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POINTE FITNESS

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

Maintain The Holiday Spirit

“Happy Holidays!” You will hear that said with a smile over the next few weeks. Most of us experience an uptick in mood during the holidays. Whether it’s knowing you will see family and friends or simply because it’s the gift giving (and receiving) season, we just seem to be in a better mood. The holiday spirit comes along once a year, so how can we lift our mood without the holidays? You guessed it....exercise, exercise, exercise.

You know that exercise improves physical health, but it also improves our mental health. You already know the basic science behind the mood improving affects during exercise. Those wonderful feel good neurotransmitters, endorphins, are increased. Runners experience a ‘runners high’. There is no need to run to feel the rush of endorphins, but you get the idea. Another benefit is the stress relieving affects during exercise. While working out you are less likely to dwell on your stressors. Focusing on the exercise and boosting your endorphins allows you to get away from things for a while. This is all great, but the ‘high’ is temporary and only experienced during and shortly after the activity. Those stressors you avoid don’t go away and you have to face them eventually. We can’t be in perpetual motion to stay positive.

So, how can exercise help when you’re not exercising? Self-confidence is the answer. A confident person, in general, is consistently going to be in a

better mood. Self-confidence resulting from exercise can come in different forms. Body image is a popular catch phrase and the most obvious form. Being proud of your physical body is nothing to be ashamed of. Exercise is the primary way to change our bodies’ appearances. Vanity doesn’t have to have a negative connotation and exercise will improve body image.

Another way exercise improves self-confidence is through accomplishments. For a runner, this might be setting a personal time record. A weightlifter is always setting personal records. If just starting an exercise routine, the personal firsts come quickly and often. Having that sense of accomplishment will give your self-confidence a boost.

Exercise may also give you a sense of control. Knowing you have a say in your health status through physical activity breeds self-confidence as well. This can be taken for granted at times. If you take a moment to think about all the health benefits exercise provides, you will realize that you can have a very large impact on your health.

We all know that exercise has many benefits. A quick internet search will list all the benefits. Better health will, in and of itself, improve one’s mood. The direct physiologic affect exercise has on mood is only experienced during the activity. It is the indirect affects that will keep your mood improved over the long haul. Keep your holiday spirit alive all year with exercise!



Ballwin Race Series

Upside Down Indoor

Triathlon

Get your new year fitness goals in gear with this unique spin on a traditional event. Participants will complete a 15 minute treadmill run, 15 minute Spinning bike, and 10 minute swim. Total distance is calculated to determine place.

Day : Saturday OR Sunday

Date: January 21 and 22

Time: 7:00am first heat

Fee: \$25 per participant

Location: The Pointe

Upcoming Pointe programs!

Tumbling Tykes

Days: Mondays

Dates: January 2-February 6

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: January 4-February 8

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

Int-7:30-8:30pm

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

Age: 6 and up, including adults

Basic Training

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

Days: Mondays-Thursdays

Dates: January 9-February 16

Time: 5:45-6:45am

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

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 Landzaat** as November's Member of the Month. Congratulations!

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

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 these benefits. The Pointe at Ballwin Commons is a provider. They cover your membership to The Pointe!

Horseradish Crusted Beef Tenderloin

2 tablespoons prepared horseradish
1 tablespoon extra-virgin olive oil
1 teaspoon Dijon mustard
1/4 teaspoon freshly ground pepper
2 lbs trimmed beef tenderloin-center cut
1 teaspoon salt
2 teaspoons ground pepper
Creamy Horseradish Sauce (see recipe)



1. Preheat oven to 400 degrees.
2. Combine prepared horseradish, oil, and mustard in a small bowl. Rub tenderloin with salt and pepper; coat with horseradish mixture. Tie with kitchen string in three places. Transfer to small roasting pan.
3. Roast until a thermometer inserted into the thickest part of the tenderloin registers 140 degrees for medium rare, 35 to 45 minutes. Transfer to a cutting board; let rest for 5 minutes. Remove string. Slice and serve with Creamy Horseradish Sauce (recipe below).

Creamy Horseradish Sauce

1 1/4 cups reduced fat sour cream

1/3 cup prepared horseradish

1 teaspoon salt

1 teaspoon ground pepper

Refrigerate until ready to serve.

8 Servings: 211 Calories, 11g Fat, 2g Carbs, 26g Protein