

☐ LUNCH & LEARN FRIDAYS 1

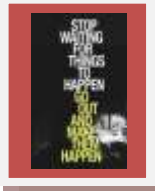
ISSUE 2

VOLUME 2

YEAR 2010



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“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
SERVICES tab under PARTNERS
Direct link: [Ketcham Community Center](#)

KCC, Helping *you* achieve *your* Wellness Goals

Friday Lunch & Learns
Cross Hall Coffee Shop Fridays
(11:30-11:50) October Dates

FREE Wellness Offerings:
Open to the public.
Eat in or brown bag it!

1st Stress-Managing what’s bugging you.

8th Feedback and accountability, using fitness tools.

15th Meal planning for a healthier lifestyle.

22nd Practical way to increase functional health.

29th Enjoying where you are on the way to where you are going.



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



Zumba is back!



New starting in October! Monday & Wednesday 6:30-7:30PM

Amanda Lake (Certified Instructor)

Zumba combines Latin and Salsa dance moves into a high energy, calorie burning class. **Ditch the workout and join the party!** Pace yourself or go the limit. Improve your cardiovascular and muscular strength and endurance. This is a one-stop way to have fun while you get fit – and it’s suitable for most levels of fitness.

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>) 10:00-10:45</p> <p>**Arthritis Foundation Exercise Program 11:00-11:50</p> <p><u>Practical Yoga</u> 3:30-4:25</p> <p>ZUMBA 6:30-7:30</p>	<p>**Yoga-Stretch ACES(chair) 11:00-11:40</p> <p>**30 Minute ACES(chair) 3:30-4:00</p> <p>Boot Camp (Indoor-Outdoor) 5:00-6:15</p>	<p><u>The Tai Chi Circle-Group Practice</u> (<i>Everyone Welcome-Free</i>) 10:00-10:45</p> <p>**Arthritis Foundation Exercise Program 11:00-11:50</p> <p><u>Practical Yoga</u> 3:30-4:25</p> <p>ZUMBA 6:30-7:30</p>	<p>**Yoga-Stretch ACES (chair) 11:00-11:40</p> <p>**30 Minute ACES(chair) 3:30-4:00</p> <p>Boot Camp (Indoor-Outdoor) 5:00-6:15</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)

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



Lisa Schilling RN, CPT

As a nurse and certified personal trainer, I work with people who want to improve their overall health, fitness and wellness. That begs the question, what is “wellness” anyway? Is it merely the absence of sickness? The dictionary states that it is physical well-being, especially when maintained or achieved through good diet and regular exercise. I would go even further by including not only physical wellbeing but *mental* as well. Our lives are not only influenced by how we feel physically, but mentally, and emotionally as well. The “inner life” (mental) is often

Building a Strong Foundation

“There is so much to think about, how do I keep it all in order?”

manifested in the “outer life” (physical). I believe to affect someone’s overall wellness you must address them holistically as a unique person with very individual needs. As I sit down to talk with people about improving their “**wellness**” (how they look and feel) most want to start out with a bang, even when in the end their efforts end up just *shot!* A **REAL commitment** to healthy habits for the sake of feeling better and finding true contentment is a key to wellness. For those who are **ready** to take the plunge into wellness, building

your foundation is not a mystery. It is simple basic and maybe, a little boring. These are not radical concepts. But practiced over time, they can add **quality** and **quantity** to your life. Simple, boring and doable; build your foundation in wellness and then you can show off the results of your efforts—feeling good on the inside and out. That is something we all can strive for. Begin to add more health to your **lifestyle** by making small changes that will last the test of time. Good luck creating your strong foundation!

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

The 10 Foundational Blocks of Wellness

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

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

KCC Fitness Classes (pm unless noted)

Call for descriptions and details!

Arthritis Foundation Exercise Program

T&Th 11:00am to 11:45

Yoga Stretch ACES (Chair)

M&W 11:00am to 11:45

Practical Yoga

M&W 3:30-4:25

30 Min. ACES (chair)

T&Th 3:30-4:00

Tai Chi Circle (free)

M&W 10:00am to 10:45

ZUMBA

M&W 6:30 to 7:30

Boot Camp

T&Th 5:00 to 5:55

(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.)