

SRC NEWSLETTER

SKAGWAY RECREATION CENTER (SRC)

VOLUME 12 ISSUE 2

FEBRUARY 2018

FEBRUARY IS AMERICAN HEART MONTH

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. Heart disease can often be prevented when people make healthy choices and manage their health conditions. To help prevent heart disease and increase awareness of its effects, Skagway Recreation Center is proudly participating in American Heart Month.

BE INFORMED

Risk factors for heart disease include:

- High cholesterol
- High blood pressure
- Diabetes
- Cigarette smoking
- Overweight and obesity
- Poor diet
- Physical inactivity
- Alcohol use



MAKE CHANGES

Lower your risk:

- **Control cholesterol** by eating healthy fats and foods rich in omega 3 fatty acids like salmon, walnuts and flax seed.
- **Control blood pressure** by exercising, losing weight, not smoking, drinking in moderation, lower salt intake, cut out coffee and eat more fruit and vegetables.
- If you have **Diabetes** make sure you work closely with a health care professional to keep insulin levels under control.
- **Quit smoking** and stay away from secondhand smoke.
- **Lose weight.** It's not easy but cutting just 500 calories a day will allow you to lose about 1 pound a week.
- **Eat healthy** foods that are unprocessed or refined. Avoid long lists of ingredients in the foods you eat and seek to eat foods with one ingredient only (chicken, broccoli, brown rice).
- **Get active** by making exercise a daily habit (30 minutes a day) and seek to stay active throughout the day. If you have a desk job be sure to get up often to walk around and stretch.
- If you drink alcohol, **drink only in moderation.** In the scientific community "moderate drinking." is defined as no more than 3-4 standard drinks per drinking episode, no more than 9 drinks per week for women and 12-14 for men. Also, moderate drinking means limiting how fast you drink and, as a result, keeping your blood alcohol concentration (BAC) below .055 (.08 is the DWI limit in all states in the U.S.).



Everytime you use the Rec Center to exercise throughout the month of February you can enter into a drawing to win a one month individual membership! Just fill out the form at the front desk on your way in. Drawing will take place on Thursday, March 1.

Health Benefits of Chocolate

Is chocolate good for you?

Chocolate contains a range of nutrients which include minerals such as potassium, calcium and iron. It also contains the B-vitamin riboflavin. It is true that most of chocolates' calories do come from fat but the ingredient, known as cocoa butter, is the kind of fat that consists mostly of monounsaturated fatty acid also found in olive oil; the 'healthy' fat needed in all diets. Although studies are constantly being done with chocolate (and why not?), studies in the past (e.g. Netherlands, 2006, Harvard, 2003) have shown two significant additional positives. In these test studies, the people who consumed cocoa regularly had a lower blood pressure than those that did not, were less likely to die from cardiovascular disease and had better peripheral blood flow.



Why eat dark chocolate?

Dark chocolate has the potential to have the largest quantity of cocoa solids – at least to 70%. This means that 70% of the chocolate is from the cocoa bean and less from added sugars, oils and perhaps other fillers. Thus the antioxidants in the dark chocolate surpasses pecans (14% less) and red wine (25% less).



Why eat chocolate dipped nuts?

Besides the wonderful benefits from our all natural chocolate, nuts are a great food. In general, nuts are loaded with protein. Peanuts have the most, followed by almonds, cashews and walnuts. Protein is essential for healthy brain and muscle function, and for vegetarians, are a great substitute for animal protein. Nuts also contain omega-3 fatty acids, antioxidants and fiber. Thus with all the added benefits of chocolate, chocolate dipped nuts are a great snack.



THE SUCCESSFUL MIND

Maintaining a success oriented mindset isn't easy. There are seven things, in particular, that tend to shatter it. These challenges drag people down because they appear to be barriers that cannot be overcome. Not so for successful people, as these seven challenges never hold them back.

1. Age

Age really is just a number. Successful people don't let their age define who they are and what they are capable of. Without fail, people feel compelled to tell you what you should and shouldn't do because of your age. Don't listen to them. Successful people certainly don't. They follow their heart and allow their passion (not the body they're living in) to be their guide.

2. What Other People Think

When your sense of pleasure and satisfaction are derived from comparing yourself to others, you are no longer the master of your own destiny. While it's impossible to turn off your reactions to what others think of you, you don't have to hold up your accomplishments to anyone else's, and you can always take people's opinions with a grain of salt. That way, no matter what other people are thinking or doing, your self-worth comes from within.

3. Toxic People

Successful people believe in a simple notion: you are the average of the five people you spend the most time with. Just think about it some of the most successful companies in recent history were founded by brilliant pairs. Steve Jobs and Steve Wozniak of Apple lived in the same neighborhood, Bill Gates and Paul Allen of Microsoft met in prep school, and Sergey Brin and Larry Page of Google met at Stanford. Just as great people help you to reach your full potential, toxic people drag you right down with them. Whether it's negativity, cruelty, the victim syndrome, or just plain craziness, toxic people create stress and strife that should be avoided at all costs.

4. Fear

Fear is nothing more than a lingering emotion that's fueled by your imagination. Danger is real. It's the uncomfortable rush of adrenaline you get when you almost step in front of a bus. Fear is a choice. Successful people know this better than anyone does, so they flip fear on its head. They are addicted to the euphoric feeling they get from conquering their fears. Don't ever hold back in life just because you feel scared.

5. Negativity

Life won't always go the way you want it to, but when it comes down to it, you have the same 24 hours in the day as everyone else does. Successful people make their time count. Instead of complaining about how things could have been or should have been, they reflect on everything they have to be grateful for. Then they find the best solution available, tackle the problem, and move on.

6. The Past or the Future

Like fear, the past and the future are products of your mind. No amount of guilt can change the past, and no amount of anxiety can change the future. Successful people know this, and they focus on living in the present moment. It's impossible to reach your full potential if you're constantly somewhere else, unable to fully embrace the reality (good or bad) of this very moment. Accept your past by making peace with it and accept the uncertainty of the future. Worry is a great misuse of imagination. As Mark Twain said, "Worrying is like paying a debt you don't owe".

7. The State of the World

Keep your eyes on the news for any length of time and you'll see it's just one endless cycle of war, violent attacks, fragile economies, failing companies, and environmental disasters. It's easy to think the world is headed downhill fast. And who knows? Maybe it is. But successful people don't worry about that because they don't get caught up in things they can't control. Instead, they focus their energy on directing the two things that are completely within their power- their attention and their effort. They focus their attention on all the things they're grateful for, and they look for the good that's happening in the world. They focus their effort on doing what they can every single day to improve their own lives and the world around them, because these small steps are all it takes to make the world a better place.

Bringing It All Together

Your success is driven by your mindset. With discipline and focus, you can ensure that these seven obstacles never hold you back from reaching your full potential.

A version of this article first appeared on TalentSmart.com.

PILATES INTRODUCTORY WORKSHOP w. THERESE
SATURDAY, FEBRUARY 3RD ~ NOON-1PM



PILATES ADVANCED WORKSHOP w. THERESE
SATURDAY, FEBRUARY 10TH ~ NOON-1PM



PARTNER YOGA WORKSHOP w. SHERRY & JEANNE
SUNDAY, FEBRUARY 18TH ~ 5-7 PM



Please register at front desk or call us at 983-2679
to sign up for any of the above workshops.

This opportunity is FREE to members.

Non Members must pay \$15
(\$8 guest pass and \$7 workshop fee)

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