

## SWIM LESSONS

Swim lessons are non-refundable and offered to full-time members only.

Register in the office located on the pool deck starting April 8. Fees are \$50 for the first child, \$40 per additional child. For more information, call 615-7640.

### Monday & Wednesday Classes May 6 – May 31

Preschool 3:30 - 4 p.m.  
Level 1 4 - 4:50 p.m.

### Tuesday & Thursday Classes May 7 – May 30

Preschool 3:30 - 4 p.m.  
Level 1 4 - 4:50 p.m.  
Level 3 4 - 4:50 p.m.  
Level 2 5 - 5:50 p.m.  
Level 4 5 - 5:50 p.m.  
Adult 6 - 6:45 p.m.

Lessons will not be held on Monday, May 27.

Interested in Saturday lessons?

Stop in the pool office and talk to a lifeguard about upcoming classes.



Classes are held in Classroom C and are free to HealthPlex members. For more information, contact Kayla Steffan, R.D., at 615-6778 or ksteffan@capefearvalley.com.

**All About Garlic** • Tuesday, April 9 • 5:30 p.m.

Learn about the health benefits of garlic and sample some foods seasoned with garlic!

**Delicious Citrus** • Wednesday, April 17 • 6 p.m.

Add some “zing” to your favorite dishes and desserts with citrus fruits. Recipes will be available.

**Managing Stress With Diet** • Tuesday, April 23 • 5 p.m.

Join the dietitian for an educational session on how to manage your stress with diet. Kayla Steffan, R.D., will talk about the effect our diet has on our physical and mental well-being.

## Citrus Fruits

Oranges, lemons, limes, grapefruits, tangerines, pomelos... These citrus fruits offer a wealth of nutrients, especially vitamin C. They enhance skin and nail health, as well as help flush toxins from the body. Their high fiber and water content aids in weight loss, helping the body feel full after consumption. Citrus fruits also boost one's immune system, lower lipid levels, decrease blood pressure, enhance heart health and normalize blood glucose levels.

There are a few things to know prior to selecting, storing and eating citrus fruits. First, this type of fruit does not continue to ripen once its been plucked off a tree. Avoid fruit with blemishes, tender or rotten spots when making your selection. The stronger and sweeter the smell, the fresher and juicier the fruit will taste. Store the fruit in a well-ventilated basket on the counter or in a mesh bag in the refrigerator. Always talk to your doctor about what fruits you should consume or avoid when taking certain medications. To avoid causing acidity and hindering the digestion of other foods, it is best to eat citrus foods a couple of hours before or after a meal.

Peel and eat them raw, squeeze them straight into a glass or zest them into your favorite recipe...you simply can't go wrong with a citrus fruit!



## Member in the Spotlight: Jerimiah Evans

Tired of his current weight and ready to kick his smoking habit to the curb, Jerimiah Evans, 37, decided to join HealthPlex and change his ways.

Evans started slowly with ten minutes of cardio at a time just over a year ago. Each month he found himself lengthening his workouts and seeing pounds drop off.

Now, Evans is 30 pounds lighter, has lower blood pressure than when we started and is no longer a smoker. He works out five days a week, tracks his calories and eats healthy to maintain his weight loss.

Overall Evans feels so much better and wants to keep up that momentum.

Evans encourages others to start slow, push a little more each week and gradually set new personal goals.

“Always do it for yourself and your family. You are the one that holds the key for success,” says Evan.

“Pushing yourself now will open new doors in the future.”

# HealthPlex of CAPE FEAR VALLEY HEALTH HAPPENINGS

April 2019

www.HealthPlexOnline.com

## Get in Shape... While Cleaning!



Like any physical activity, doing chores burns calories and strengthens muscles. On average, one can easily burn around 125 calories when performing chores for thirty minutes. Increase your caloric burn by using the stairs, carrying items in and out of numerous rooms and taking big steps while performing tasks. Although even the best calorie-burning chores cannot take the place of strenuous exercise, remember that every bit of activity helps!

Along with the physical fitness benefits, there are psychological benefits that can be gained from spring cleaning. Taking pride in a house you cleaned from top to bottom or looking out at a beautiful yard that you landscaped can bring on feelings of self-satisfaction. Living in a tidier and more organized environment can relieve stress, lesson anxiety and improve productivity. Even your quality of sleep can improve by resting on freshly cleaned, allergen-free sheets as a result of your spring cleaning efforts.



There's more to cleaning than what meets the eye. Make the most of your spring cleaning by turning your chores into workouts with the following tips.

- Increase your strength...put a little more muscle into your vacuuming and use your legs, not just your arms and shoulders.
- Increase your pace as you move around the house (listen to music that has a fast tempo to keep you motivated as you clean).
- Tighten your abdominal muscles as you clean.
- Stretch whenever possible, reaching up as high as you can before using a step ladder to enhance your flexibility.
- Perform walking lunges as you move around the house, yard, garden, etc.
- Face forward and twist as you clean dishes, engaging your oblique muscles.
- Squat while doing activities such as pouring fertilizer, using good form.

### Holiday Hours

HealthPlex will be closed on Sunday, April 21 for Easter. Normal operating hours will resume on Monday, April 22.

### Find Us on Social Media

Connect with the HealthPlex on Facebook and Instagram. We post important information and class schedules here so be sure to “Like” us!

### Birthday Smoothie

Get a free smoothie of your choice for your birthday! Stop by the juice bar during your birthday month for this offer (expires six months past your birthday).

### Smoothie Special

Half-priced protein smoothies are available from 6:30-8:30 a.m. and 7-9 p.m. on Tuesdays and Thursdays. Flavors include strawberry, banana, pina colada, peach, mango, chocolate and vanilla.

### Small Group Training (SGT)

Join a Small Group Training session to burn calories, sculpt your muscles and work out in a fun, motivating environment! Sessions cost \$35 for eight workouts.

#### SGT Sessions

Tuesdays and Thursdays  
8:30 to 9:30 a.m. and 6 to 7 p.m.



of CAPE FEAR VALLEY HEALTH  
(910) 615-PLEX (7539)

#### HEALTHPLEX HOURS

Mon. - Thurs., 5 a.m. - 10 p.m.  
Friday, 5 a.m. - 9 p.m.  
Saturday, 7 a.m. - 7 p.m.  
Sunday, 11 a.m. - 6 p.m.

#### PLAY CENTER HOURS

Mon. - Fri., 8 a.m. - 8:15 p.m.  
Saturday, 8:45 a.m. - 1 p.m.  
Sunday, noon - 4 p.m.

# HealthPlex CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM		Bodypump® (FS)	RPM Cycling (CS)	Bodypump® (FS)		
6:00 AM	Zumba® (FS) Sunrise Yoga (MP)	Group Cycling (CS)	Zumba® (FS) Sunrise Yoga (MP)	Group Cycling (CS)	H.E.A.T. (FS)	
7:00 AM	Stretch & Breathe (MP)		Stretch & Breathe (MP)		Stretch & Breathe (MP)	
8:00 AM	Hatha Yoga (MP)		Hatha Yoga (MP)		Hatha Yoga (MP)	Group Cycling (CS)
8:30 AM	Step Challenge (FS) RPM Cycling (CS) Hydro Power (P) Tai Chi For Arthritis (CA)	Bodypump® (FS) Seniors Yoga (MP) Deep Water Fitness (P) Cycle Jam (CS)	Barre Essentials (FS) RPM Cycling (CS) Hydro Power (P) Tai Chi For Arthritis (CA) Barre Essentials (FS)	Bodypump® (FS) Seniors Yoga (MP) Deep Water Fitness (P) Cycle Jam (CS)	Step Challenge (FS) RPM Cycling (CS) Hydro Power (P)	
9:00 AM	Pilates (MP)		Pilates (MP)		Senior Yoga (MP)	Hydro Power (P)
9:15 AM						Bodypump® (FS)
9:30 AM	Cardio Kickboxing (FS) Core Essentials (CA)	RPM Cycling (CS) Core Essentials (CA) Tai Chi (MP)	Dance Fitness (FS) Core Essentials (CA)	RPM Cycling (CS) Core Essentials (CA) Tai Chi (MP)	Zumba (FS)	
10:00 AM	Power Yoga (CA) Hydro Power (P) Chair Aerobics (MP) Senior Strength (G)	Dance Fitness (FS) Hydro Power (P)	Power Yoga (CA) Hydro Power (P) Chair Aerobics (MP) Senior Strength (G)	Dance Fitness (FS) Hydro Power (P)	Chair Aerobics (MP) Hydro Power (P) Senior Strength (G)	
10:30 AM	Cycle Jam (CS) Barre Essentials (FS)		Cycle Jam (CS) R.I.P.P.E.D. (FS)		Barre Essentials (FS)	Zumba®/Dance Fitness (FS)
11:00 AM	Yoga Basics (MP)	Tiny Totz (FS)	Vinyasa Yoga (MP)	Tiny Totz (FS)		
NOON	Hatha Yoga (MP) Body Pump (FS)	Hatha Yoga (MP)	Hatha Yoga (MP) Body Pump (FS)	Hatha Yoga (MP)	Hatha Yoga (MP)	
1:00 PM	Hydro Power (P)		Hydro Power (P)		Hydro Power (P)	
1:15 PM	Bone Builders (MP)		Circuit Basics (FF)		Bone Builders (MP)	
1:30 PM	Bodypump® (FS)					
2:00 PM	Bone Builders (MP)		Stretch & Breathe (MP)		Bone Builders (MP)	
4:15 PM		Bodypump® (FS)		Bodypump® (FS)		
5:00 PM						
5:30 PM	Hydro Power (P) Equipment Masters (FS) Hatha Yoga (MP)	Zumba® (FS)	Hydro Power (P) Equipment Masters (FS) Hatha Yoga (MP)	Dance Fitness (FS)	Hydro Power (P) Zumba (FS) Hatha Yoga (MP)	
5:45 PM	Group Cycling (CS)	Group Cycling (CS)	Group Cycling (CS)	Group Cycling (CS)		
6:30 PM	Bodypump® (FS) Tai Chi (CA)	Dance Fitness (FS)	Bodypump® (FS)	Zumba® (FS)		
7:30 PM				Low Impact Aerobics (FS)		
7:45 PM	Low Impact Aerobics (FS)					

**Location Index:**

CA Classroom A  
FF Fitness Floor

FS Fitness Studio  
SMP Small Multipurpose Room

CS Cycling Studio

G Gymnasium

MP Multipurpose Room

P Pool

**Level Index:**

Beg Beginner

Int Intermediate