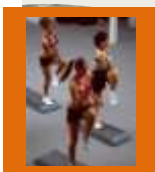
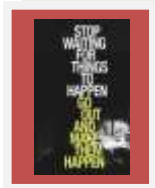


□ C-FIT WELLNESS PLANNING COURSE 1



□ KCC FITNESS CALENDAR 2



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ISSUE 3 | VOLUME 2 | YEAR 2011

# “Wellness Matters” KCC

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

*We have a new Fitness Class Lineup! pg 2*

*Check out the new classes and offerings.  
Wellness matters, take action to be active.*

Join us at [www.ncmissouri.edu](http://www.ncmissouri.edu)  
SERVICES tab under PARTNERS

Direct link: [Ketcham Community Center](#)

## KCC, helping *you* build *your* Wellness Lifestyle

**C-FIT Wellness Planning Course**  
This course is designed to teach participants practical ways of incorporating **smart** exercise and **smart** nutrition as part of their lifestyle.

The focus will be on learning to train **smarter**, not harder.  
(Sustainable-Meaningful-Action-Realistically-Targeted)

The C-FIT Course consists of

six, thirty minute modules, taught two per session. At the end of the 3-Week Course participants will have created a personal wellness plan.

The Course is held on Monday evenings from 5:00 to 6:00, there is an optional Body Composition Analysis from 4:30 -5:00.

Remember to make time for your self-care and improvement!



Make KCC part of your day!  
*Scheduling time for exercise  
doubles your chances of  
following through.*



- **January 31<sup>st</sup>:**  
**Module 1** (Thought Shifting) & **Module 2** (Lifestyle Shifting)
- **February 7<sup>th</sup>:**  
**Module 3** (Cardiovascular Exercise) & **Module 4** (Weight Bearing Exercise)
- **February 14<sup>th</sup>**
- **Module 5** (Nutrition) & **Module 6** (Planning Summary)

# KCC Fitness Class Calendar

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><u>The Tai Chi Circle-Group Practice</u> (<i>Everyone Welcome-Free</i>) <b>10:00-10:45</b></p> <p><b>**Arthritis Foundation Exercise Program</b> <b>11:00-11:50</b></p> <p><b>**30 Minute ACES(chair)</b> <b>3:30-4:00</b></p> <p><u>Practical Yoga</u> <b>3:30-4:25</b></p> <p>C-FIT Wellness Planning Course <b>5:00-6:00</b></p> <p><b>ZUMBA</b> <b>6:00-7:00</b></p>	<p><u>Cardio Step &amp; Strengthen</u> <b>10:00-10:45</b></p> <p><b>**Yoga-Stretch ACES(chair)</b> <b>11:00-11:40</b></p> <p>Personal Fitness <b>2:00-2:55</b></p> <p>Boot Camp (Indoor-Outdoor) <b>5:00-6:15</b></p>	<p><u>The Tai Chi Circle-Group Practice</u> (<i>Everyone Welcome-Free</i>) <b>10:00-10:45</b></p> <p><b>**Arthritis Foundation Exercise Program</b> <b>11:00-11:50</b></p> <p><b>**30 Minute ACES(chair)</b> <b>3:30-4:00</b></p> <p><u>Practical Yoga</u> <b>3:30-4:25</b></p> <p><b>ZUMBA</b> <b>6:00-7:00</b></p>	<p><u>Cardio Step &amp; Strengthen</u> <b>10:00-10:45</b></p> <p><b>**Yoga-Stretch ACES (chair)</b> <b>11:00-11:40</b></p> <p>Personal Fitness <b>2:00-2:55</b></p> <p>Boot Camp (Indoor-Outdoor) <b>5:00-6:15</b></p>	<p><i>*Please Note: each class must have 2 participants to meet.</i></p>

**\*\*ACES= Active Chair Exercise Sequence** (All Classes are subject to change by the month)  
**~You may join Fitness Classes at any time~**

**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.

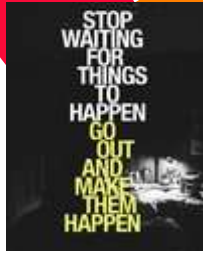
How much do you spend on eating out? Swap your priorities for three weeks and commit to six solid personal sessions.

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



# Building a Bridge to Your Goals

## The 10 Foundational Blocks of Wellness

“You possess the tools you need to get where you want to go.”

Lisa Schilling RN, CPT

If where you are now seems far from where you want to be, it is time to **build a bridge** to reach your goals. Creating a healthy lifestyle is a life-long journey. Most chronic dieters share a common thought process. They understand that the **need** to lose weight and would *like* to, but on some levels they are comfortable with their bodies.

Enjoyment of personal habits and the pleasure gained from the weight-causing behaviors keep them in **bondage** to them. It is often more comfortable living life at that level than going through the struggles and hard work of trying to shed weight or become more fit. Not to mention the **guilt and shame** that can result if goals are not met.

You have two choices. You can remain where you are, a place of relative comfort, or you can aspire toward your goal. The problem being, there is no **EASY bridge** from your comfort zone to your ultimate goal. You must determine if it is **WORTH** the hard work to reach your goal, or if you are comfortable **ENOUGH** with where you are right now.

You need to realize what you have control over and what you don't. Use **what you can control** to offset **what you cannot**. By building a bridge of smart food choices, exercise discipline, personal relaxation/de-

stressing and **working smarter, not harder**, you can meet goals without being worn down on the journey.

When you make small doable changes and succeed you will be motivated to do more. Your trip across the bridge can be more comfortable when you utilize the tools you have learned.

Use them to help you deal with the uncomfortable feelings associated with changes in lifestyle. So—get started! Evaluate, plan, execute and build a bridge that will result in the **fulfillment of your total health goals**.

“Remember life is a *journey* and we were designed to benefit from the trip not just the final destination.”

1. **Fuel** your body with nutrition daily.
2. **Move** your body with purpose and intention daily. (Elevate your heart rate; build your muscles and stretch).
3. Make time to **relax** and recharge.
4. Manage your **stressors**. Refuse to be over-stressed. Let it go...
5. Drink enough **water**.
6. Get adequate quality **sleep**, daily.
7. Brush and floss your **teeth** (fight inflammation).
8. **Gratitude!** Take time to reflect and be grateful daily.
9. Build healthy **relationships** with others.
10. Lighten up, laugh and have a positive **attitude**.

## 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!

**Cardio Step & Tone T&Th 10:00am to 10:55**

Arthritis Foundation Exercise Program

**T&Th 11:00am to 11:45**

**Boot Camp**

**T&Th 5:00 to 5:55**

Yoga Stretch ACES (Chair)

**M&W 11:00am to 11:45**

Practical Yoga

**M&W 3:30-4:25**

30 Min. ACES (chair)

**M&W 12:00-12:30**

Tai Chi Circle (free)

**M&W 10:00am to 10:45**

ZUMBA

**M&W 6:00 to 7:00**

(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.)