



# JUST AEROBICS & FITNESS CENTER

*where exercise is fun*

101 Fireman's Plaza, Frackville, PA 17931 570-874-3787

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## *Spotlight on our Members*

Just Aerobics and Fitness Center's member, Kath Kraft of Frackville, was involved with a very unique project. For help with the project, Kathy enlisted Frackville native and North Schuylkill High School senior, Brian Yesalusky. Kathy and Brian worked together building a special program just for her students, the project became Brian's senior project.

Kathy and Brian came up with the "You Can Two Can" project and consulted Lori DiRenzo, J.A.F.C.'s owner, about creating some fun physical activities for the students to do with cans of food they collected for this project. Lori advised Brian of different activities, such as running through and obstacle course made of the cans or bicep curls with the cans.

Once the students were finished with the programs, the cans of food and were donated to the local food bank. Just Aerobics and Fitness Center would like to congratulate Brian for his great work on such a meaningful project!



Lori DiRenzo, Brian Yesalusky, Kathy Kraft



## *In The Community ...*



**Coordinated School Health Programs** recently held a conference in October at the Quality Inn in Pottsville. J.A.F.C.'s owner, Lori DiRenzo, was a special guest speaker at the conference which focused on the healthy eating and behavioral habits. The American Cancer Society is working with several schools in the county to promote cancer prevention by integrating healthy lifestyles in today's youth.

Lori spoke to the many teachers who attended the conference about how having children grow up in a healthy environment might mean major lifestyle changes for the family.

### **Just Aerobics' New Relay For Life Team Captain**

Sharon has been a member of the Just Aerobics & Fitness Center staff for over 2 years. A local resident of Frackville, she enjoys providing excellent services to JAFC members.

Sharon is the Team Captain for the J.A.F.C. Relay For Life Team which will compete in this year's relay. Due to the growing popularity of the American Cancer Society's Relay For Life Event, a new venue has been added to focus on Northern Schuylkill County. The 2005 Relay For Life event for northern Schuylkill County will be held on June 11 and 12, 2005 at Mahanoy Area High School football field.

If you'd like to join our Relay for Life team, or would like further information, please contact Sharon at (570) 874-3787.

## *Staff Spotlight*



Sharon

## Come and PLAY!



Lori at PLAY's Opening

Parents Lead Active Youth (P.L.A.Y.) held its grand opening on Wednesday, December 01, 2004! The new business is a branch business of Just Aerobics and Fitness Center. P.L.A.Y. is also a service mark which means that in the state of Pennsylvania, P.L.A.Y. can become a franchise.

P.L.A.Y.'s focused on teaching both parents and children the about a healthy lifestyle. With more than 1/3 of the nation's adults and children being overweight, it becomes critical that children are taught from a young age, the importance of a healthy lifestyle. P.L.A.Y.'s aim is to get the parent's actively involved in the programs that can help to teach children healthy eating habits and how exercise can benefit them.

Enrollment in P.L.A.Y. is also now currently being accepted, children in the 3-6, 7-10 and 11-3 age groups are welcome. Enrollment can be done by calling 570-874-2202.



## For Your Health

### Losing Weight Slowly and Steadily

At one time or another, half the women and a quarter of the men in this country have tried to lose weight. The ones destined to try again and again are most likely those looking for shortcuts. There are none. The only way to step off the diet treadmill is to find a weight-loss program that helps you lose weight slowly and steadily; one that trains you to adopt a low-fat eating plan so simple it becomes a way of life. With that in mind, here is an introductory guide to the last diet you may ever need.



#### GOOD HABITS

**START STRONG:** People who eat a healthy breakfast generally feel less hungry throughout the day.

**CURB YOUR APPETITE:** Drink a glass of water or some tea just before a meal.

**STOP COUNTING CALORIES:** The best diet foods are complex carbohydrates. Low in fat, fast-burning, and rich in vitamins and minerals, they are also high in bulk, which means you can feel full on fewer calories. Whole grain cereals, rice, breads, pasta, beans nuts, fruits, and vegetables.

**EAT WHAT YOU LIKE:** Nothing makes a diet more difficult than having to eat rice cakes when you can't stand them.

**SIT DOWN:** Train yourself to eat in one place, preferably at a table. It's too easy to overeat when meals are grabbed on the run or while standing in front of the refrigerator.

**SLOW DOWN:** Eat slowly enough to give your body time to release the enzymes that tell your brain when you've had all you need.

**EXERCISE:** It burns calories and suppresses the appetite, and it's awfully hard to lose weight without doing it. An easy way to get started is to strap on a pedometer and go for a walk, then work on increasing your mileage from one week to the next.

**DON'T GIVE UP:** Falling off your diet once or twice does not mean the effort is hopeless. Simply acknowledge that your over-ate, and get back on the plan.

**REWARD YOURSELF:** Treat yourself with a massage, or a piece of gourmet chocolate, or whatever, for each week that you maintain your new weight.

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