \$15.00 or \$18.00 beginning December 2nd. Registration forms are available online at [westrivercommunitycenter.com](http://westrivercommunitycenter.com).

## Take Action! Love your Heart!

Go Red for Women, West River Community Center, Southwestern District Health Unit and Pathways to Healthy Lives program are looking for women to participate in a 3-month exercise plan. **On January 13, 2009 we are taking registration for a Go Red for Women Exercise Program at WRCC from 10:00 am to 7:00 pm.** Stop by and enroll in this 3-month exercise program set to begin January 15, 2009. Program is limited to 100 women who will receive a special discount for participating.

- Cardiovascular disease is the number one killer of women in southwestern North Dakota.
- *Live heart healthy, exercise your heart!*
- For more information please call the Pathways to Healthy Lives Program at 701-483-3050.

This program is funded by Go Red North Dakota.



## Family Locker Room

Just a reminder to our patrons that children eight and under must be accompanied by a parent/adult at least 16 years old when using the family locker room. Adults without children cannot use the family locker room, except those with physical limitations who may need assistance from someone of the opposite gender.



Personal Training Services

"Providing direction to attain Healthy Results and inspire everyone to integrate exercise and wellness as a vital part of their life."

To make an appointment with a personal trainer or dietitian, please contact Healthy Results at 456-2070 or Natasha at 260-8803.

**Certified Personal Trainers:**  
Natashia Ash, Shannon Selle,  
Doug Groce & Patty LaPaglia.

**Licensed Registered Dietitians:**  
Jo Marie Kadmas &  
Deb Dohrmann

### Monthly Seminars:

Healthy Results personal trainers and dietitians will be presenting monthly health seminars in Community Room #1 beginning in December. Please sign up at the control desk if you are interested in attending.

### Quick Fix Workouts for the Busy Holidays

**Tuesday, December 9**  
**(7:30 pm) or**  
**Saturday, December 13**  
**(11:00 am)**

Presented by Doug Groce

## Stress Less this Holiday

By Shannon Selle, BS, Med, ACE  
Healthy Results Personal Trainer

Does thinking about the upcoming holiday season create a feeling of happiness and anticipation, or overwhelming stress? The joyous holiday season can quickly be overshadowed by tension and anxiety, but take some simple steps now to make your holidays a lot more enjoyable!

**Set priorities and stick to them.** What is truly important to you and your family this holiday season? Is it the Christmas cards, the volunteering at the food bank, the baking, the gift giving, attending church, or spending time with relatives? Whatever your priorities are this season, create a list of what you and your family want to accomplish. Once your list is complete, stick to it, if a new opportunity arises that you'd like to try, cross something else off your list!

**Start preparations early.** Enlist your family members for help on preparing for the holiday season. Include them in decorating, cooking, buying gifts, etc. By getting the entire family involved, you not only get to spend more time together, but also you can create some new holiday memories. Also, shopping early for some of your gifts allows you the opportunity to avoid the holiday crowds and have extra time for finding those hard-to-find presents.

**Eat healthy and stick to your exercise routine.** The holiday season is known for high calorie meals, sugary desserts, and many holiday parties. Plan ahead and eat a light snack before heading to holiday parties. Enjoy a small holiday snack and then be done. You can also evaluate your recipes and see if there is something healthier you can make to bring this year for your holiday parties. The new dish might be the hit of the party and most people won't know that it was chosen because it is healthy for you. Finally, make sure to schedule time for yourself to stick to your exercise routine. Even if you cannot squeeze your full workout in, make time to get at least 15 minutes in and you will feel better. Remember, it is easy to squeeze time in by walking during lunch hour or work breaks, parking at the end of the parking lot for all your errands, or maybe it is taking the family out sledding and enjoying the family time and the beauty of a new snow fall.

**Spot signs of stress.** Some common signs of holiday related stress include headaches, stomachaches, or neck and back pain. If you or your family members start to experience any of these signs of stress, take a break and figure out what needs to change in your lifestyle.

So for now, start thinking about your priorities and discussing what your holidays season will include and make sure to mark your exercise times into your personal schedule. Embrace the holiday season by slowing down and reflecting on the true meaning of the holidays for you and your family!

*Best wishes for a safe holiday season and a joyous new year!*

## Youth Orientation Class

Healthy Results and West River Community Center offer a Youth Orientation Class for individuals between 12 and 18 years. The purpose of the class is to provide direction in safety, technique, and gym etiquette to the young members of our community to inspire them to integrate exercise as a vital part of their lives. Those ages 12-13 will be able to use the fitness area without adult supervision after completing this class.

**Next Class:** December 13, 2008  
**Time:** 9:30-10:30 am  
**Registration Deadline:** Dec. 12th by contacting Natasha Ash at 260-8803 or 456-2070.  
**Cost:** \$12.00

### TELL YOUR FRIENDS!

### GET PAID TO WORK OUT!

It's a great time to get healthy! By joining WRCC today you could be eligible to receive up to \$20 credit per person toward your monthly membership fee. Call 456-2074 to find out if you qualify.



## New Cardio Equipment

WRCC will be replacing the Cardiovascular equipment in early 2009. We are interested in any ideas or feedback you may have concerning specific pieces of equipment you would like to see in our facility. Please fill out a comment card with your ideas or suggestions so we may provide the best possible equipment to meet our patrons needs.



# Aerobic Corner By Brenda Erie, Group Fitness Coordinator

## 'Tis the Season to Stick with your Fitness Regimen

Between the holiday parties, shopping, cooking, traveling, and entertaining, it can be a challenge to stick to your exercise routine. Yet, all of your hard efforts to eat healthy and avoid weight gain could be sabotaged by skipping your workouts. Not only that, if you become easily frazzled during this time of year, exercise can be your best stress relief. \*The US Surgeon General reports that 60% of adults in the US are not active on a regular basis. The number one reason most people don't exercise is lack of time. Once the holiday season begins, the lack of time issue will only become more problematic. For most people (even for those who do exercise regularly) this means

that daily exercise slips to the bottom of the long list to do at the holidays. You know that list. Here are some ways to stay on track:

- Squeeze in some time each day** for your favorite aerobic class. Every minute counts—a 10 minute workout is better than nothing at all. If you have to leave early, leave early, just don't forget to cool down and stretch. Seize opportunities by always having your gym bag with you in your car. If you have a break, hit the gym even if it is only for 20 minutes.
- Set a fitness goal for the holiday season.** Try writing down what you want to accomplish during the two-month period from Nov.

27th to Jan. 20th. Choose a goal such as losing 5 or 10 lbs, increasing your strength or attending three group fitness classes per week. Don't make exercise a penance for the holiday treats you ate. Make it a personal goal unrelated to holiday revelry. Your goals should be challenging, but also realistic. For examples of fitness goals please visit [westrivercommunitycenter.com](http://westrivercommunitycenter.com).

- Develop Rituals.** "Rituals are yet another way that you can gain control over your environment" says sports psychology consultant Alan Goldberg, Ed D. "The familiar always neutralizes fear and bolsters self-confidence". A few examples of rituals may be to have a set time in the morning to work-out or schedule your workout into your day like you would a meeting.

- Get a Workout Partner.** Some people find that working out with a partner help motivate them and keep

**Group Fitness Schedule**  
 Pick up your monthly group fitness schedule from the media rack or find one on [westrivercommunitycenter.com](http://westrivercommunitycenter.com)

**Water Aerobics Schedule**  
 8:00-9:00 am Mon-Fri  
 5:30-6:30 pm Mon-Thur  
 7:00-8:00 pm Tues & Thur

them consistent in terms of getting to the gym.

- Prioritize.** I was visiting with someone the other day about getting to the gym and she said, "I couldn't find time to exercise... until I found the time to exercise". Basically she was saying she didn't think she had time until she started making it a priority. If getting into shape is something you feel you have to do, then you somehow find a way to get it done. I can't explain it, but it's as if time suddenly appears in your day. Don't take my word for it—try it and see.

No matter how you approach the holidays, make an effort to stay physically active on some level. You will have more energy and it will make New Year's all the merrier! *Hope to see you in class!*

## SilverSneakers



### Christmas Party

SilverSneakers will be having a Christmas Party on **Monday, December 22 from 11:00 am to 1:00 pm in Community Room**

#1. We will have a white elephant exchange so keep in mind what valuable item you want to give away as a gift. There will also be snacks, refreshments, and door prizes!!

## Health Screening



This month's health screening offered by Southwest District Health Unit will be held on **Wednesday, December 24 from 9:00-11:30 am**. Stop by to have your blood pressure, pulse and weight checked. Anyone with special needs should contact SWDHU at 483-0171.





**It's not too late to sign up to receive your newsletter via E-MAIL and get a FREE T-Shirt!** Fill out this form and turn in to the Control Desk to be eligible for 1 free shirt per membership package.

**Offer begins November 15th to the first 500 Members. Limited sizes will be available.**

**TAPE ADDRESS LABEL HERE (from newsletter address on back)**

E-Mail Address: \_\_\_\_\_  
 T-Shirt Size: \_\_\_\_\_



2004 Fairway Street  
Dickinson, ND 58601

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## Endless Possibilities...



### Holiday Pass—\$45

Do you know a college student coming home for the holidays? If so, inquire at the control desk about our Holiday Full-Center Pass for \$45.00. The pass is good from December 15 to January 15. **Makes a great gift!**



*Happy Holidays!*

from all of us at

**West River  
Community Center**

**Hours of Operation:**

**Monday-Friday..... 5:30 am—10:00 pm**

**Weekend Hours:**

**Saturday ..... 7:00 am—9:00 pm**

**Sunday ..... 12:00—8:00 pm**

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**Register online –  
it's easy!**

