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POINTE FITNESS

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

What is My Healthy Body Weight?

The New Year is here and resolutions to lose weight will be vowed by friends, family, and co-workers. A healthy body weight is different for each individual. There are different body types and frame sizes that influence what is considered “healthy”. There are ways to determine an individual’s healthy weight without even using a scale. These measurements include body composition and circumferences.

Body composition refers to the body fat percentage measurement. A high body fat percentage is considered a risk factor for cardiovascular disease. It is not the only risk factor, of course, but there are ranges to use as guidelines when it comes to general health for men and women: **Women -9%-31%, and for men: 6%-24%**. These ranges may seem fairly large, but for general health purposes they are considered ideal.

Circumference measurements of the waist and hips are another way to check a person’s health risk. These measurements provide information about a person’s body type. Two common body types are apple shape and pear shape. Apple shape (or android) is characterized by a larger portion of body fat being carried in the upper body around the waist. Pear shape (or gynoid) is characterized by the weight being distributed over the hips and thighs. Taking these measurements will provide a **waist to hip ratio**. For example a waist measurement of 36 inches and a hip measurement of 42 inches would provide a ratio of 0.85(36in divided by

42in). Again, there are ideal ratios for both women and men: **Women -0.8 or below, Men -0.9 or below**. Ratios higher than these would indicate an increased risk for cardiovascular disease.

Using the body fat percentage and waist/hip ratio, it is possible to determine whether or not an individual’s current body weight is healthy and in a “low risk” range. Another point of interest is that by using these measurements, it is possible for two individuals weighing the same, having the same height, and having the same frame size to be on two different ends of the health risk range. An avid female exerciser may have a body fat of 22%, a waist/hip ratio of 0.76, and weigh 140lbs. Another female of the same height and weight may have a body fat of 34% and a waist/hip ratio of 0.85. So, when you decide to lose weight, focusing on losing fat and inches is just as important if not more important than what the scale says each morning.

Answering the question of “What is my healthy body weight?” is more than a single number. It can involve other measurements, but also includes the individual’s comfort level. If a person is comfortable and “healthy” or free from weight related disease, that person could also be at a healthy weight. The main focus should be on a healthy lifestyle as opposed to the constant battle with a scale. Good luck with your 2017 resolutions!



Ballwin Race Series

Upside Down Indoor

Triathlon

Get your new year fitness goals in gear with this unique spin on a traditional event. Participants will complete a 15 minute treadmill run, 15 minute Spinning bike, and 10 minute swim. Total distance is calculated to determine place.

Day : Saturday OR Sunday

Date: January 21 and 22

Time: 7:00am first heat

Fee: \$25 per participant

Location: The Pointe

Upcoming Pointe programs!

Tumbling Tykes

Days: Mondays

Dates: January 2-February 6

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: January 4-February 8

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: January 9-February 16

Time: 5:45-6:45am

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

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 **Kazuko Trubilla** as January'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!

Slow Cooker Chicken Chile

- 1 16oz jar salsa verde
- 1 16oz can diced tomatoes with green chile peppers
- 2 15oz cans white beans, drained
- 1 14.5oz can chicken broth
- 1 14oz can corn, drained
- 1 onion, chopped
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground cumin
- 3 skinless, boneless chicken breasts



1. Mix salsa, diced tomatoes with green chile peppers, white beans, chicken broth, corn, onion, oregano, and cumin together in a slow cooker. Lay chicken breasts atop the mixture.
2. Cook on low until the chicken shreds easily, 6 to 8 hours.
3. Remove chicken to cutting board and shred. Return to chili and stir.

5 Servings: 386 Calories, 3g Fat, 63g Carbs, 29g Protein