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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To 'GO' or not to 'GO'

The sensation that is Pokémon GO has begun conversations about activity, technology, and how the two can complement one another. This author can think of many reasons not to play Pokémon GO. However, there is no arguing with one primary result, people are moving. Outside of a few unintended, unforeseen incidents, the game has a positive effect in motivating people to move.

Technology has provided us with many more options for our expendable time. Some of that time should be used for physical activity, of course. For some health status alone provides the motivation to be active. For many others, it's not that simple. There must be a reason for physical activity. One's job, for example, is motivation. The theme of this discussion is technology and physical activity, but there are many jobs that require plenty of manual labor. The health field stresses to be active outside of work, though. For many, motivation to perform recreational activity must come from an outside source. Traditionally playing any active game was that source. For those that enjoy playing sports, it is second nature. Give that person a ball and watch the activity begin. Sports aren't for everyone and we are beyond the days when a game of tag, kick the can, or hula hooping is the 'fun' option when bored. Technology has changed all of that and video games are only one aspect of that change.

So, now that Pokémon GO has hit the scene and those playing are out hunting Pokémon, Poke Stops for more Poke Balls and Potions all the while accumulating distance to hatch more (and more rare) Pokémon, it seems that all is well. It is the perfect marriage of technology and physical activity, right? Well…...not so fast. There are a few glitches in that hypothesis. The game is based on your phone's GPS. As players become more involved in seeking the elusive Pikachu, they must seek other areas to search. The result is another wonderful technological advance coming into play, the automobile. Just like other games, finding the most efficient way to win is ideal. When kids ask parents (or vice versa) to hop in the car to drive around to find these things, that takes physical activity out of the game. For those unaware, one feature keeps track of distance traveled. The further one travels, the more (and more rare) Pokémon can be hatched. It is a neat feature, but driving around to accumulate the distance removes the intended purpose.

If you've learned a little about Pokémon GO by reading this that is good. It means you probably aren't one of the wandering of which some look to be under some sort of mind control. As mentioned at the beginning, this author is not a fan of the game. This doesn't mean that you shouldn't play or that it isn't a good way to get some physical activity. At the very least, it does get people out from in front of computers and televisions. It also is potentially a great way to be active as a family. Should you choose to play, focus should be on walking to capture those little critters or driving to an area and then walking about. For those making the game priority over the additional benefit of physical activity, there will be very little benefit. Good luck should you take on Pokémon GO and LONG LIVE PIKACHU!

Ballwin Race Series

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! The **Ballwin Kids Triathlon is September 18.** 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 **Tom and Diane Lawrence** as August's Members of the Month.
Congratulations to Tom and Diane!

Upcoming Pointe programs!

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

Tumbling Tykes
Days: Mondays
Dates: September 19-October 24
Time: 6:30-7:15pm
Fee: VIP-$34 Reg-$44
Age: 4-6

Tai Chi
Join Master Arthur Du and improve circulation, stability, and overall health. Beginners and experienced participants are welcome.
Dates: Thursdays, September 29-November 17, 1-2pm
OR
Sundays, October 2-November 20, 1:30-2:30pm
Fee: VIP-$109 Reg-$129
Age: 14+

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 your membership to The Pointe!

Peanut Crusted Chicken with Pineapple Salsa

- 1 cup chopped fresh pineapple
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon finely chopped red onion
- 1/3 cup unsalted, dry roasted peanuts
- 1 slice white bread
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 4, 4oz chicken cutlets
- 1 1/2 teaspoons canola oil
- Cooking spray

Combine first 3 ingredients in a small bowl, tossing well.

Combine peanuts and bread slice in a food processor; process until finely chopped. Sprinkle salt and pepper evenly over chicken. Dredge chicken in the breadcrumb mixture.

Heat oil in a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook 2 minutes on each side or until done. Serve chicken with pineapple mixture. Garnish with cilantro sprigs, if desired.