THE POINTE AT BALLWIN COMMONS

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BALLWIN Bringing People Together

POINTE FITNESS

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

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Heat Of The Moment

It's summertime and heat is the theme. Being aware of the air temperature is a hot topic, especially in the Midwest. There are times when heat is dangerous, should be respected, and dealt with appropriately. Heat is also a beneficial modality when it comes to injury recovery. In the fitness world, heat has become more popular in group fitness classes. Hot yoga has led the way, but more have risen just like mercury on a thermometer.

Summertime in the Midwest is always a reminder of the dos and don'ts when planning outdoor activities. Exercise aside, any outdoor activity in temperatures in the 90s (and above) should come with awareness. We all know to take breaks and hydrate. The two main issues are heat exhaustion and heat stroke. As a quick reminder, signs of heat exhaustion include excess sweating, disorientation, dizziness, and nausea. Although not considered life threatening, it is important to recognize these signs and seek a cooler area and hydrate. Heat exhaustion could lead to heat stroke, which is an emergency. Signs of heat stroke are similar to those of heat exhaustion only the body will stop the natural cooling process (sweating). Always call 911 in this case.

Most know that ice and heat are common with injury recovery. Confusion sometimes arises with what to use and when. There is some gray area when discussing this, but in general it is important to ice (and elevate) an injured area the first 48 hours and then heat can be introduced. When an injury occurs, there is swelling and pain. Ice will reduce both. Slowing swelling, the progression of the injury, is ideal and as far as pain…...well…..who likes pain? After a couple of days of on and off ice, heat is the primary option. Warming the area will induce blood flow which helps the tissue healing process.

Heat has become a fad-like factor in group exercise classes. Most notable are hot yoga (aka Bikram Yoga) classes. Having only been practiced since the 1970s, it is just a baby in terms of yoga existence. Classes are held in temperatures reaching over 100 degrees (105 degrees to be exact according to Bikram Yoga). As a side note, humidity should be set at 40%. Since it's a 'dry heat', the Midwesterner adage, "It's not so much the heat as it is the humidity", does not apply.

Hot classes are not regulated to yoga. Many traditional classes are turning up the heat as well. Everything from standard aerobics classes to group cycling in a hot room has become popular. Some advocates of hot classes connect higher temperatures to more calories burned. While it is true that one will definitely sweat earlier and more, this does not equal more calories burned. The amount of oxygen consumption is the deciding factor of calories burned. Participants will 'feel' like the work is harder, but the actual amount of calories does not vary much if at all. Another benefit some advocates note is increased sweating detoxing the body. Finding toxins in sweat would be a surprise. If there are no toxins in sweat, then there is no detoxing. The previous information is not meant to dissuade anyone from participating in hot classes. There are some benefits to exercising in warmer temperatures. The body will acclimate to exercising in heat. Doing this improves the body's cooling system (sweating) via increased blood flow to the skin. Improved/increased blood flow is always a benefit. In addition some participants may actually find it more comfortable due to accelerating the warm up phase. Talk to anyone with nagging joint issues, and they'll tell you warm is better than cold. One last note on hot classes…...safety should always be priority. Heat exhaustion and heat stroke are naturally of more concern. Replacing fluids lost through increased sweating is also very important.

When you're hot you're hot. When you're not you're not. When it comes to heat, the Midwest can bring it. Remember the safety concerns, benefits, and hot exercise misconceptions/benefits of heat.

Ballwin Race Series

The **18th Annual Ballwin Triathlon is July 10.** The **Conquer Castlewood Team Adventure Race is August 21.** This race was moved from its original May date and there are plenty of spots remaining! For more information go to www.ballwin.mo.us.

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 the **Kreitman family** as July's Members of the Month. Congratulations to Dave, Susie, Megan and Emily!

Upcoming Pointe programs!

My 1st TRYathlon
Run, Bike, Slide!?!? Participants complete a short run and bike course then finish with a splash down an inflatable water slide.
Days: Saturday
Dates July 9
Time: 10:00am
Fee: VIP-$5 Reg-$7
Age: 3-6

Tumbling Tykes
Days: Mondays
Dates: July 25-August 29
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: August 1-September 8
Time: 5:45-6:45am
Fee: VIP-$129 Reg-$149

Taekwondo
Taekwondo classes are offered for beginner and intermediate students.
Days: Wednesdays
Dates: August 17-September 21
Time: Beg-6:30-7:30pm
Int-7:30-8:30pm
Fee: VIP-$54 Reg-$78
Age: 6 and up, including adults

Healthy Contributions

Your insurance provider may offer reimbursements for fitness memberships to The Pointe. Go to the Healthy Contributions website to see if your provider is on the list and see how your provider can begin offering this benefit.
Go to www.healthycontributions.com or call 1-800-317-2739.

SilverSneakers® and Silver & Fit®

If you have a Medicare supplement or advantage plan, make sure to look for the SilverSneakers® or Silver & Fit® benefits. The Pointe at Ballwin Commons is a provider for these programs. They cover

Watermelon Fruit Pizza

- 1/2 cup low-fat plain yogurt
- 1 teaspoon honey
- 1/4 teaspoon vanilla extract
- 2 large round slices watermelon (about 1 inch thick)
- 2/3 cup sliced strawberries
- 1/2 cup halved blackberries
- 2 tablespoons torn fresh mint leaves

Combine yogurt, honey, and vanilla in a small bowl.

Spread 1/4 cup yogurt mixture over each slice of watermelon. Cut each slice into 8 wedges. Top with strawberries, blackberries, and mint.

8 Servings: 64 Calories, 1g Fat, 15g Carbs, 2g Protein