



TWIN RIVERS YMCA
CONNECTIONS
Bringing us together... from a safe distance.

June 3, 2020

trymca.org

COMMUNITY SUPPORT

This pandemic has taken a mental, physical, and emotional toll on us all. One silver lining of having a little extra time at home is being able to find moments of reflection - to renew our minds and spirits. Todd Burrier, who is dedicated to helping others live rich and fulfilling lives through his executive and personal coaching business, has continued to be a generous supporter of the Y. Staff members of the Y have benefited from several of his webinars that he offered at no cost during the COVID19 epidemic, as well as his insight on staying successful while working at home.

"The Y is about helping people to help themselves through providing opportunities for anyone with a desire to improve, and starting with the important fundamentals of physical health and being a positive force in the community."

-Todd Burrier

For uplifting inspiration and more information about living a rich and fulfilling life, check out Todd's website at www.toddburrier.com or visit his Facebook page.

Thank you, Todd, for all that you do to support the Y and this community!



T O D D B U R R I E R

Elevating, Equipping, Empowering

WORDS OF ENCOURAGEMENT

**"Every day may not be good,
but there is something good in every day."**

-Alice Morse Earle

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!

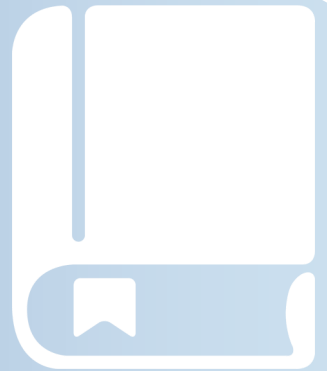


FAVORITE BIBLE VERSE

Iesha Grove, Family Services Director

II Corinthians 4:18

"While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal."



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: Carbohydrates. Be on the lookout in your member email for more information on Carbohydrates from Certified Personal Trainer, Marcel Wright.



CARBOHYDRATES

Quick Reference Guide



GENERAL RECOMMENDATIONS

- 2.7g-4.5g of carbohydrates per pound of body weight. (6-10g per kg).
- 45%-65% of your daily dietary intake.
- 38g of fiber daily for men. 25g of fiber daily for women.

EXERCISE CONSIDERATIONS

- **Pre-Workout:** Eat 2g/lb (4.5g/kg) 2-4 hours before exercise. For a shorter time frame, use a liquid meal replacement.
- **Mid-Workout:** Eat 30-60g of carbohydrates for every hour of exercise.
- **Post-Workout:** Eat 0.7g/lb (1.5g/kg) within 30 minutes of finishing a workout.

LOW-CARB DIETS

- These diets work, but for the wrong reasons, and are therefore unsustainable.
- Weight loss is a result of lowered water weight and calorie counting.
- Only recommended as supplementary epilepsy treatment.

GLYCEMIC INDEX (GI)

Foods with a lower GI value break down slower and therefore keep us full longer. They also tend to be more nutrient-dense.

| GI | FOOD |
|----|--------------|
| 14 | PEANUTS |
| 22 | PEAS |
| 38 | APPLE |
| 53 | ORANGE JUICE |
| 58 | OATMEAL |
| 70 | WHITE BREAD |
| 72 | WATERMELON |
| 75 | FRENCH FRIES |
| 83 | PRETZELS |
| 87 | INSTANT RICE |

We hope you and your family are well and safe. These are extraordinary times that have moved us all to know that camp will look different this year. There is no better place for kids to connect, make new friends, try new things, and discover their potential. We are following all CDC, local, state, and government guidance. We will continue to keep lines of communication open and transparent as Pre-Camp kicks off next week. One thing we know for sure: Kids need camp more than ever. Our camp staff has been very busy in their trainings getting ready to welcome back all of our camp kids and they can't wait!

