

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.

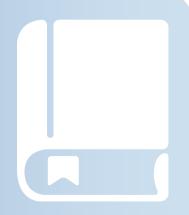




FAVORITE BIBLE VERSE Beth Hardee, Associate Executive Director

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.

EXERECISE 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.

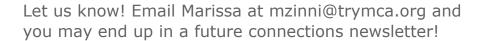
COMPLETE PROTEINS

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	WHOLE
FISH	RICE AND BEANS
SUNFLOWER SEEDS	YOGURT AND GRANOLA
MILK	MACARONI AND CHEESE
QUINOA	MEAT
HUMMUS WITH BREAD	PEANUTS
BEAN SOUP WITH WHOLE GRAIN CRACKERS	LENTILS AND BREAD
POULTRY	BUCKWHEAT
BEAN BURRITO	CHIA SEEDS
SOY	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!





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. around 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



and layer the cheeses on top of the soup. Place in

350° oven and bake until cheese is melted.

