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POINTE FITNESS

The monthly health and fitness newsletter of the City of Ballwin, MO

Focus On The Feeling

Starting and maintaining a regular workout routine is a challenge. Changing any behavior, for that matter, and making that behavior a priority can be difficult. For the majority of people starting or resuming a fitness routine, short and long term goals are usually set. This traditional process may be perfect for some. For others it only creates frustration if goals aren't met quickly. No matter your attitude toward exercise and goals, one way to improve your chances of continuing a workout routine is to focus on how exercise makes you feel.

Beginners and those that have been out of the fitness game for a while might use this 'focus on the feeling' concept as an early maintenance tool. We all know that working out will cause muscle soreness. Beginners must be aware of that when starting a routine. Motivation is high at the beginning.....sometimes too high. Overdoing it the first week or even the first workout will leave you focusing on a feeling for sure, but not the enjoyable kind. The feeling of pain the next few days just to sit down, laugh, or sneeze is not the desired feeling, although we've all experienced it. Being aware of the potential muscle soreness associated with overdoing it is very important. It's okay to start slowly to avoid the feeling of going too hard too soon.

Another way to use the feeling concept to your advantage relates to those that have been there before. This applies to those who at some point in life made fitness a priority. How many times have you said or heard someone say, "I was in the best shape of my life when....." Maybe it was in high

school when you played a sport. Maybe it was when you won the office weight loss challenge a few years ago. No matter the motivation that made you a fitness fanatic, focusing on how you felt physically and mentally during that time will help you. No one has ever said, "I was in the best shape of my life 10 years ago.....boy did I feel terrible". Recall the feeling and use it as motivation.

Finally, focusing on a feeling that has nothing to do with the physical self can keep you going. The feeling of accomplishment is one of the most powerful tools no matter how old we are or how accomplished we are in our lives. Whether you admit it or not, the warm and fuzzy feeling after completing a task, particularly a difficult task, is powerful. In the fitness world, it can be felt after one workout or when goals are met. Draw from that feeling of accomplishment to maintain your exercise routine.

When it comes to exercise, focus on the feeling. Goals are great particularly if you are a goal-oriented person, but the most important part of any exercise routine is to simply do it and maintain it. All the health related goals are a byproduct of sticking to the plan. If goals aren't being met as quickly as you'd like, focus on the feeling to keep you going.



Ballwin Race Series

Moonlight Howl 5K

The Wolf Café to provide one complimentary beverage to each participant (draft beer, house wine, hot chocolate, or any coffee).

Day : Friday

Date: November 3

Time: 9pm

Fee: \$30(\$40 after October 13)

Location: The Wolf Café

Upside Down Indoor

Triathlon

The first Ballwin Race Series event of 2018 is coming! Choose your day and get your points early!

Day : Saturday, January 20 OR

Sunday, January 21

Time: 7:00am (1st heat)

Fee: \$30

Location: The Pointe

Tumbling Tykes

Upcoming Pointe programs!

Days: Mondays

Dates: October 30-December 4

Time: 6:30-7:15pm

Fee: VIP-\$34 Reg-\$44

Age: 4-6

Basic Training

This 24-class program is sure to get your workout routine kickstarted!

Days: Mondays-Thursdays

Dates: November 13-December 21

Time: 5:45-6:45am

Fee: VIP-\$129 Reg-\$149

Age: 14+

Taekwondo

Taekwondo classes are offered for beginner and intermediate students.

Days: Wednesdays

Dates: November 1-December 6

Time: Beg-6:30-7:30pm

Int-7:30-8:30pm

Fee: VIP-\$54 Reg-\$78

Age: 6 and up, including adults



Pointe Member of the Month

This monthly program is designed to acknowledge all the hard work that is happening every day at The Pointe at Ballwin Commons. It is also meant to encourage and inspire our members to continue accomplishing their goals. If you know someone who works especially hard or has a great attitude, nominate them by filling out a form at The Pointe's front desk, or email Kirsten at khochstetler@ballwin.mo.us.

The Pointe is excited to recognize Roy Evans as October's Member of the Month. Congratulations!

<http://www.ballwin.mo.us/Departments/Parks-and-Recreation/The-Pointe-at-Ballwin-Commons/Newsletter-and-Info/>

Roasted Pumpkin-Apple Soup

- 4 pounds pie pumpkin or butternut squash, seeded and cut into 2 inch chunks
- 4 large sweet-tart apples, unpeeled, cored and cut into eighths
- 1/4 cup extra virgin olive oil
- 1 1/4 tsp salt
- 1/4 tsp ground pepper
- 1 tblsp chopped fresh sage
- 6 cups reduced sodium chicken broth or vegetable broth
- 1/3 cup chopped hazelnuts, toasted
- 2 tblsp hazelnut oil

1. Preheat oven to 450°F.
2. Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more.
3. Transfer about one-third of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining 1/4 teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.

12 Servings: Calories- 180, Fat-9g,
Protein-3g, Carbs-25g

