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In this Issue:

What's Your Why?

Ballwin Race Series

Upcoming Pointe programs

Recipe: Grilled Sirloin Skewers with Peaches and Peppers



# POINTE FITNESS

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

## What's Your Why?

When it comes to health and wellness, there are always reasons behind our decisions. The reasons may be why not to take steps to better health just as much as why to. The whys may be unique to a person, but there are also some that are common among us. Let's examine both the positive and negative whys that tend to make most of the lists.

Common "Why-Tos"

- **The doctor says so:** A specific health issue has (finally) convinced you that now is the time to start getting healthier. Although it's never too late to become healthier, this isn't the best reason. Many common physical conditions can be prevented through lifestyle. We all know this. Using this as motivation is fine, but trying to avoid this reason in the first place should be the goal of everyone.
- **Vanity:** Maybe this isn't a popular thing to say, but let's face it, how we look is a driving force. If this is one of your reasons, there is nothing to be ashamed of and announcing it isn't 'shaming' anyone else. Using this reason is as good as any other if it works for you.
- **Reduce stress:** There are stressors all around. Work, family, and friends can all contribute to stress. Sometimes one's personality will contribute to stress (hello Type A!). Outside of simply relaxing and not allowing stress to invade your life (which is easier said than done), physical activity is a great way to help relieve stress.
- **You feel better:** This is very generic, but isn't this what it's all about? No one can deny the physical benefits of exercise and a healthy diet. No one can deny the positive benefits they have on mood, energy level, and improved sleep. All of these things result in one thing....you simply feel better.

Common "Why-Not-Tos"

- **Time Constraints:** This excuse has been beaten to death. The literal idea that there is

no way to include more physical activity simply does not hold water. Think about this the next time you find yourself watching TV or surfing the web. No one is asking you to make time to go to a gym, just take the time you do have to go for a walk.

- **It's too expensive:** As far as physical activity is concerned, it's free, so that can be discarded immediately. As far as eating healthy, there may be sticker shock when you start buying more fruits and vegetables. Yes, fresh produce will cost more than a box of mac n' cheese. The decision is up to you. Is the added cost worth the benefit? A study conducted by the Harvard School of Public Health actually attempted to put a number on the additional cost. The result of the meta-analysis was that it costs \$1.50 more per day to eat healthier (in 2013). Again, there is no argument here that it doesn't cost more, but what is "too expensive"?
- **I don't know where to begin:** *How* to start isn't nearly as important as *to* start. When it comes to physical activity, just start. If you have specific goals or physical limitations, then it would be a good idea to seek guidance. Becoming more active is simple....get up and move! Healthy diets are also simple conceptually. Find a vegetable your family will eat and make that as a side instead of the mac n' cheese. We live in the age of information overload. *How* to design an exercise routine and *how* to prepare healthy meals are at our fingertips. The real obstacle is deciding to do it.

The above lists scratch the surface of both the why-tos and why-not-tos. There are plenty of reasons for both. Seeking guidance and support is helpful, but the motivation to make changes ultimately comes from within. Figure out what your why is, use it as motivation, and you will succeed.



## Ballwin Race Series

The next two races are:

### 16th Annual Conquer

### Castlewood Team Adventure

### Race-May 15 and the 35th

### Annual Ballwin Days Run 5K-

### June 12.

The Ballwin Days Run

also includes a 1 mile fun run.

For more information go to

[www.ballwin.mo.us](http://www.ballwin.mo.us). It's not too

late to join the series!

## Upcoming Pointe programs!

### Group Functional Training

Six sessions with a Pointe Personal Trainer! Choose from two times!

Days: Tuesdays and Thursdays

Dates: May 10-May 26

Time: 8-9pm

OR

Days: Wednesdays and Fridays

Dates: May 11-May 27

Time: 9-10am

Fee: VIP-\$65 Reg-\$75

### Taekwondo

Taekwondo classes are offered for beginner and intermediate students.

Days: Wednesdays

Dates: May 18-June 22

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: May 23-June 30

Time: 5:45-6:45am

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

### Tumbling Tykes

Days: Mondays

Dates: June 6-July 18

No Class July 4

Time: 6:30-7:15pm

Fee: VIP-\$34 Reg-\$44

Age: 4-6



### 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](http://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!

## Grilled Sirloin Skewers with Peaches and Peppers

#### Kebabs:

1 1/2 tbspn ground cumin

1 1/2 tbspn cracked black pepper

2 3/4 cup tsp salt

2 pound boneless sirloin steak, 48 1 inch pieces

4 peaches, cut into 8 wedges each

2 red onions, cut into 8 wedges each

2 red bell peppers, cut into 8 pieces each

Cooking spray

#### Sauce:

1/2 cup chopped parsley

1/4 cup red wine vinegar

1 tsp olive oil

1/4 tsp salt

1/4 tsp cracked black pepper

3 garlic cloves, minced



Prepare grill.

To prepare kebabs, combine first 7 ingredients; toss well. Thread 3 steak pieces, 2 peach wedges, 1 onion wedge, and 1 bell pepper piece alternately onto each of 16 (12-inch) skewers. Place kebabs on grill rack coated with cooking spray; grill 6 minutes or until tender, turning occasionally. Place kebabs on a platter; cover loosely with foil. Let stand 5 minutes.

To prepare sauce, combine chopped parsley and next 5 ingredients (chopped parsley through garlic), stirring with a whisk. Spoon over kebabs. Garnish with parsley sprigs, if desired.

8 Servings: 217 Calories, 7.2g Fat, 12.4g Carbs, 25.5g Protein