

If we all did the things we are capable of doing, we would literally astound ourselves.

Get Fit - Be Well

J.R. Holder Wellness Center

Quarterly Newsletter

~Thomas Alva Edison

VOLUME 2, ISSUE 4

JUNE - AUGUST

SPECIAL POINTS OF INTEREST:

- SUMMER SWIMMING LESSONS
- WHAT MOTIVATES YOU?
- 2010 BIGGEST LOSER WINNER
- 4 TIPS FOR STAYING HYDRATED



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“Git ‘Er Done Girls”

Almost every afternoon the Wellness Center becomes a little more joyful when the "Git 'Er Done Girls" from Kiowa, Kansas, arrive. This active group of women began coming to the Wellness Center about three years ago to get their blood pumping.

Originally, these "Git 'Er Done Girls" exercised outside on South Barber's track, but as the group expanded and harsh winter conditions arrived, they decided to give the Wellness Center a try. Now, this eleven member group of gals comes to the Wellness Center three days a week performing at least one hour of exercise. Mary Terwort, a Git 'Er Done girl, said that when she has completed a workout and is tired, she always seems to have more energy when she gets home to accomplish things around the house. She also explained that through exercise and eating better, she has seen her triglycerides and cholesterol levels lowering.



“Git’Er Done Girls showing off their muscles!!!
Back Row (L to R): Lesle Curfman, Brenda Odell, Vickie Gollither.
Front Row (L to R): Bea Thurman, Deana Mott, Mary Terwort

years old, and they have fun in the gym and out around in town. Through exercise, these women have learned how to motivate one another and enjoy life. Since the "Git 'Er Done Girls" began, they have always celebrated birthdays and holidays, however this year every lady in the group was to choose one place she would like to visit for a

This special group of women range from 50-80 years old, and they have fun in the gym and out around in town.

eat, shop, and experience the culture. Through the years these women have grown socially and supportively. Terwort stated, "I love the camaraderie and support we all give each other." They are there for one another through exercise, eating temptations, family matters, and even bragging rights.

Also this year these women started a friendly competition aimed toward weight loss. Each week these girls "get it done" by weighing-in, keeping a log book, and counting quarters. When a member gains a pound, she is responsible for putting a quarter in the weekly pot. If a member loses a pound she must take a quarter out of the pot and enjoy bragging rights for the week. Brenda Odell, another proud member of the group, hopes this new, friendly competition will help her overall attitude, and help her firm up, and lose weight.

By simply wanting to get their blood pumping, these Kiowa ladies are accomplishing much more for themselves than just better health; they are also having a little fun with exercise and friendship.

This special group of women ranges from 50 to 80

day trip. The whole group would then go to this place to

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Whether you think you can or think you can't- you are right.

~Henry Ford



Notes from the Director



Shawna Bivin
 Wellness Center
 Director

Greetings wellness community! Welcome once again to our newsletter. We hope you enjoy each article that is included in our summer edition. Our hours of operation will remain the same for the summer; our only closing will be Independence Day.

We will still be offering Pilate's classes and body conditioning classes, as well as swimming lessons. Kaylen Kirby is back once again to teach, and her first swimming lesson session begins June 9th, so get your kids signed up today!

We also have a new personal trainer and a familiar face. Julie Fechner recently completed her Personal Training Certification and is now taking appointments. Read more about Julie on page 2 in the newsletter.

I want to give a shout out to one of our members, Randy Novotny.

Randy lost nearly 30 pounds to win our Biggest Loser contest this spring. Congratulations Randy!

I hope you enjoy the inspiring story about a special group of ladies from Kiowa along with other motivating stories and helpful tips we have included in this newsletter. As always please let us know if there is anything we can do to enhance your daily experience at the Wellness Center. Thanks for making us a part of your life. We're here for you this summer!

~Shawna Bivin



Summer Swimming Lesson Schedule 2010

Join Certified Lifeguard Kaylen Kirby this summer for her Indoor Swimming Lessons held at J.R. Holder Wellness Center.

Kaylen will host several session during the hot summer months of June and July with different times and dates for you and your child. Private sessions may also be scheduled. Get Registered Today!!!

For more information please contact the Wellness Center at 580-327-8100 or Kaylen Kirby 580-984-9011.

June Swimming Lesson Schedule

Session 1
 June 9th-12th

Session 2
 June 15th-18th

Session 3
 June 21st-24th

Session 4
 June 27th-30th

Times & Age Groups

9:00-9:50 A.M.
 4-5 Year Olds

10:00-10:50 A.M.
 6-7 Year Olds

11:00-11:50 A.M.
 8-12 Year Olds

Cost
Per Session
\$50.00

2010 Biggest Loser Winner

Northwestern's own Randy Novotny was named this year's winner for the Biggest Loser Challenge. Randy works for the University as an Academic Advisor with the Upward Bound Program. Like so many of us do after the holiday season, Randy decided his New Year's resolution would be to try and shed a few pounds. Randy first heard of our Biggest Loser Challenge after he returned to campus from Christmas Break. The Wellness Center sent out a mass email to all students, faculty and staff. Randy figured that a team competition was just what he needed to give him that extra drive to accomplish his weight loss goals.



Randy Novotny accepts his prize at the Biggest Loser awards ceremony.

that this machine was a great calorie burner, and helped his knees. His least favorite exercise machine was the elliptical trainer; he said it didn't feel natural to him when he used it.

The Biggest Loser Challenge motivated Randy to go to the gym for himself and his teammates. The Challenge also helped him establish a workout routine to follow on a daily/weekly basis so that he can continue his weight loss in the future. Even though the challenge is over, Randy is still exercising and watching what he eats. His next goal is to lose an additional 20 pounds to make his total weight loss 50 pounds!

Throughout the challenge Randy was determined that he would attain his goal of losing weight, and he did! After 10 Weeks of tough competition, Randy lost 11.38% of his initial starting body weight which is equivalent to 29.4 lbs!

intake from about 3,000 calories daily to about 1,200 calories. "I tried to stay away from fried foods, fast food, and snack foods. I did still have a day in the week where I would order a pizza or eat a frozen pizza, but I would not eat the entire pizza in one setting like I use to," Randy stated.

"The Wellness Center staff is very proud of Randy! It was so nice to see an employee of Northwestern win this year's Biggest Loser Challenge. Randy dedicated a lot of his time to working out and watching what he ate, and it paid off *big* for him," says Lendi Gourley, Assistant Director of the Wellness Center.

Randy began the competition by eliminating pop; he worked out religiously five days a week in the Wellness Center for one hour; and he reduced his caloric

By making a habit of coming to the Wellness Center, Randy discovered his favorite exercise...the stationary upright bikes. He felt



MEET OUR STAFF



**Julie Fechner
Certified Personal**

It's not who you are that holds you back, it's who you think you're not.
~Author Unknown

Please help J.R. Holder Wellness Center welcome our newest addition to the personal training staff, Julie Fechner. Julie has a rich background in health. Before her family moved to Alva, Julie worked at St. John Medical Center where she had experience in labor & delivery, newborn nursery, and surgical prep.

Julie has always lived an active lifestyle through sports and exercise and feels much better about herself when she is exercising.

Since Julie's eight year old son is getting involved in his own activities, Julie decided to pursue her personal training certification. Already licensed in pilates, Julie said, "I guess the nurse in me has a strong desire to help other people, and since I am not working in a hospital anymore, I can help people this way."

Julie exercises 4-5 times a week, eats healthy, and enjoys working in her yard. All of these activities make Julie feel better, sleep better, and feel much happier.

Exercise can be performed anywhere, and with Julie's personal training certification she enjoys introducing exercise into others lives and watching them see the benefit.

For more information on prices and setting up a session with Julie, please contact her at home 327-2732, cell 918-521-5374, or by email jfechner@cneconnet.com





4 Tips for Staying Hydrated

By: Leah Greenbaum of The Lifescript Staff

Keeping your body hydrated is crucial, especially in the summer. As a bonus, drinking at least eight, 8-ounce glasses of water a day actually speeds metabolic rates, which aids in weight loss, according to a study published by the German magazine Men's Health. If you're not much of a water drinker, here are a few tips for getting your daily dose without even noticing.

1. **Make Popsicles.** You can use lightly flavored water like Propel or Vitamin Water, or go for a full-fledged fruity popsicles.
2. **Dress your Water.** We decorate cocktails with funky straws and umbrellas, so why not water? Place a piece of strawberry or lemon into each compartment of an ice tray and freeze...Voila!
3. **Crush or Shave your Ice.** On a hot day a cup of ice will be a refreshing treat.
4. **Invest in a Reusable Water Bottle.** An eco-friendly water container will save you money that would've otherwise gone to potentially harmful plastic bottles. Make sure it's easy to drink out of, otherwise you won't use it as often.



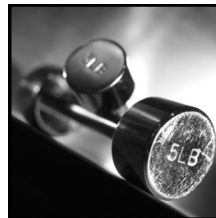
Define your Shoulder Muscles

By: Jorge Cruise, Chief Diet and Fitness Expert, Lifescript Staff

Sleek, sharp shoulder muscles instantly marks you as a sporty, sexy woman. Here's an exercise to help build those impressive muscles – the lateral deltoids.

Step 1: Hold a pair of dumbbells, and stand with your feet slightly

apart and knees slightly bent. Keep your back straight, abs tight and chin up.



Step 2: Extend the weights up and

together directly over your head, palms facing forward.

Step 3: Feather your

breathing as you lower the weights down through a count of 10 seconds. Hold for 2 seconds at the maximum tension point (chin level).

Step 4: Press the dumbbells up to the starting point through a count of 10 seconds.

Step 5: Repeat three times without resting.



I am not a has-been. I am a will be.

~Lauren Bacall



J.R. Holder Wellness Center will be closed Sunday, July 4th in observance for Independence Day.



What Motivates You?

What motivates you to come in regularly to the Wellness Center?



Nicki Chaffee, Registered Nurse, Share Medical Center

The Wellness Center saved my life! In September of 2007, I became seriously ill with pancreatitis and was hospitalized for 9 days. I was in excruciating pain and my cholesterol

and triglycerides were dangerously high because of poor dietary habits. I prayed that, if I survived, I would change my life.

When Dr. Self released me for activity, my good friend's, Liz Smith and Charlotte Hadwiger, convinced me to come to an early morning spin class. I will never forget the pain. I did not finish the class because I was sore and exhausted, but, I was HOOKED. It was not long after that, I started riding my bike. I rode out in the country to Grimes Bridge and back. It was almost a religious experience to be able to ride that far. I even rode to Avard, but I had Arden pick me up because of some aggressive dogs.

I am very protective of my time spent at the Wellness Center. My daughters, Marisa and Miranda are both very active young mothers. They keep me motivated. Marisa just did a marathon in Dallas last weekend. Miranda keeps active walking the trail in Laverne. My husband, Arden, is passionate about healthy eating and being active, and he has been my biggest cheerleader.

Other motivation comes from two young grandchildren Theron is 16 month old and he weighs about 25 lbs. Bristol is 9 months old and weighs 19 lbs. Caring for them involves lifting, carrying, leaping, squatting, and running. The combined weight of a child in an infant seat can be as much as 50 pounds, and holding the seat is awkward. This should be an Olympic event!!!

The challenges at the Wellness Center are thrilling; it seems to me, as we get older, many physical challenges come in the form of disability and disease. It is fun to have a positive challenge. Our triathlon team "the Cougars"- Jan Eden, Denise Reed and I- recently came in second place at the fall triathlon held at NWOSU.

Lendi and Shawna work hard to think of fun and competitive ways to keep working out interesting, and I will admit, there are things I would have not tried if it had not been for the challenges.

Eleanor Roosevelt said, "Do one thing every day that scares you". I try to live life this way. It keeps things interesting and it helps build confidence.

*Never mistake motion for action.
~Ernest Hemingway*



What motivates you to exercise?

I sat in complete disbelief as the cardiologist spoke, "The tests show that your arteries are 99% blocked. You are scheduled for heart surgery in just a few short hours." The day was April 1, 2009 and I hoped it might be an elaborate April Fool's joke. Maybe I was being "Punked" by a team of medical professionals, but it wasn't really all that humorous. I started an exercise program a few weeks after I had heart by-pass surgery.

Like many people, I exercised off and on. Like many people, I thought I was too busy to exercise regularly or to watch what I ate or even to manage stress effectively. Now I am really enjoying being able to exercise at the Wellness Center for several reasons. First, it is a fantastic facility with every piece of equipment imaginable. Second, the staff are trained to help you with anything you might have questions about such as how to use a machine or get a locker. They are so friendly and excited about having people come in to exercise. And last but not least, it is really nice to be able to exercise in a social setting. People encourage one another to be there and that means so much especially on the days when you aren't too motivated.

I try to go to the Wellness Center every day at lunch time and I jog outside on weekends when it's nice. My favorite thing to do is to jog around the indoor track and I try to go about 50 or 60 laps. Then my wife and I come up in the evening and walk and lift some weights.



Dr. Mark Davis, Professor of Psychology, Northwestern

My least favorite thing to do is sit-ups on the incline board. To me doing sit-ups is like eating brussel spouts-it's good for you but it's not that delicious. I do like lifting the weights, because the weights can be set at any level very quickly and it's easy to just go down the row from machine to machine if you want. At first I was a little intimidated, but the staff came over and showed me how to use the machines I was not familiar with.

Some the latest research has made a clear connection between having a healthy heart and brain functioning.

What's good for your heart is also good for your brain.

Exercise causes new blood supplies to grow in your brain-plus exercise releases a chemical known as Brain Derived Neurotrophic Factor or BDNF which is like "miracle-gro" for your brain. After as little as 30 minutes of exercise, the human brain is ready to learn at a very high level of effectiveness.

I can't say enough about the Wellness Center as a place to get in shape or to recover from heart surgery. We are so fortunate to have this really nice facility in our community.



*I have discovered that patience is not the ability to wait, but the ability to keep a good attitude while waiting.
~Joyce Meyer*

Southwestern Beef and Bean Burger Wraps

Kids and adults alike will love these quick, zippy burgers. The beans make the burgers a little fragile, so be careful when taking them off the broiler pan.

Make it a meal: Toss a green salad with Cilantro-Lime Vinaigrette and serve frozen mango slices for dessert.

Ingredients

- 12 ounces 93%-lean ground beef
- 1 cup refried beans
- 1/2 cup chopped fresh cilantro
- 1 tablespoon chopped pickled jalapenos
- 1 avocado peeled and pitted
- 1/2 cup prepared salsa
- 1/8 teaspoon garlic powder
- 4 whole-wheat tortillas warmed (see Tip)
- 2 cups shredded romaine lettuce
- 1/2 cup shredded pepper jack cheese
- 1 lime cut into 4 wedges

Directions

Position oven rack in upper third of oven; preheat broiler. Coat a broiler pan with cooking spray.

Gently combine ground beef, beans, cilantro and jalapenos in a medium bowl (do not over mix). Shape into four 5-by-2-inch oblong patties and place on the prepared pan.

Broil the patties until an instant-read thermometer inserted into the center reads 165°F, 12 to 14 minutes.

Meanwhile, mash together avocado, salsa and garlic powder in a small bowl.

Place tortillas on a clean work surface. Spread each with the guacamole, then sprinkle with lettuce and cheese. Top each with a burger and roll into a wrap. Serve immediately, with lime wedges.



Recipe courtesy EatingWell.com

Prep Time: 25 min

Serves: 4 servings

To warm tortillas: Wrap in foil; bake at 300°F until steaming, about 5 minutes. Or wrap in barely damp paper towels and microwave on High for 30 to 45 seconds.

No Sun? No Problem!....

Have an Indoor Swim Party with Us!

Indoor swim parties are a fun and easy way to celebrate any occasion (birthday parties, scout functions, Little League celebrations, church groups, field trips). Private use of the facility with our certified lifeguards helps you put on a popular and exciting party. Call to reserve your date and get more information on our pool parties at (580) 327-8100.

Pool parties can only be held on Saturdays after 3:00 P.M. and Sundays before 4:00 P.M.

Cost is \$50.00 per hour and this includes a lifeguard. Must have no more than 15 persons per lifeguard. Extra lifeguards are \$10.00 per hour.

Give the Gift of Health

Don't forget J.R. Holder Wellness Center offers Gift Certificates for all of our services.

- **Massages**
- **Pool Parties**
- **Memberships**
- **Personal Training Packages**

J.R. Holder Wellness Center



Dr. Yvonne Carmichael Aquatic Center

Hours of Operation

(Monday-Friday)

6:00 A.M. - 9:00 P.M.

(Saturday)

9:00 A.M. - 3:00 P.M.

(Sunday)

4:00 P.M. - 8:00 P.M.

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www.nwsu.edu/wellness-center

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