



TWIN RIVERS YMCA CONNECTIONS

Bringing us together... from a safe distance.

June 9, 2020

trymca.org

WELCOME BACK!

It was a beautiful first week back at the Y. Big thank you to all of you who have stayed with us! Our first week back, 116 members participated in 12 Outside Group Exercise Classes, and 33 members in our outdoor Weight Room Area. The pool welcomed 264 lap swimmers and 64 individual aquatic exercisers. We look forward to this coming week, bringing back an 8am Aqua Aerobics Class. We are inspired by your dedication and we look forward to progressing into the days ahead!



COMMUNITY SUPPORT

The Twin Rivers YMCA would like to thank R.E. Bengel Sheet Metal and Baker's Kitchen for generously supporting the Y. They have helped ensure that no one will be turned away from our Y because of an inability to pay. This remains a critical promise as we continue to serve the community.



FAVORITE BIBLE VERSE

Beth Hardee, Associate Executive Director

Isaiah 41:10

"Do not fear, for I am with you. Do not be dismayed for I am your God. I will strengthen you, I will help you, I will uphold you with my righteous right hand."



Wellness Tip

If you're moderately active, but still looking to get in better shape, it's a good idea to start tracking your macros. Your macros, or macronutrients, are the three main classes of food that are required to fuel your body. To many, it can be an objectively dry topic, so we will condense it down to the most pertinent information over the next few weeks. Or, if you're short on time, there is a quick reference guide on the next page for this week's topic: Proteins. Be on the lookout in your member email for more information on Proteins from Certified Personal Trainer, Marcel Wright.



PROTEINS

Quick Reference Guide



GENERAL RECOMMENDATIONS

- 0.8g of protein per kilogram of body weight. (0.4g per pound).
- 10%-35% of your daily dietary intake.
- Aim to consume more foods that are complete protein sources.

EXERCISE CONSIDERATIONS

- **Muscle Building:** Eat 0.5-1.0g/lb (1.2-2.2g/kg) throughout the day.
- **Losing Fat:** Eat 0.5-0.6g/lb (1.2-1.4g/kg) throughout the day. Raise this level if weight drops but body fat does not.
- **Before OR After Workout:** Eat 25-30g of protein either before or after a workout. Neither choice is superior.

HIGH-PROTEIN DIETS

- Associated with higher intake of saturated fat, lower intake of fiber, which is bad for cardiovascular health.
- Drastically increases the amount of water used by the body, possibly leading to dehydration.

COMPLETE PROTEINS

Complete proteins are food sources that contain all the essential amino acids - the building blocks of proteins that our bodies cannot synthesize themselves.

PEANUT BUTTER ON
WHOLE WHEAT
BREAD

FISH

SUNFLOWER
SEEDS

MILK

QUINOA

HUMMUS
WITH BREAD

BEAN SOUP WITH
WHOLE GRAIN
CRACKERS

POULTRY

BEAN
BURRITO

SOY

WHOLE
EGG

RICE AND
BEANS

YOGURT AND
GRANOLA

MACARONI
AND CHEESE

MEAT

PEANUTS

LENTILS AND
BREAD

BUCKWHEAT

CHIA SEEDS

OATMEAL
WITH MILK

WE WANT TO HEAR FROM OUR MEMBERS!

What have you and your family been up to? Have you started a new hobby or tried a new recipe? Learned a new skill or built a healthy habit? Maybe you have a favorite physical activity or family game!

Let us know! Email Marissa at mzinni@trymca.org and you may end up in a future connections newsletter!



WORDS OF ENCOURAGEMENT

“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.”

-Michael Jordan

RECIPE—Taco Spaghetti

Submitted by Charles Boehnke, Director of Properties and IT

- 1 lb. ground beef
- 1 lb. ground chicken or turkey
- 1 envelope taco seasonings
- 1 tablespoon tomato paste
- 1 10 oz. can rotel tomatoes
- 16 oz. spaghetti
- 2 c. shredded cheddar
- 2 c. shredded mozzarella
- 2 c. shredded parmesan
- 2 cans cream of celery soup

Brown ground beef and chicken with taco seasoning. Because the chicken has no fat you should not have to drain the meat once browned. Stir in tomato paste and rotel tomatoes. In the meantime boil your spaghetti. Once done strain spaghetti and place in bottom of 9X13 casserole dish, top with sauce. Spread soup over top of sauce and layer the cheeses on top of the soup. Place in 350° oven and bake until cheese is melted.

