



NOVEMBER  
2017

VOLUME: 17

ISSUE: 11



## In this Issue:

### Your Body Will Thank You

### Ballwin Race Series

### Upcoming Pointe programs

### Pointe Member of the Month

### Recipe: Tortellini and Zucchini Soup



# POINTE FITNESS

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

## Your Body Will Thank You

There are plenty of reasons to give thanks. Giving thanks is a simple, effective way to show appreciation. Well, if you are anything like yours truly, you're getting tired of always appreciating others and would like a little reciprocal action. It's high time our bodies start showing us a little appreciation. November features two major health observances: American Diabetes Month and COPD Awareness Month (with an honorable mention to The Great American Smokeout on November 16). The nature of these two conditions provides ample opportunity for our bodies to give us thanks.

Diabetes is a condition affecting millions of Americans. Type 2 diabetes is **the most common and most preventable**. The previous statement is very powerful if logic is applied. If something increases your chance of dying and costs you more money to control, it seems logical that one would avoid it if given the opportunity. Well, most do have the opportunity to avoid type 2 diabetes, yet it is still the most common form. The list of action to reduce risk of developing type 2 diabetes includes: healthy eating, physical activity, and not smoking. There are other risk factors, but these three are major players and are all controlled by individual lifestyle choices. Our bodies thank us every day we choose to eat well, be active, and not smoke by reducing the onset of pre-diabetes and type 2 diabetes.

Chronic obstructive pulmonary disease (COPD) is another major condition that ranks third on the list of leading causes of death in the U.S. COPD encompasses diseases such as

emphysema and chronic bronchitis that simply make it difficult to breathe. If the body can't get oxygen, it can't survive. COPD, like type 2 diabetes, is preventable. The primary cause of COPD is smoking. That's no surprise. The surprise is that logic is completely tossed out the window again. Because smoking is the cause, developing COPD would be like buying a very expensive glass of water and deliberately dumping it into your car's gas tank. As you notice a decrease in performance due to the water you purchased and put in your tank, you then pay a mechanic to treat the issue.....then repeat that over and over. Of course there are other living and working environments that can contribute to COPD such as air pollution, second hand smoke, and chemicals. The number one cause, smoking, is something every person chooses to do or not. Again, our bodies thank us every day we choose not to smoke.

November 16 is the Great American Smokeout. Although one day doesn't change smoking's effects, it does give us a reminder of its effects. Smoking is on the list of risk factors for both type 2 diabetes and COPD. If you are ready to quit for good, why not use November 16 as your first day!

Lifestyle changes are not always easy although the concept is. You can earn a big thank you and much appreciation from your body by making a few changes. You deserve that appreciation, now go get it.



## Ballwin Race Series

### Moonlight Howl 5K

The Wolf Café to provide one complimentary beverage to each participant (draft beer, house wine, hot chocolate, or any coffee).

Day : Friday

Date: November 3

Time: 9pm

Fee: \$40

Location: The Wolf Café

### Upside Down Indoor Triathlon

The first Ballwin Race Series event of 2018 is coming! Choose your day and get your points early!

Day : Saturday, January 20 OR

Sunday, January 21

Time: 7:00am (1st heat)

Fee: \$30

Location: The Pointe

## Upcoming Pointe programs!

### Tumbling Tykes

Days: Mondays

Dates: October 30-December 4

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 1-December 6

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: November 13-December 21

Time: 5:45-6:45am

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

Age: 14+



## 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](mailto:khochstetler@ballwin.mo.us).

The Pointe is excited to recognize Dan Mai 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/>

## Tortellini and Zucchini Soup

- 2 tablespoons extra-virgin olive oil
- 2 large carrots, finely chopped
- 1 large onion, diced
- 2 tablespoons minced garlic
- 1 teaspoon chopped fresh rosemary
- 2 14-ounce cans vegetable broth
- 2 medium zucchini, diced
- 9 ounces (about 2 cups) fresh or frozen tortellini, preferably spinach-&-cheese
- 4 plum tomatoes, diced
- 2 tablespoons red-wine vinegar

1. Heat oil in a Dutch oven over medium heat. Add carrots and onion; stir, cover and cook, stirring occasionally, until the onion is soft and just beginning to brown, 6 to 7 minutes. Stir in garlic and rosemary and cook, stirring often, until fragrant, about 1 minute.
2. Stir in broth and zucchini; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the zucchini is beginning to soften, about 3 minutes. Add tortellini and tomatoes and simmer until the tortellini are plump and the tomatoes are beginning to break down, 6 to 10 minutes. Stir vinegar into the hot soup just before serving.



Serving Size-1.5 cups, Calories— 198,  
Fat-8g, Protein-7g, Carbs-27g