



2021

Fitness Center Newsletter

Hello Fellow Members, Friends and Fitness Family! The Fitness Center is OPEN!

We are extremely grateful for your patience and support during this time. We'd also like to say thank you to our Facebook group members. We've been encouraging each other to keep moving, stay healthy and stay positive in a time where all hope seems to be lost. We are strong and resilient and we stand by each other during this trying time.

The center will be open limited hours -- Monday through Friday -- 7:00am – 3:00pm
(Once we see how the fitness center is being utilized, we'll consider changing the hours of operation)

Click [HERE](#) to see the guidelines for re-opening. In order for us to stay open, be successful and safe while exercising together again, we must all commit to follow the safety guidelines and procedures. All members will be required to sign a one time COVID-19 waiver. Click [HERE](#) to download the waiver.

If you are still unable to come into CMS, don't worry. We will continue our private Facebook group and recording videos to share with you on YouTube. Please email Nicole at nicole.frostcms@gmail.com and she would be happy to give you information on how to join our private group or send you videos you can do at home!

Memberships have been extended for 6 months, which coincides with the length of time we had to remain closed. If you have any specific questions about your membership, please email Carole Cotton at carole.cotton@cms.hhs.gov or eaafitnesscenter@gmail.com.

Please stay informed by using our website www.eaafitness.com and have fun by participating in our private Facebook group page. Thank you for your understanding and cooperation, we look forward to seeing all again very soon!



ARTICLE OF THE MONTH

10 IDEAS FOR SPRING CLEANING YOUR WORKOUT ROUTINE

You may like your regular workout, but if you've been following the same patterns for too long, it's likely the benefits you're receiving from all of your efforts have significantly decreased. Not only has your body adjusted to the routine, but it's likely you've also checked out mentally as well, meaning you're not giving that workout as much "oomph" as you used to. That's why spring-cleaning isn't just for your closets -- it's a great idea for your fitness routine, too. By throwing out the old and embracing the new, you'll kick-start your metabolism and renew your fitness zest. Here are a few excellent strategies for doing just that.

1. When it's nice, get outside

Spring and summer are seasons dominated by unique fitness events, many of which happen in the great outdoors. For example, now's the perfect time if you've been wanting to participate in a color run. And if you'd like to substitute a day at the gym with a workout outside, try some of these top calorie-burning activities.

<https://www.shape.com/fitness/workouts/10-new-outdoor-workout-ideas>

2. Add some new strength training into the mix

Many people fall into one of two camps: those who love to lift weights and those who prefer spending hours on the cardio machines. Whichever camp you fall into, now might be the time to dip your toes into the other arena. If you're new to weight training, start simply with squats, planks, and dumbbell rows before graduating to heavier weights and more complex routines. If you're more of a lifter, start with 15 minutes on the elliptical and gradually increase your duration until you're really pushing it every time. By trading time in one discipline for time in the other, you'll not only shake things up but you'll also complete a more rounded routine.

3. Change your intervals

While spring-cleaning your workout routine can mean trying out entirely new activities, you don't have to throw everything you love out the door. Instead, give a few new intervals a try. Switch more rapidly between cardio equipment, or simply choose a new course on your machine-- perhaps the "Endurance" option rather than the "Hills," or vice versa.

4. Switch up the duration

Likewise, it can also be effective to play around with how often and for how long you're working out. One week, go for two to three long workouts. The next, opt for short, intense sessions. The next, do something in-between. Experimenting in this way will keep your workouts from getting too predictable, and will constantly challenge your body in new ways.

5. Try a different time

Always exercise in the afternoon? Get up with the early birds a few times this week and be amazed at all that you can get done before your first cup of coffee.

Alternatively, for morning workout aficionados, see for yourself how effective a post-work session at the gym can be for releasing all of that stress that's built up over the day. Getting creative with your schedule will keep your workout out of the humdrum zone.

6. Mix it up with intramural sports

An intramural sport or activity will force your muscles to move in new and interesting ways, distract you with mental challenges, and even help you make a few new friends. From the softball team at work to that new swing-dancing league, embrace the challenge of an entirely novel activity.

7. Give a few new classes a whirl

Likewise, most good gyms offer classes throughout the year, with new schedules released for each season. If you've always wanted to try that yoga or Zumba class, now might be the time. Fitness instructors are good at what they do, and you'll find working out with friends motivating. What have you got to lose?

8. Set a challenge with a race

You may enjoy running, swimming or biking on your own, but if your interest is waning, why not put all of that training to good use and enter a race? You'll uncover a new wealth of motivation when you know your morning jog will help you through that 10K or half marathon, and you'll be extra likely to jump into your cold local pool for a training session when you know it's for a charity triathlon.

9. Commit to a friend

If you've always been a lone wolf, spring is the perfect time to become a more social animal. A workout buddy is a quick way to inject enthusiasm and accountability into your daily routine, while a group training class will keep that heart pumping via new and interesting means. Just try not to get a little sweat on when you're surrounded by so many peppy and engaged classmates.

10. Hire a personal trainer

When you've hit a rut, a fitness expert is really the best way to rollout a workout makeover. Not only will they have a much better idea of what's possible, but they'll also help you build variety into your workout so you shouldn't need to give it an overhaul for quite some time. Plus, it's harder to make last minute cancellations when you know you've got someone you're paying waiting for you.

RECIPE OF THE MONTH

Mango and Paprika Pork Chops



Ingredients

4 boneless pork chops (about 1 1/2 lbs.)
2 to 3 tsp. hot Hungarian paprika
1 teaspoon kosher salt, divided
1 teaspoon pepper, divided
2 tablespoons olive oil
1 large mango (about 1 lb.), peeled and cubed
1/2 red onion, cut into thin wedges
1 green bell pepper, sliced
1/4 cup cilantro leaves
Cooked grain of choice (we suggest couscous or rice)

How to Make It

Step 1

Heat oven to 375°. Pat pork chops dry and sprinkle both sides with paprika and 1/2 tsp. each salt and pepper.

Step 2

Heat oil in a large ovenproof frying pan over medium-high heat. Brown pork chops on both sides, about 6 minutes. Transfer to a plate.

Step 3

Add mango, onion, bell pepper, and remaining 1/2 tsp. each salt and pepper to pan. Cook, stirring often, until softened, about 5 minutes.

Step 4

Set pork chops on top of mango and bake until meat is no longer pink in center, 8 to 10 minutes. Serve pork and mango over cooked grain of choice and sprinkle with cilantro.

WORKOUT OF THE MONTH



ULTIMATE FULL-BODY WORKOUT

MONDAY
(40-60 Mins)

JUMP ROPE – 3
Sets, 15 Reps

LEG PRESS – 3 Sets
, 8-12 Reps

SQUATS – 3 Sets, 8-
12 Reps

PUSH UPS – 30-50
Push ups

DUMBBELL STEP-
UP – 3 Sets, 12 Reps

GENERAL PLANK –
3 Sets – 30-50
seconds each

CRUNCH – 3 Sets 8-
10 Reps

FLAT BENCH
BARBELL PRESS – 3
Sets 8-12 Reps

DUMBBELL
SHOULDER PRESS
– 3 Sets, 8-12 Reps

WEDNESDAY
(40-60 Mins)

PUSH-UP – 30-50

SQUAT – 3 Sets, 10-12
Reps

CRUNCH – 3 Sets, 8-12
Reps

WIDE GRIP PULL UP – 3
Sets, 10-12 Reps

DUMBBELL CURLS – 3
Sets, 12 Reps

INCLINE DUMBBELL
PRESS – 3 Sets, 12 Reps

SEATED DUMBBELL
ARNOLD PRESS – 3
Sets, 10-12 Reps

PLANK – 20-50 Seconds,
3 Sets

LEG PRESS – 3 Sets, 12
Reps

OVERHEAD TRICEPS
EXTENSION – 3
Sets, 12 Reps

DEADLIFT – 3 Sets, 8-10
Reps

FRIDAY
(40-60 Mins)

LUNGES – 3 Sets, 12
Reps

DIPS – 3 Sets, 6-8 Reps

PUSH UP- 30-50 Push
Up

SQUAT- 3 Sets, 10-12
Reps

LEG PRESS – 3 Sets,
10-12 Reps

INCLINE BARBELL
ROW – 3 Sets, 8-10
Reps

INCLINE DUMBBELL
PRESS – 3 Sets, 12
Reps

CRUNCH – 3 Sets, 10-
12 Reps

DUMBBELL RAISE – 3
Sets, 12 Reps

BENT OVER ROW – 3
Sets, 12 Reps

FRONT DUMBBELL
RAISE – 3 Sets, 12
Reps