

# WARM UP WITH HEALTHY SOUPS

Hearty chowders, classic chicken noodle, French onion, minestrone... All of these bone-warming soups can help take the chill out of the winter air and add protein, vitamins, minerals and fiber to your diet.

All you need to do for a tasty soup is blend and simmer your ingredients in a little stock. It really is that simple! Here are some tricks for boosting the flavor of soup while keeping a low fat and sodium content:

- Discard fat from meat before adding it to your stock pot. Skip the bacon.
- Use low-sodium broths. Replace whole milk and cream with skim milk, non-fat dry milk powder or soy milk.
- Replace sour cream topping with Greek yogurt.
- Add a variety of herbs and spices (pepper, basil, parsley, oregano, garlic, ginger or salt-free seasoning blends) to boost the flavor.
- Use a variety of beans and legumes. Add frozen or leftover veggies, such as spinach, broccoli, corn, celery, carrots and potatoes. Mix in brown rice, barley or whole wheat pasta.

If you've never made soup before, give it a try. You'll be surprised by how easy and fun it is to make your own soup creations!



## MEMBER IN THE SPOTLIGHT | Sheri Lilly



Just one year ago, Sheri Lilly longed for weight loss, but was afraid to work out in public.

"I wouldn't join a gym because I thought everyone would be looking at me," she said.

But Sheri knew she needed to exercise. She already had three family members die from heart attacks. So, she joined HealthPlex.

Sheri now works out three times a week, doing an hour of cardio and 30 minutes of strength training at each

visit. And she doesn't care who's watching; she no longer compares herself to others.

In addition to working out, Sheri also reduced her portion sizes and began cooking healthier meals at home. She limits fried foods and rarely eats fast food. The results are paying off, and her weight is falling off.

When beginning an exercise routine, Sheri advises, "Take a picture of yourself when you start and then every month thereafter," she said. "When you feel like giving up, look at your oldest picture and remind yourself that 'You're worth it!'"

## Swim Lessons

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

Registration for March swim lessons will start at 9 a.m. on Feb. 16 in the office located on the pool deck. Fees are \$50 for the first child, \$40 per additional child.

For more information, call 615-7640.

### MARCH

#### Monday & Wednesday Classes March 2-25

Preschool	3 - 3:30 p.m.
Level 1 & 3	3:30 - 4:15 p.m.
Level 2 & 4	4:15 - 5 p.m.

#### Tuesday & Thursday Classes March 3-26

Adult	11:15 - Noon
Preschool	3 - 3:30 p.m.
Preschool	3:30 - 4 p.m.
Level 1	3:30 - 4:15 p.m.
Level 3	4 - 4:45 p.m.
Level 2	4:15 - 5 p.m.
Level 2 & 4	5 - 5:45 p.m.
Level 1 & 3	5:45 - 6:30 p.m.
Level 5	6:30 - 7:15 p.m.
Adult	7:15 - 8 p.m.

#### Saturday Classes March 7-28 (4 lessons, 1/2 price)

Parent & Tot	10 - 10:30 a.m.
Preschool	10:30 - 11 a.m.
Level 1	11 - 11:45 a.m.
Level 2	11:45 a.m. - 12:30 p.m.
Level 3	12:30 - 1:15 p.m.



# HealthPlex HAPPENINGS

CAPE FEAR VALLEY HealthPlex

www.HealthPlexOnline.com

## Top 5 Workout MISTAKES

### Workout Mistake #1: Exercise In Pain

Working out when you feel pain is the fastest way to develop a serious or persistent injury. Minor aches and pains can easily turn into chronic overuse injuries. If you feel pain during exercise, stop. Rest and look for the cause of the pain. Make some minor adjustments to your equipment or body position to attempt to eliminate the problem.

### Workout Mistake #2: Ignore Medical Conditions

Respect all medical conditions and physical limitations you have and select a workout routine that accommodates them. Talk with your doctor, personal trainer or exercise physiologist about your health issues before establishing a workout program.

### Workout Mistake #3: Keep the Same Workout

In addition to becoming boring, the same-old, same-old workout can lead to overuse injuries and muscle imbalance. Cross-training, which combines endurance and speed training, as well as resistance exercises and yoga are great ways to keep your workouts varied.

### Workout Mistake #4: Work Out Every Day

Rest is an important part of a workout routine for effective training. Scheduling recovery days into your training allows for the rebuilding of muscle tissue and reduction of exercise burnout.

### Workout Mistake #5: Use Improper Form

Using incorrect form while working out reduces the effectiveness of the workout and puts you at a greater risk for injury. Take the time to learn the proper technique of whatever exercise you are about to perform.



### PARENTS' NIGHT OUT Friday, Feb. 13 • 4:30 - 8:30 p.m.

Children ages six weeks to 12 years; \$20 to \$30, depending on child's age. Siblings receive a \$5 discount. Register in the Play Center.

### Valentine's MASSAGE SPECIAL

Give your special Valentine a gift of relaxation during the month of February. Choose from the following massage specials:

Two sixty-minute massages • \$110 (non-members • \$130)

Two ninety-minute massages • \$160 (non-members • \$180)



CAPE FEAR VALLEY  
**HealthPlex**  
For Your Health, For Your Life.™

#### 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. - THURS., 8 A.M. - 8 P.M.  
FRIDAY, 8 A.M. - 7 P.M.  
SATURDAY, 8:45 A.M. - 1 P.M.  
SUNDAY, 12 - 4 P.M.

(910) 615-PLEX (7539)

# HealthPlex CLASS SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM			Bodypump® (FS)		Bodypump® (FS)		
6:00 AM	Group Cycling (CS) Zumba® (FS)	Group Cycling (CS)	Group Cycling (CS)	Group Cycling (CS) Body Combat (FS)	Group Cycling (CS)	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 (FS) Group Cycling (CS) Hydro Power (P)	Bodypump® (FS) Group Cycling (CS) Deep Water Fitness (P) Seniors Yoga (MP)	Bodypump® (FS) Group Cycling (CS)	Interval Training (FS) Group Cycling (CS) Hydro Power (P)	Bodypump® (FS) Group Cycling (CS) Deep Water Fitness (P) Seniors Yoga (MP)	Step (FS) Group Cycling (CS) Hydro Power (P)	
8:45 AM	Senior Strength (G)			Senior Strength (G)		Senior Strength (G)	
9:00 AM	Vinyasa Yoga, Beg. (CA)			Vinyasa Yoga, Beg. (CA)		Senior Yoga (MP) T'ai Chi (MP)	Hydro Power (P) T'ai Chi (MP)
9:15 AM							Bodypump® (FS)
9:30 AM	Zumba Gold® (FS) Core Essentials (MP) Group Cycling (CS)	Group Cycling (CS)	Core Essentials (CA) T'ai Chi (MP)	Zumba® (FS) Core Essentials (MP) Group Cycling (CS)	H.E.A.T. (G) Core Essentials (CA) T'ai Chi (MP)	Zumba® (FS) Group Cycling (CS)	Group Cycling (CS)
10:00 AM	Power Yoga (CA) Chair Aerobics (MP) Splish Splash (P) Senior Strength (G)	Power Yoga (CA) Chair Aerobics (MP) Splish Splash (P) Senior Strength (G)	Dance Fitness (FS) Splish Splash (P)	Power Yoga (CA) Chair Aerobics (MP) Splish Splash (P) Senior Strength (G)	Dance Fitness (FS) Splish Splash (P)	Chair Aerobics (MP) Senior Strength (G)	Deep Water Fitness (P) Beginners' Tai Chi (MP)
10:30 AM	Core Essentials (G)	Core Essentials (G)	HIIT Cycle (CS) Vinyasa Yoga, Int. (CA)	Core Essentials (G)	HIIT Cycle (CS) Vinyasa Yoga, Int. (CA)	Core Essentials (G)	Zumba® (FS) Group Cycling (CS)
10:45 AM	Zumba® (FS)			Zumba® (FS)		Body Combat (FS)	
11:00 AM	Yoga Basics (MP)		Tiny Totz (FS)		Tiny Totz (FS)		
11:30 AM							Core Essentials (FS)
NOON	Hatha Yoga (MP) Bodypump® (FS)		Hatha Yoga (MP)	Hatha Yoga (MP) Bodypump® (FS)	Hatha Yoga (MP)	Hatha Yoga (MP)	
1:00 PM	Dance Fitness (FS)						
1:15 PM		Bone Builders (MP)		Bone Builders (MP)		Bone Builders (MP)	
1:30 PM		Splish Splash (P)		Splish Splash (P)		Splish Splash (P)	
2:00 PM		Bone Builders (MP)		Bone Builders (MP)		Bone Builders (MP)	
2:30 PM	Bodypump® (FS)						
4:00 PM	Zumba® (FS)			Bodypump® (FS)			
4:15 PM	Group Cycling (CS)		Bodypump® (FS)	Bodypump® (FS)	Bodypump® (FS)	Group Cycling (CS)	
5:00 PM	Hatha Yoga (MP) T'ai Chi (CA) Core Essentials (FS)	Hatha Yoga (MP) T'ai Chi (CA) Core Essentials (FS)	Hatha Yoga (MP) T'ai Chi (CA)	Hatha Yoga (MP) T'ai Chi (CA) Core Essentials (FS)	Hatha Yoga (MP) T'ai Chi (CA)	Hatha Yoga (MP)	
5:30 PM	Step Challenge (FS) Hydro Power (P)	Step Challenge (FS) Hydro Power (P)	Dance Fitness (FS) Group Cycling (CS)	Step Challenge (FS) Group Cycling (CS) Hydro Power (P)	Dance Fitness (FS) Group Cycling (CS)	H.E.A.T. (FS) Hydro Power (P)	
6:00 PM	Advanced Hatha Yoga (MP) Group Cycling (CS)	Advanced Hatha Yoga (MP) Group Cycling (CS)	Hatha Yoga (MP) Beginners' T'ai Chi (CA)	Advanced Hatha Yoga (MP)	Hatha Yoga (MP)	Hatha Yoga (MP)	
6:30 PM	Bodypump® (FS) Aqua Zumba (P)	Bodypump® (FS) Aqua Zumba (P)	Group Cycling (CS) Zumba Gold® (FS)	Bodypump® (FS) Aqua Zumba (P) Hatha Yoga (CA)	Group Cycling (CS) Zumba® (FS)	Zumba® (FS)	
7:00 PM							
7:30 PM	Core Essentials (CA)	Core Essentials (CA)	Body Combat (FS)	Core Essentials (FS)	Body Combat (FS)		
7:45 PM		Low Impact Aerobics (FS)					

**Location Index:**

CA Classroom A  
SMP Small Multipurpose Room

FS Fitness Studio

CS Cycling Studio

G Gymnasium

MP Multipurpose Room

P Pool

**Level Index:**

Beg Beginner

Int Intermediate