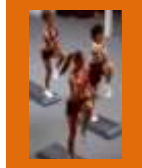
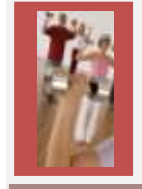


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ISSUE 1

VOLUME 2

YEAR 2010

# “Wellness Matters” KCC

*Ketcham Community Center,  
It is more than a membership; it is where you  
shape your lifestyle!*

***A new Fitness Class Lineup is on the way! Check out the new classes and offerings. Wellness matters, so take action to be active. KCC can help!***

Join us at [www.ncmissouri.edu](http://www.ncmissouri.edu)

SERVICES tab under PARTNERS

Direct link: [Ketcham Community Center](#)

## Helping you achieve your Wellness goals

At KCC we are promoting **Wellness** by offering *YOU* a chance to track your fitness. The **100 Mile Club** is available to all Members and students.

Participants in the **100 Mile Club** keep track of how far they walk, run, or bike on worksheets kept in the Cardio Room at the KCC, and results are tallied by KCC Fitness Director Lisa Schilling. When 100 miles are logged, participants receive a certificate of achievement. The goal

of the 100 Mile Club is to promote exercise through accountability and friendly competition with peers. KCC members may start at *ANY* time.

Totals for the 2009-2010 season, that started August 1<sup>st</sup> 2009, will now be recorded on a plaque at the KCC. All *new* totals will be logged for this season ending August 1<sup>st</sup> 2011. Challenge yourself *or* someone you know to get moving this season!



Visit our weight room! Stop by and see Lisa for a **FREE** equipment demonstration or to help you create your own personal plan.



## 100 Mile Club

**Members of the 100 Mile Club for 2009-10 were:** Neil Nuttall (2,200 miles); Lila Neil (2,000 miles); Butch Neil (1,000 miles); Molly Long (700 miles) Sue Chenoweth and Twila Tillman (600 miles); and Larry Huttstutter (400 miles); Betty Baugher and Scott Long (300 miles); Alan Barnett, Lyle Kirk, Margie Lovett, Julia McIntyre, and Vicki Weaver (200 miles); and Donna Christy, Doug Franklin, Nicole Franklin, Shirley Gondringer, Johann Kirk, Sharon Lovell, Michelle Lovett, Jim Norris, Wendy Shuler, Cathie Smith, Barbara Spencer, Linda Stevens, and Jeanie Whitney (100 miles).

# AUGUST Fitness Class Calendar

ChicoMetrics 5:30-6:30AM	ChicoMetrics 5:30-6:30AM	ChicoMetrics 5:30-6:30AM	ChicoMetrics 5:30-6:30AM	ChicoMetrics 5:30-6:30AM
<b>**Arthritis Foundation Exercise Program 11:00-11:50</b>  30 Minute Lunch Crunch Circuit Training <b>12:05-12:35</b>  Practical Yoga <b>3:30-4:25</b>  <b>**30 Minute ACES(chair) 4:30-5:00</b>  <b>**PraiseDance ACES 5:15-6:00</b>	<b>**Yoga-Stretch ACES(chair) 11:00-11:40</b>          Boot Camp (Indoor-Outdoor) <b>5:00-6:15</b>	S.T.A.R. & B.E.A.M. Tai Chi <b>10:00-10:45</b>  <b>**Arthritis Foundation Exercise Program 11:00-11:50</b>  30 Minute Lunch Crunch Circuit Training <b>12:05-12:35</b>  Practical Yoga <b>3:30-4:25</b>  <b>**30 Minute ACES(chair) 4:30-5:00</b>  Cardio Step & Strengthen Aerobics <b>5:10-6:00</b>	<b>**Yoga-Stretch ACES (chair) 11:00-11:40</b>          Boot Camp (Indoor-Outdoor) <b>5:00-6:15</b>	<i><b>*Please Note: each class must have 2 participants to meet.</b></i>

**\*\*ACES= Active Chair Exercise Sequence**

**(All Classes are subject to change by the month)**

**Mark your calendar: Marci Horner will be teaching a ZUMBA master class on August 30<sup>th</sup> at 6pm (class is open to anyone with a fitness card)**

**Fitness Card System:** (Attend any class at any time-card is punched at each class attended.)

- **Card of 12 classes FREE for members (annually)**
- **Card of 6 additional sessions \$10 for members and \$25 for non-members**
- **Card of 12 additional sessions \$15 for members and \$45 for non-members**

## North Central Missouri College & KCC: Where Lifetime Learners Emerge!



We're on **facebook**  
and **twitter**

**Check us out and become a fan!**

**Special deals and offers will be made available to KCC "fans"**

**Facebook - Ketcham Community Center**

**Also check out the NCMC Barton Farm Campus Facebook page**

**Facebook - NCMC Barton Farm Campus**

### Plan your Birthday Party at the KCC!

**A two hour party using the meeting room  
and half gym is only \$45.**

**We set-up and clean- up, you have fun.**

Great for Sports Themed Parties and more  
**Play dodgeball, kickball, basketball, volleyball, or many  
other fun gym activities even have a dance!**

Book your party **today** before your date is taken

For those who need more accountability, we now offer:

**30 minute, Private Fitness Sessions,**

Sessions are only \$10 each or 6 for \$50.

How much do you spend on eating out? Swap your priorities for three weeks and commit to six solid personal sessions. You will be surprised how much benefit you can get from one on one attention. Your results will be even better when you pack a healthy lunch instead of grabbing some take out! Try it this month.

### Offerings Free To Members

**Fitness Testing and Tracking:**

- Sit and Reach Flexibility Testing
- Cardio Step Test
- Cardio Endurance Tracking
- Resistance Training Tracking
- 100 Mile Club
- Personal fitness equipment instruction
- Health and Fitness Consultation
- Customized Resistance Training and Cardiovascular Programs
- Blood Pressure Screenings
- Audio Book & Exercise Video Check-Out
- Lap Counter Check-Out
- Tennis Court Use & Equipment Check-Out
- 12 punch Fitness Card



# Getting more from your workout time

*Work, family, school, home...and exercise, how do I fit it all in?*

We all know that being healthy and fit is important. The challenge is finding time to do all the things we *think* we need to do to be healthy. It can be exhausting before we even get started!

It doesn't have to be so overwhelming if you are willing to break it down. Begin by focusing your attention on what you **want to achieve**, not all the things you are **trying to avoid**. This will set you in the right frame of mind for success. Then you must determine what goal is most important to you.

- Eating healthier
- Adding more activity
- Losing weight
- Improving health
- Toning muscles

Now that you understand your *why*, you must make that **WHY** big enough and worth enough for you to *want* to change your habits & lifestyle.

That's it, that's the key. Bottom line, you have to *want* the goal bad *enough* that you will look for ways to get it accomplished.

After you have

established the why, you are ready to create a plan. Number one **you have time**, it's what are you willing to give up to use your time in a different way? For some it is sleep, for others it may be TV or other activities.

Create the desire, and your ideas will develop. At KCC there is a personal trainer on staff, just waiting to help you figure out a way to "fit it all in." So make a commitment to yourself, you are worth it!

**A wise man once said,  
"A man makes time for what a man wants to make time for."**

"It's important to *know the difference* between a **health/fitness program** and a **wellness lifestyle**.

**One pulls you out of your world, whilst the other makes your world more complete.**

Wellness is about consistently optimizing your entire lifestyle to meet ALL your life goals, not just ~Noel Lyons



### **RADICAL THOUGHT:**

When you don't take time for your personal health, you are being very selfish. In the long run, if your health deteriorates, others will bear the burden and stress of caring for you!

Make taking care of your health and fitness a **priority**, not be thin or just to look better, but because you **DESERVE** it!

## *North Central Missouri College* **Ketcham Community Center**

**Emerge... It's All In You!**

1301 Main Street  
Trenton, MO 64683  
660-359-3948 x1450 or x1457

### **Get on our E-Mail list!**

Receive our *newsletter*, my *weekly articles* and other *special offers*.

Just email: [lschilling@mail.ncmissouri.edu](mailto:lschilling@mail.ncmissouri.edu)

**NO Investment, No Return**

**CHOOSE TO INVEST IN YOUR HEALTH, WELLNESS AND FITNESS AND YOU WILL YIELD THE DIVIDENDS!**

**Choose to Invest Daily!**

[www.ncmissouri.edu](http://www.ncmissouri.edu)

### **KCC Fitness Classes (pm unless noted)**

Call for descriptions and details!

ChicoMetrics™	M-F 5:30 am to 6:30am
Arthritis Foundation Exercise Program	T&Th 11:00am to 11:45
Yoga Stretch ACES	M&W 11:00am to 11:45
Practical Yoga	M&W 3:30pm-4:25
30 Min. ACES	M&W 4:30 to 5:00
Boot Camp	T&Th 5:00 to 6:15
PraiseDance ACES	M 5:15 to 6:00
30 Minute Lunch Crunch	M&W 12:05pm-12:35
Cardio Step & Strengthen	W 5:15 to 6:00
Zumba	M – August 30 <sup>th</sup> 6:00pm

(Must have 2 participants for a class to meet)

E-Shortcut: [Fitness Classes](#)

(Notice: These are not 8-Week Sessions. Classes are fluid and subject to change, additions or cancellations based on the availability of the room or instructor. Notice of changes will be posted on the website.)