



MARCH 2018 • • •

Club Hours

Monday-Friday, 5AM-11PM

Saturday, 7AM-7PM

Sunday, 8AM-6PM

Eating Right Isn't Complicated

By Brian Cooper, MS, MA, LPC

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- :: Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- :: Include lean meats, poultry, fish, beans, eggs and nuts.
- :: Minimize saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein

choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

To help reduce your risk of heart disease, look for foods low in saturated fat and trans fat. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the **Nutrition Facts label** on food packaging.

For more information, view the Academy's info graphic on the **Total Diet Approach to Healthy Eating.**

MADNESS MARCH 1-31

Refer a new personal training client and receive **one FREE session** when they purchase their first package.

Design your Life Meditation Workshop
Saturday, March 10, 11:30AM
with Jason Williams

Annual St. Patrick's Day Master Class
Saturday, March 10, 9-11AM

Single's Racquetball Tournament
Saturday, March 17

Shake Your Shamrocks at the Barre
Saturday, March 17, 8AM

Community Yoga
Sunday, March 18, 12PM

Holiday Camp!
March 28-30

Friday Field Trips
Welcome Forest Hill Elementary to Friday Field Trips at the club!

OPPORTUNITIES TO ENGAGE

Swim Team: Championship Month!
MD Age Group Championships in
St. Mary's
March 1-4

MD Junior Championships at UMBC
March 9-11

**11 & Older MD "B" Championships
at UMBC**
March 17-18

**Eastern Zone Senior Section
Championships @ VA Tech**
March 22-25

**10 & Younger MD Championships
at McDonogh School**
March 24-25

**Eastern Zone Age Group
Championships @ Webster, NY**
March 29-April 1

**Majority of Swim Team Off for
Spring Break**
March 26-April 1



Harford Dance Center
March 2-4

Company dancers visit NUVO Dance
convention at National Harbor

Picture Day
March 10

Legacy Dance Competition
March 23-25
Dancers are traveling to Columbia

Exercises to Stay in Shape this Snow Season

There are 5 basic elements you should focus on when preparing for the ski and snowboarding season, which include balance, core, endurance, power, and strength. Here are exercises to do that incorporate these elements.

1. Balance: Stand on a BOSU ball and go into a low squat. Push one leg at a time into the BOSU with different speed variances in one-minute intervals.

2. Core: Lie on your back with your arms overhead and legs straight on the floor. Simultaneously raise your arms and legs as high as you can, getting them as straight and close together as possible, making a "V" shape. Challenge yourself by holding the contraction for a few counts, and then slowly bring your arms and legs back out to the starting position. Do a set of 15-20 V-ups.

3. Endurance (and Balance): Line-up several BOSU balls. To mimic the speed and quick hip rotation of Mogul skiing, jump

your feet side-to-side and squat low as you land on each BOSU with two feet. Go as quickly as you can in one-minute intervals, alternating directions with each jump.

4. Power: Perform "Lateral Skater Jumps" by jumping from side-to side while controlling your upper body as you would when skating. To maximize effectiveness, hold a 10-lb dumbbell during the exercise. Extend the dumbbell out while you jump, and pull it in as you land.

5. Strength: Place four risers under one side of a step platform. Stand in the middle of the step with your feet together, facing "downhill". With the option of holding a 20-lb dumbbell, do small squats in one-minute intervals.

Opportunities to Engage

Kids Club Preschool
Explore and Learn
Tuesday, March 6, 11AM
Wednesday, March 28, 10AM

OutBAAC Summer Camp
Early Bird Registration
March 10, 17 & 24

Pennies for Patients
Wednesday, March 14
Thursday, March 15

Leprechaun visit to the Preschool
Thursday, March 15
Friday, March 16
Kindergarten readiness presentation
Tuesday, March 20, 6:30PM

Spring Classroom Parties
Monday, March 26
Tuesday, March 27

