

# October 2020

## Fitness Center Newsletter



Hello Fellow Members, Friends and Fitness Family!

We are thrilled to announce that the Fitness Center has been approved to reopen!

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.

Beginning October 1, 2020, 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](mailto: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 [eaafitnesscenter@gmail.com](mailto:eaafitnesscenter@gmail.com).

Please stay informed by using our website [www.eaafitness.com](http://www.eaafitness.com) and have fun by participating in our private Facebook group page. You may also contact us through email: [eaafitnesscenter@gmail.com](mailto:eaafitnesscenter@gmail.com).

Thank you for your understanding and cooperation, we look forward to seeing all again very soon!

**"BEING POSITIVE ISN'T  
PRETENDING THAT  
EVERYTHING IS  
GOOD — IT'S SEEING  
THE GOOD IN  
EVERYTHING."**

## **Article of the Month**

### **6 At-Home Fitness Fixes**

According to recent studies, an active lifestyle lowers your risk of getting a communicable disease. By getting more exercise, you can help ward off viral and bacterial infections.

Can't get out? Not a problem. You can get a full workout even if you're home all day, says Sylvia Nasser, a NASM-certified personal trainer.

#### Stream It

If you love group gym classes, try the next best thing: live online workouts. "Follow your favorite instructors or fitness media channels," Nasser says. "Many now host Zoom, Instagram, Facebook, and YouTube live streams."

Look online for gyms or personal trainers offering live workouts that you can join on your computer or on your smartphone. Or, try prerecorded workouts on YouTube or one of many fitness websites.

#### Go Social

Schedule a Zoom workout with friends or family. Having exercise buddies is great for connection and socialization, Nasser says. Plus, it keeps you accountable. If you know everyone's jumping on the computer at 8 a.m., you have extra reason to show up.

#### Play Cards

In a pinch, Nasser says, reach for a deck of cards and let it be your fitness instructor. Each suit represents one body-weight exercise, like squats or lunges. Each number represents the number of reps. So, if hearts represent squats and you pull a 10 of hearts, you do 10 squats. Jokers can be dealer's choice or one-offs like 60 seconds of jumping jacks. "You can do this with very simple exercises," Nasser says. "Have fun with it."

#### Use Your Stuff

"Get creative with things around your home," Nasser says. "One of my favorites is taking a school bag and filling it up, then wearing it while you do lunges and lower body exercises." Get your arms involved by holding onto the straps and doing bicep curls or wearing it as you do pushups.

## Devise a Circuit Workout

Create stations around your home and move through each one for a full-body workout. Your home is filled with exercise-ready objects. Think stairs, chairs, and walls, Nasser says. Run up and down the stairs. Use chairs for triceps dips, pushups, and step-ups. Lean against the wall for wall sits.

## Try Rep Challenges

Pick a number and challenge yourself to complete that amount of reps for a variety of simple exercises. For example, aim for 50 or 100 reps of four to five body-weight exercises. Start with 50 squats. Then do 50 lunges, 50 pushups, 50 mountain climbers, and 50 sit-ups. When you reach your goal, your workout is done.

## 4 Tools

Body weight exercises like squats and planks make for easy, effective at-home workouts, Nasser says. To mix it up, she recommends this basic gear.

### 1. Dumbbells

Try adjustable dumbbells, which take up less space than a full set of weights. To adjust the weight, you load and unload plated weights or flip a switch.

### 2. Resistance Bands

Bands come in all lengths and resistance levels, are excellent for building strength, and take up very little space in your home. Simply toss them in a drawer when you're done.

### 3. Yoga Mat

Make your workout comfy and cushiony with a mat, which is especially handy if you have hard floors. After each workout, wipe it clean and roll it up.

### 4. Tech Options

A Fitbit, Apple Watch, or any watch with a timer makes a good workout buddy. Use it to time your exercises, count your steps, and see your progress.

## Recipe of the Month



### Turkey-Lentil Sloppy Joes

Perfect for feeding a crowd or freezing for later, this recipe makes enough for 12 hearty sandwiches-or about 7 cups of soul-satisfying chili if you prefer to skip the buns. Serve on hamburger buns with red onion and pickle chips.

#### Ingredients

- 1 (32 ounce) carton low-sodium chicken broth
- 1 ½ cups brown lentils
- 1 tablespoon olive oil
- 1 cup chopped yellow onion
- ½ cup chopped carrot
- 1 pound ground turkey
- 1 (15 ounce) can crushed fire-roasted tomatoes
- ⅓ cup chopped pimiento-stuffed green olives
- 3 tablespoons mild chili powder
- 1 tsp. garlic powder
- ½ tsp. Cumin
- 1/2 tsp. red pepper flakes
- ¼ cup ketchup
- 3 tablespoons tomato paste

#### Directions

##### • Step 1

Bring broth to a boil in large pot. Stir in lentils; return to a boil. Reduce heat and simmer covered, 20 minutes, or until tender. Drain in a colander.

##### • Step 2

Heat oil in the Dutch oven over medium heat. Add onion and carrot; cook until tender, 5 to 6 minutes. Add spices to open fragrance. Add tomato paste and mix together. Add turkey, cook, and stir to break up lumps until turkey is browned. Drain any grease.

##### • Step 3

Stir in tomatoes, olives, ketchup and vinegar. Bring to a boil; reduce heat and simmer, stirring occasionally. Cook for at least 1 hour. Stir in cooked lentils; cook until heated through, about 2 minutes more.

## Workouts of the Month

### *dumbbell (at-home)*

#### TOTAL BODY CIRCUIT WORKOUT

Complete one exercise after the other consecutively as a circuit.  
Rest for at least 1 min. after the first circuit, then repeat 2x.

1 MIN. PLANK HOLD  
15 FLOOR BRIDGES  
12 PUSH-UPS  
24 SQUAT JUMPS  
12 DB BICEPS CURLS  
12 DB SHOULDER PRESSES  
12 DB TRICEPS KICKBACKS  
1 MIN. JUMP ROPE  
10 LATERAL LUNGES (EACH SIDE)  
12 SIDE PLANK ROTATIONS (EACH SIDE)  
12 FLOOR COBRAS

*rest and modify as needed.*

## Strength & Cardio

### Circuit Blast

*repeat entire circuit 3x*

15 alt. lunge w/ bicep curl  
15 squat to shoulder press  
1 min jumping jacks

15 straight leg deadlift to upright row  
15 curtsy lunge w/ side raise  
1 min burpees

15 tricep kickbacks each each side  
15 bent over row  
1 min mountain climbers

1 min plank