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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Give Me 20!

Designing an exercise routine can be as simple or as complex as you want it to be. Many times it depends on the specific goals and/or needs of an individual. The fitness industry has made varying efforts to sell exercise as an unintimidating, simple task. The concept is very simple, but actually following through with and sustaining regular physical activity has proven to be difficult for so many. In an effort to make another sales pitch for fitness, let's simplify exercise to the number, 20.

Why is 20 a magic number? There are two main reasons. First, 20 minutes of cardiovascular exercise doesn't sound overwhelming. Any way you slice it, 20 minutes of physical activity is very easy to accomplish every single day. Secondly, 20 minutes of aerobic activity per bout has been shown over and over to be the minimum amount of time that will significantly affect the cardiovascular system. Yes, you will read how splitting the time up into 5-10 minute bouts throughout the day is still beneficial, but that falls under the "something is better than nothing" category. Sustaining an increased heart rate for at least 20 minutes is ideal to reap cardiovascular benefits. If you need to work your way up to 20 minutes of continuous exercise, do so with moderate to low intensity and then build on that intensity. Physical fitness is all about how well the body works. It all starts with the heart and 20 minutes should be the minimum goal.

What about strength exercises? 20 can also be used as a guideline when designing a strength routine. Strength training, again, can be a complex concept depending on goals. To keep things as simple as possible, however, perform exercises for major muscle groups and general strength with three primary exercises…...**leg press, chest press, and row**. These exercises will strengthen all the major muscles and little equipment is necessary if you can't make it to the gym. The leg press is a squat, chest press a push up, and the row is the only one requiring some form of resistance performed as a bent over row. The number 20 in this case is not time but repetitions. In contrast to cardiovascular activity, 20 should be the maximum. When performing strength exercises for general strength improvement, choose a resistance that you can perform no more than 20 repetitions at one time/set (10-15 preferably). Once you are able to perform more than 20, the resistance is not enough of a challenge to improve strength.

We've covered how simple and realistic exercise can be with 20 as the magic number. What about a more ambitious routine? One fitness trend is High Intensity Interval Training (HIIT). Although high intensity is part of the name, don't let it scare you away. High intensity is relative to the individual. Some videos, particularly commercials which highlight this type of training, can be a bit intimidating. Just remember that it isn't necessary to wear skimpy outfits during your workout and get together with your model friends for a light beer at the most trendy restaurant you can find to be part of the HIIT crowd. All kidding aside, HIIT gives you the best of both worlds in as little as 20 minutes. Giving near maximum effort (remember this is relative to each individual) while performing a series of body weight exercises for strength will keep your heart rate up. Getting stronger and improving cardiovascular endurance is what HIIT is all about. Find a class at your gym to try. It is a great way to mix up your routine.

Simplifying things always makes them more easily achieved. Exercise falls right in line. One way to sustain physical activity and make it part of your daily routine is to simplify it. Start with giving yourself 20. If you already have a good routine, don't beat yourself up if you "only" give yourself 20 occasionally. You know what is necessary…..make it happen!

Ballwin Race Series

The next two races are: **Ballwin Triathlon-July 10** and the **Conquer Castlewood Team Adventure Race-August 21.** For more information go to www.ballwin.mo.us. It's not too late to join the series!

Upcoming Pointe programs!

Taekwondo

Taekwondo classes are offered for beginner and intermediate students.
Days: Wednesdays
Dates: June 29-August 3
Time: Beg-6:30-7:30pm
Int-7:30-8:30pm
Fee: VIP-$54 Reg-$78
Age: 6 and up, including adults

Group Functional Training

Six sessions with a Pointe Personal Trainer! Choose from two times!
Days: Tuesdays and Thursdays
Dates: July 5-July 21
Time: 8-9pm
OR
Days: Wednesdays and Fridays
Dates: July 6-July 22
Time: 9-10am
Fee: VIP-$65 Reg-$75

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

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

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!

Spicy Tilapia with Pineapple-Pepper Relish

2 teaspoons canola oil
1 teaspoon Cajun seasoning
1/4 teaspoon salt
1/4 teaspoon ground red pepper
4 (6oz) tilapia fillets
1 1/2 cups chopped fresh pineapple chunks
1/3 cup chopped onion
1/3 cup chopped tomato
2 tablespoons rice vinegar
1 tablespoon chopped fresh cilantro
1 small jalapeno pepper, seeded and chopped
4 lime wedges

Heat oil in a large nonstick skillet over medium-high heat. Combine Cajun seasoning, salt, and pepper in a small bowl. Sprinkle fish evenly with spice mixture. Add fish to pan, and cook for 2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.

Combine pineapple and next 5 ingredients (through jalapeño) in a large bowl, stirring gently. Serve pineapple mixture with fish. Garnish with lime wedges.

4 Servings: 228 Calories, 5.5g Fat, 11.2g Carbs, 34.9g Protein