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POINTE FITNESS

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

Walk or jog....which is best?

Walking and jogging are the most simple, effective ways to exercise. No equipment is needed except for a comfortable pair of shoes. When the question of which is more effective arises, the answer is both. There are some obvious reasons why one may be more effective for one person and not another. There are other not so obvious reasons depending on one's goals.

Any activity is a positive when it comes to a healthy lifestyle. Deciding whether to take up a jogging routine or stick with walking can depend on current health. An obvious factor is joint health. Jogging will simply put more stress on ankles, knees, and hips. More stress on joints doesn't mean jogging is bad. It just means that a person already experiencing the aches and pains of arthritis or previous injuries will need to experiment a bit. Gradually adding jogging intervals to a walk and seeing how the body reacts is an easy way to find out if jogging is in the cards. Another fairly obvious factor is current fitness level. If just beginning a fitness routine, it's a good idea to start with low to moderate intensity activities. Hitting the ground running, so to speak, isn't always the best way to enter a workout routine. If, however, jogging is your thing, add distance gradually as to build your stamina and allow your muscles and joints to gradually adjust to the activity.

When choosing between jogging and walking, personal fitness goals play a role. Let's examine two of the most common reasons a workout routine is started. The first reason is to get in shape. When someone says, "I need to get in shape", it's usually following a climb up a flight of stairs or a weekend bout of softball

at a company picnic (if company picnics still happened, but you get the idea). You find that you lose your breath more easily. To get in shape simply means to increase stamina. A walking routine can definitely do this for some. Again, it depends on one's current fitness level. For someone who's ultimate goal is to get in the best shape they can, jogging will need to be added to the routine eventually. Higher intensity training means higher fitness levels.....we all know that by now. Having the self control to gradually increase intensity to avoid getting burned out or injured is the difficult part.

A second, and probably more common, reason for taking up a workout routine is weight loss. Losing weight is as simple as using more energy than you take in. No matter what product, equipment, or 'As Seen On TV' guru you have seen, the answer really is that simple. A healthy diet combined with exercise is the absolute best way to do it. So, if choosing between walking and jogging as the exercise, which is more effective? You might say jogging for the same reason it improves stamina. Higher intensity will burn more calories, right? There is a little misconception when comparing walking and jogging and calories burned. Walking two miles will use about the same amount of energy as jogging two miles. Of course walking those two miles will take you longer, but it uses the same amount of calories. Walking can be just as effective as jogging if weight loss is the main objective.

Whether you decide to walk or jog, the health benefits are essentially the same. Take into account your fitness level, joint health, and personal fitness goals and get moving!



Ballwin Race Series Adventure

The next two Ballwin Race Series events get adventurous!

4th Annual Dirty Spokes Mountain Bike Race

Day : Sunday
Date: April 13
Time: 9am first heat
Fee: \$30 before March 27
\$35 March 27-Race Day
Location: Castlewood State Park

14th Annual Conquer Castlewood Team Adventure Race

Day : Sunday
Date: May 18
Time: 8am first heat
Fee: \$30 per participant
Location: Castlewood State Park

Upcoming Pointe programs!

Basic Training

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

Days: Mondays-Thursdays
Dates: Apr 14-May 22
Time: 5:45-6:45am
Fee: VIP-\$129 Reg-\$149

Tumbling Tykes

Kids enjoy an introduction to gymnastics.

Day : Mondays
Dates: Apr 14-May 19
Time: 6:30-7:15pm
Fee: VIP-\$34 Reg-\$44
Age: 4-6

Taekwondo

Taekwondo classes are offered for beginner and intermediate students.

Days: Wednesdays
Dates: Apr 23-May 28
Time: Beg-6:30-7:30pm
Int-7:30-8:30pm
Fee: VIP-\$54 Reg-\$78

Homeschool P.E.

Registration is by month.
The class is split into two age groups, 7-10 and 11-15.
Day: April Wednesdays
Dates: April 2, 9, 16, 23, 30
Time: 1-2:30pm
Fee: \$25

For more information and to register go to www.ballwin.mo.us.

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®

If you have a Medicare supplement or advantage plan, make sure to look for the SilverSneakers® benefit. The Pointe at Ballwin Commons is a provider for this program. It covers your membership to The Pointe!



Zucchini Boats on the Grill

- 2 medium zucchini
- 1 slice white bread, torn into small pieces
- 1/4 cup bacon bits
- 1 tablespoon minced black olives
- 1 jalapeno pepper, minced
- 3 tablespoons diced green chile peppers
- 1/4 cup minced onion
- 1/4 cup chopped tomato
- 6 tablespoons shredded sharp Cheddar cheese
- 1 pinch dried basil
- seasoned salt to taste

1. Prepare the grill for indirect heat.

2. Place the zucchini in a pot with enough water to cover. Bring to a boil, and cook 5 minutes. Drain, cool, and cut in half lengthwise. Scoop out the pulp to about 1/4 inch from the skin. Chop pulp.

3. In a bowl, mix the zucchini pulp, bread pieces, bacon bits, olives, jalapeno, green chile peppers, onion, tomato, and Cheddar cheese. Season with basil, seasoned salt, and pepper.

4. Stuff the zucchini halves with the pulp mixture. Seal each stuffed half in aluminum foil.

5. Place foil packets on the prepared grill over indirect heat. Cook 15 to 20 minutes, until tender.

4 Servings: 120 Calories, 6g Fat, 9g Carbs, 8g Protein