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POINTE FITNESS

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

Shop 'Til You Drop?

The holiday shopping season is here and it's time to put your walking shoes on and hit the stores and malls for some physical activity.....or is it? Overall sales are expected to be up this holiday season. Online shopping, in particular, is driving that prediction. This creates a "chicken or the egg" dichotomy. Do we shop online for the convenience or are we doing it for the exclusive deals and hence forced to? Either way, more and more people are avoiding the hustle and bustle of holiday shopping by sitting with their keyboards (or smartphones). Maybe it's time to do some retro-shopping, get out among the masses, and....well....move!

Heading out for holiday shopping itself is not the lone solution for achieving more physical activity, of course. The point is we are replacing yet another activity with screen time. Yes, screen time, that wonderful catch phrase that is sweeping the nation and causing insomnia, obesity, heart disease, etc. Maybe screen time isn't a direct cause of such health issues, but it definitely isn't helping prevent them. Many concerns involve children and the amount of time they spend on tablets, gaming systems, phones, watching television, etc. Just like everything else, it is up to us responsible adults to intervene and most importantly set a good example. According to a Nielson Company audience report, adults racked up an average of 10 hours a day of screen time in the first quarter of 2016. This is up one hour from 2015. Think about that for a moment. That 10 hour number is the AVERAGE. There are people out there spending well over 10 hours a day looking at some sort of

electronic screen every day. Maybe the workplace factors into this.....maybe not. The fact is screen time is going up and that isn't a good thing.

If you decide to put the phone down and shop, there are other concerns to consider. Traditional holiday shopping may include a couple of full days of walking among, dodging, and standing in line with other humans. First, for the younger readers, this is perfectly normal and it is even OK to exchange a pleasant "Hello" or "Excuse Me". You may use the latter quite often. In all seriousness being out shopping all day traditionally includes eating out for lunch and possibly dinner. Dropping the screen time to get a little physical activity shopping could easily be vanquished by one or two restaurant meals. This isn't a suggestion to brown bag it and pack carrots, yogurt, and rice cakes. Just being aware and making good menu choices or even sharing a meal with your shopping partner are options when out.

This holiday shopping season challenge yourself to do some retro-shopping. Get out and move. Take the stairs versus the elevators and escalators, park as far as you can from entrances, and most importantly put down the phone and shop. Use this attitude in other aspects of life too. Be conscious of the time you spend in front of a screen. Smartphones are a convenience no one can deny. Spending your free time sitting in front of a screen versus any number of physical activity options perpetuates health risks which also cannot be denied. If you don't shop 'til you drop this year, at least make efforts to reduce screen time for your and your children's sakes.



Ballwin Race Series

Moonlight Howl 5K

The Moonlight Howl is the final 2016 Ballwin Race Series event. Come howl at the moon and celebrate with friends afterwards at The Wolf Café!

Day : Friday
Date: November 4
Time: 9:00pm
Fee: \$30 per participant
Location: The Wolf Café

Upcoming Pointe programs!

Basic Training

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

Days: Mondays-Thursdays
Dates: November 7-December 15
No class November 27
Time: 5:45-6:45am
Fee: VIP-\$123 Reg-\$143

Tumbling Tykes

Days: Mondays
Dates: November 7-December 12
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: November 9-December 21
No class November 24
Time: Beg-6:30-7:30pm
Int-7:30-8:30pm
Fee: VIP-\$54 Reg-\$78
Age: 6 and up, including adults

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 **Michael Shaw** 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!

Oven Roasted Squash with Garlic and Parsley

5 lbs winter squash, peeled, seeded and cut into 1 inch pieces
2 tablespoons extra-virgin olive oil
1 1/2 teaspoons salt
1/4 teaspoon freshly ground pepper
3 cloves garlic, minced
2 tablespoons chopped parsley



1. Preheat oven to 375 degrees.
2. Toss squash with 4 teaspoons oil, salt, and 1/4 teaspoon pepper. Spread evenly on a large baking sheet. Roast, stirring occasionally, until tender and lightly browned, 30-45 minutes.
3. Heat the remaining 2 teaspoons oil in a small skillet over medium heat. Add garlic and cook, stirring, until fragrant but not brown, 30 seconds to 1 minute. Toss the roasted squash with the garlic and parsley. Adjust seasoning to taste.

10 Servings (3/4 cup per serving): 103 Calories, 3g Fat, 20g Carbs, 2g Protein