

Rec Report

Important Dates:

March 13 - \$1 Rec Swim & Extreme Rush

March 20 - \$1 Rec Swim & Aquatica

March 27 - Reading is Recreation

April 6 - 8 Rec Swim

April 9 - Rec Swim & Aquatica

April 10 - \$1 Rec Swim & Extreme Rush

April 12 - Rec Center Closed (Easter)

May 9 - Tactical Strength Challenge

May 12 - Pitch, Hit, Run

May 16 - Kids to Parks Day

May 25 - Rec Center Closed

May 28 - Family Golf Day

June 3 - Track and Field Day

June 10 - Boat Day

June 13 - Kids Fishing Day

June 17 - Golf Activity

June 23 - Safe Kids Day

June 24 - Annual Bear Parkway Weed Pull

Inspirational Quote:

We may have absolutely no control over what happens to us, but we can control how we respond. If we choose the right attitude, we can rise above whatever challenges we face.

-Nick Vujicic

Ideas?

Do you know someone we should highlight or do you have a great resource? Contact April at aprilange@rocketmail.com

Question: How long have you been a patron of the Rec Center?

Answer: I grew up in Evanston so I have been going to the Rec Center since I was a little girl.

Question: What do you participate in at the Rec Center?

Answer: I sometimes attend classes, but mostly use the track and weight room, as well as take in family swimming.

Question: What is your athletic background?

Answer: I have tried to stay fit most of my life, but just in the past year have taken it more seriously.

Question: What challenges have you had to overcome as an athlete?

Answer: I think one of the biggest challenges as an athlete, although I am not sure I consider myself an athlete, is the mental game. Pushing yourself to do things you never thought you could do, knowing when to push yourself and when your body needs to rest. It's easier to compare yourself to others especially at the gym because everyone has different abilities and strengths so it's easy to get discouraged when you see others that are stronger or faster than you. But the main thing I try to focus on is showing up and giving my best to whatever the day brings.

Question: What do you think are the benefits of exercising?

Answer: I work in an elementary school as a counselor and I have seen huge benefits to exercise. The first one is for my own mental health; there are days that the work I do is difficult and sometimes heartbreaking, and I have found that exercise is the healthiest coping skill. There are times eating or other coping skills seem more appealing and definitely easier, but I am mentally stronger and able to give work my best when I am consistently working out. I also have seen the benefits of exercise in children. There is something to be said about exercise and getting your heart pumping no matter your age. We recently got a boxing bag for my room and there are times some of my students just need to get out some energy or aggression. I have run the halls with students, or around our school building, had plank contests with students, wall sit competitions, and it has been a magical thing for many students. I am a firm believer in exercise helping in so many areas of life.

Kira Heflebower



"But the main thing I try to focus on is showing up and giving my best to whatever the day brings."
-Kira

Question: How long have you been a patron of the Rec Center?

Answer: I have been a member ever since I moved my family here in 1985.

Question: What do you participate in at the Rec Center?

Answer: I use the weight room.

Question: I see you here almost every day. What keeps you coming back?

Answer: Exercise helps me stay young. I like the way I look when I am fit and built. Since first being introduced to body building, I have gone from 150# to 230#. Exercise is a stress reliever. It has become my hobby, and this is what I love to do. If I miss a day, I'm mad at myself. It is important to occasionally take time to let the nervous system and body recuperate, though.

Question: You mentioned that nutrition is important. How so?

Answer: When I first started, I didn't eat right and couldn't build muscle properly. Now I eat right with Branch Chain Amino Acids, creatine, protein, and vitamin packs. You need to feed your body properly; otherwise, you are wasting your time.

Robert Reed



"My advice to others is to stay after it. Getting fit doesn't come over night. You also need to eat right."
-Robert

If you have any questions about chiropractic care, fitness, stretching or nutrition, please feel free to come by our office, Davidson Chiropractic Clinic in Evanston and ask for Dr. Stevey Conder.

Cookie Recipe:

Beat the following together:

1 ¼ c. flour
½ c. white sugar
½ c. brown sugar
1 tsp. baking soda
1 tsp. salt
1 tsp vanilla
½ c. margarine
½ c. peanut butter
2 eggs

Mix in the following:

1 c. coconut
3 cups oatmeal
1 bag dark chocolate chips

Using a spoon or ice cream scoop, put cookie sized balls of dough on a cookie sheet and bake at 375 for 10 min. These are delicious frozen, too (and great for energy either before or after exercising).

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Editor's Message

While many people start exercising for physical reasons such as losing weight, trying to build muscle and lose fat, and for cardiovascular or other benefits, it is often the mental and emotional benefits that keep people of all ages coming back. Because exercise releases endorphins, physical activity can leave exercisers feeling energized and emotionally healthier. In fact, a 2017 study in the *Journal of Child and Family Studies* showed that being involved in multiple sports leads to decreased depression symptoms for children suffering from clinical depression. Exercise has mental and physical benefits for all ages!

Expert Advice

What is your area of specialty as a chiropractor? As a chiropractor I focus on neuromuscular disorders by adjusting not only the spine but all joints of the body, which may include shoulders, elbows, wrists, hips, knees, ankles/feet, etc. I also have special training, over 350 hours of Functional Neurology from the Carrick Institute of clinical neuroscience and rehabilitation. Functional Neurology is a brain-based approach to helping improve individuals who suffer from concussion, ADHD, Dyslexia and several other imbalances of the brain. I have another 200 hours of Zhealth training. Zhealth is an applied pain and performance neurology training in health and fitness. Its focus is to improve not only athletes but anyone wanting to increase their health and movement.



Steve Conder
Davidson Chiropractic

How can going to a chiropractor help patrons of the rec center?

Let's face it, I think we all have experienced moments when exercising that our back "goes out", or we get a "crick in our neck" from either doing something wrong or pushing a little too far at that moment. Exercise is not only excellent for the physical well-being but also for the mental and emotional aspect, as well. However, when pain keeps us from exercising it starts to affect us negatively. As a chiropractor I'm able to help get rid of the back/neck pain as well as other areas of the body that may have been injured. Giving a proper adjustment or manipulation to specific areas of the body to realign joints and bones can help reduce or relieve pain, increase range of motion and help improve flexibility, coordination and balance.

What are some issues that you see and how can athletes prevent and treat these problems?

So many issues arise from improper training or no training at all. People have good intentions to get in better physical condition but may fail to get direction and guidance on the best approach, thus injuring themselves. There really are proper techniques, form and function when it comes to exercising. Whether you are lifting weights, riding a bike, swimming, running or whatever, using proper bio-mechanics and movement will help to decrease injuries. People should do research into fitness programs or look into a personal trainer who has experience on how to exercise.

A lack of good nutrition is another problem I have seen. Without getting the nutrition, as in good proteins, carbs, fats, vitamins and minerals (micro/macro nutrients), the body will not have the ability to recover properly from exercising. Thus the body can actually start to become weak. Some people may also start to experience chronic pain because the body does not have the essential nutrition to make and sustain muscle and strength. Everything in the body has to function off of vitamins, minerals, fats, carbs, proteins, etc. A lack thereof can cause a systemic wide issue of the internal and external environment of the body.

A lack of stretching is another area where people fail in fitness. When we exercise our muscles/tendons, ligaments and such will start to strengthen and tighten up, which is good for stability and posture. However, it can get to a point where there is a huge decrease in range of motion, pain with movement, and again, followed by possible weakness. Proper stretching of muscle regions will help keep blood flow to the muscles, allow for the tendons (which connect muscle to bone) to not restrict correct bio-mechanics, and for the ligaments (which connect bone to bone), to allow for proper movement of joints.