



SEPTEMBER
2017

VOLUME: 17

ISSUE: 9



In this Issue:

Childhood Obesity Awareness and The Ballwin Youth Movement

Ballwin Race Series

Upcoming Pointe programs

Pointe Member of the Month

Recipe: Creamy Chicken and Mushrooms



POINTE FITNESS

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

Childhood Obesity Awareness and The Ballwin Youth Movement

September is Childhood Obesity Awareness Month. Declaring a month to be aware of youth obesity is admirable. Awareness, however, is not the issue. This topic has become the metaphorical broken record in the land of health and wellness. Not being aware of the obesity problem in our nation, no matter the age demographic, would be news. Educating the public about obesity and its health ramifications is no longer the issue either. The nation is overwhelmed with information about obesity and why it is unhealthy. The issue, now, is action. What action can be taken to help individuals (particularly kids because, after all, it is September) make the necessary lifestyle changes and daily choices to fight obesity?

In order to make healthier lifestyle choices, most must have some sort of motivation. Regardless of today's technology (ie. cell phones, tablets, and video games), kids still like to play. Creating opportunities for kids to actively play is one way to motivate. The City of Ballwin has three fantastic facilities, The Pointe at Ballwin Commons, North Pointe Aquatic Center, and Ballwin Golf Club. There are also five great parks that offer plenty of active play opportunities. Kids ages 5-14 may participate in the **Ballwin Youth Movement**. The Ballwin Youth Movement is a program offered by the Ballwin Parks and Recreation Department designed to get kids moving more. Kids simply log their activities each quarter (Jan-Mar, Apr-Jun, Jul-Sep, and Oct-Dec) and submit them to The Pointe each quarter. Kids earn visits to The Pointe and North Pointe depending on the amount of activity completed. The program is open to all youth, not just residents of

Ballwin. Also, if already a member to these facilities, kids can use their earned visits for guests. There is no catch and kids are simply rewarded for moving! You can pick up a log sheet with instructions at The Pointe.

Another more important aspect of helping kids move more and make healthier decisions is parental example. Whether we know it or not, kids watch and learn from their parents. As mentioned earlier, there must be some motivation in place for kids and adults alike to make better choices. Parents' main motivation is their kids. Parents naturally want the best for their children. Wanting the best doesn't exclude health. All the information on obesity and its health effects can be gone over and over with kids, but if parents aren't A) reaffirming that information at home and B) making healthier choices for themselves to set an example, then the information is much less effective. Many times roles are reversed and kids will encourage parents to make better choices based off something they learned at school. This, again, is only effective if the parent follows through. It's time that parents take action and do what is best for their children, not just want what is best.

Although September gets the title of Childhood Obesity Awareness Month, action, not just awareness, is needed to overcome and ward off obesity in our youth. It is up to parents to take action and give their children the best opportunity for health. Simply being aware of childhood obesity is not enough. Not all is doom and gloom, parents. The Ballwin Parks and Recreation Department and The Ballwin Youth Movement offer opportunities to take action. Let's get moving!



Ballwin Race Series

Ballwin Kids Triathlon

Kids ages 5-12

Day : Sunday

Date: September 17

Time: 8:00am

Fee: \$25

Location: The Pointe

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: \$30(\$40 after October 13)

Location: The Wolf Café

Pointe Open House

Everything is free on Saturday, September 23! Free general admission, free fitness classes, and membership specials highlight The Pointe's Open House. Come check out what The Pointe has to offer!



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 Dan Ludwig as September's Member of the Month. Congratulations!

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

Upcoming Pointe programs!

Tumbling Tykes

Days: Mondays

Dates: September 11-October 16

Time: 6:30-7:15pm

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

Age: 4-6

Basic Training

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

Days: Mondays-Thursdays

Dates: September 25-November 2

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: September 20-October 25

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

Int-7:30-8:30pm

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

Age: 6 and up, including adults

Creamy Chicken and Mushrooms

- 4, 4 to 5-ounce chicken cutlets
- 4 cups mixed mushrooms (about 8 ounces), sliced if large
- ½ cup dry white wine
- ½ cup heavy cream
- 2 tablespoons finely chopped fresh parsley

1. Sprinkle chicken with ¼ teaspoon each kosher salt and pepper. Heat 1 tablespoon canola oil in a large skillet over medium heat. Cook the chicken, turning once, until browned and just cooked through, 7 to 10 minutes total. Transfer to a plate.
2. Add 1 tablespoon oil and mushrooms to the pan; cook, stirring occasionally, until the liquid has evaporated, about 4 minutes. Increase heat to high, add wine and cook until it has mostly evaporated, about 4 minutes. Reduce heat to medium; stir in cream, any accumulated juice from the chicken and ¼ teaspoon each salt and pepper. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and sprinkled with parsley.

4 Servings: Calories- 325, Fat-20g,
Protein-29g, Carbs-4g

