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POINTE FITNESS

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

What is the best machine for _____?

The fitness industry has become very creative in fitness equipment design. Whether it's cardio equipment or strength equipment, strides are taken on a yearly basis to make them more user friendly and more beneficial. There are some differences in the types of equipment, which may help an individual choose which pieces to use or not use.

When considering strength machines in a gym setting, there are usually 20 to 30 pieces and that may be a little intimidating or confusing. The first thing to realize when choosing which pieces to use in a routine is**there is no such thing as target reduction.** In other words, if you would like to reduce the waistline (which happens to be the most common request), seeking out the abdominal machine and doing sets upon sets on this machine is not the answer. Each strength station should have an instruction panel along with a picture of what muscles are being targeted. Although certain muscles are targeted, this does not mean that the excess adipose tissue (yes, that beloved fat) over those muscles will simply melt away. What it does mean is that those particular muscles can be strengthened and increased in size by using that station. Another common question with strength equipment is "Should I do every station?". When there are a lot of strength pieces, that can be an intimidating task. In any strength routine one should make sure to incorporate the major (large) muscle groups. Performing exercises that use multiple muscle groups is a good place to start. There are three strength stations that will incorporate the large muscles and multiple muscle groups. The **Leg Press** station is an overall lower body strengthener. The whole thigh (quadriceps, hamstrings, and gluteus muscles) must work together to perform this exercise. The **Chest Press** station takes care of the major "push" muscles (pectoral, triceps, and anterior deltoid muscles). The **Row** station uses the "pull" muscles (latissimus dorsi, biceps, posterior deltoid muscles). Performing these three strength stations is the core of a comprehensive strength routine. Adding or performing more stations will isolate smaller muscles.

When choosing which cardio pieces to

use, variety is the spice of life. There are pros and cons, however, to different types of cardio pieces. Listed below are two main reasons one would perform cardiovascular exercise along with information to help make the decision a little easier.

- **Burn Extra Calories.....**When exercising at the same intensity (heart rate) on each piece of equipment, one will burn more calories during exercises that are weight bearing. A common comparison would be walking on a treadmill versus using an exercise bike. With everything else equal, the body must use more energy to move and support its own mass. On the bike, one is sitting and will use less total energy to perform the activity. Performing weight bearing activity also helps maintain bone density and will have more of a muscle strengthening effect on the leg muscles.
- **Improve Cardiovascular Endurance.....**Whether it's to make normal daily activities easier or to train for a marathon, improving the efficiency of the heart, lungs, and circulatory system is a common goal. To improve endurance the main issue is increasing the heart rate and maintaining that "training" heart rate over a period of time. The training heart rate may be different for each individual and the time factor may be between 20 and 60 minutes to experience cardiovascular benefit. Since endurance improvement is based on maintaining an increased heart rate, all cardio pieces are equally useful. Some machines that use both the upper and lower body may cause the heart rate to increase a little faster. When exercising with this goal in mind, choosing a piece that is more enjoyable (or least 'unenjoyable' for some) is the only real decision. One may choose a bike over an elliptical machine, for example, if the added stress of supporting the body weight is too much on a bad knee or if balance is an issue.

Choosing which pieces of equipment to use will depend primarily on individual goals. The most important decision made is whether or not to start an exercise routine at all.



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 **Rich and Mary Altis** as October's Members of the Month. Congratulations!

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!

Sweet Potato and Black Bean Chile

1 tblsp plus 2 tsp olive oil	1/4 tsp salt
1 med-large sweet potato peeled diced	2 1/2 c water
1 large onion, diced	2, 15oz cans black beans
4 cloves garlic, minced	1, 14oz can diced tomatoes
2 tblsp chili powder	4 tsp lime juice
4 tsp ground cumin	1/2 cup fresh cilantro
1/2 tsp ground chipotle chile	



1. Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
2. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

4 Servings: 323 Calories, 8g Fat, 55g Carbs, 13g Protein