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# POINTE FITNESS

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

## Too Much Of A Good Thing

Physical activity and planned exercise routines are a very important part of a healthy lifestyle. Exercise is important for everyone regardless of age or current fitness level. Just like most things in life, however, too much of a good thing can be counterproductive. From minor sprains and strains to extreme cases when exercise becomes an obsession, a break from exercise is warranted at times.

**Injuries** are, of course, a reason to reduce the amount of exercise or quit completely depending on the severity of the injury. Minor injuries such as sprained ankles and muscle strains may limit activity. Again, depending on the severity, one may choose an alternate exercise (Ex: Riding an exercise bike instead of walking or jogging) to lessen the stress on the injured area. When these injuries increase in severity, completely stopping exercise activity for several days may be needed to allow the area to heal. There are a couple of “rules of thumb” to follow with minor injuries:

- ◆ **If it hurts don’t do it.** Sounds simple enough, right? The localized pain felt during activity is a sign that too much stress is being placed on the injured area. More time may be needed before resuming activity or a less intense activity may be the answer.
- ◆ **Ice or heat?** Immediately following an injury, ice compression should be used to reduce any swelling and to help relieve pain. The first couple of days (about 48 hours), ice should be applied. After that heat may be used to help the healing process.

Too much exercise is relative to an individual. **Overtraining** is the term used

to describe the general decrease in performance or desire to exercise. It may be physical, psychological, or both that combine to accumulate stress that brings one to this point. Some physical symptoms of overtraining may include:

- ◆ Inability to meet previously attainable performance
- ◆ An increased perceived exertion or feeling of fatigue during a particular activity
- ◆ Reduced toleration of pain during exercise
- ◆ Prolonged recovery periods following an exercise session

Psychological signs and symptoms may include:

- ◆ Lethargy
- ◆ Lowered self-esteem
- ◆ Feelings of depression
- ◆ Fear of competition
- ◆ Difficulty concentrating

Overtraining does not only apply to the competitive athlete. Many times one dealing with depression and eating disorders will also over-exercise. The combination of extreme amounts of exercise and little to no food intake is obviously a dangerous duo, but is practiced by many dealing with anorexia in particular.

In order to reap the full benefits of exercise it is important to give your body rest. A regular exercise routine is great, but to avoid overtraining and injury, taking a vacation from exercise can do a body good. Breaks as long as a week are fine as long as you are prepared to get right back into your exercise schedule. So take your exercise vacations, but don’t make them permanent!



## Ballwin Race Series

### Conquer Castlewood

Canoe, bike, and run through Castlewood State Park in this team adventure race.

Day : Sunday

Date: August 13

Time: 8am

Fee: \$40(\$50 after July 23) per person

Location: Castlewood State Park

### Ballwin Kids Triathlon

Kids ages 5-12

Day : Sunday

Date: September 17

Time: 8:00am

Fee: \$25

Location: The Pointe



## 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 Lina Liu and Yang Zhang as August's Members of the Month.

Congratulations!

<http://www.ballwin.mo.us/Departments/Parks-and-Recreation/The-Pointe-at-Ballwin-Commons/Newsletter-and-Info/>

## Upcoming Pointe programs!

### Basic Training

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

Days: Mondays-Thursdays

Dates: August 7-September 14

Time: 5:45-6:45am

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

Age: 14+

### Taekwondo

Taekwondo classes are offered for beginner and intermediate students.

Days: Wednesdays

Dates: August 9-September 13

Time: Beg-6:30-7:30pm

Int-7:30-8:30pm

Fee: VIP-\$54 Reg-\$78

Age: 6 and up, including adults

### Tumbling Tykes

Days: Mondays

Dates: September 11-October 16

Time: 6:30-7:15pm

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

Age: 4-6

## Southwestern Stuffed Acorn Squash

3 acorn squash, (3/4-1 pound each)

5 ounces turkey sausage

1 small onion chopped

1/2 med red bell pepper, chopped

1 clove garlic, minced

1 tblsp chili powder

1 tsp ground cumin

2 cups chopped tomatoes

15oz can black beans, rinsed

1/2 tsp salt

red pepper sauce to taste

1 cup shredded Swiss cheese

1. Preheat oven to 375°. Lightly coat baking sheet with cooking spray.
2. Cut squash in half horizontally. Scoop out and discard seeds. Place squash, cut side down, on a prepared baking sheet. Bake until tender, about 45 minutes.
3. Meanwhile, lightly coat large skillet with cooking spray; heat over medium heat. Add sausage and cook, stirring and breaking up, until lightly browned, 3 to 5 minutes. Add onion and bell pepper; cook, stirring often, until softened, 3 to 5 minutes. Stir in garlic, chili powder and cumin; cook for 30 seconds. Stir in tomatoes, beans, salt, and hot sauce. Cover, reduce heat, and simmer until tomatoes are broken down, 10 to 12 minutes.
4. When squash are tender, reduce oven temp to 325°. Fill squash halves with mixture. Top with cheese. Bake until heated through and cheese is melted, 8 to 10 minutes.

6 Servings: Calories- 251, Fat-7g,  
Protein-14g, Carbs-36g

