

SRC NEWSLETTER

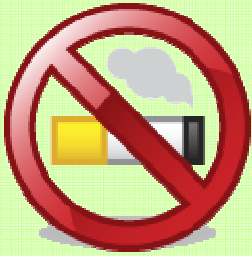
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SKAGWAY RECREATION CENTER (SRC)

Quit Smoking: Great! Gaining Weight: Not So Great.

By Katherine Nelson, SRC Director



It's two months into the new year and many of you are still going strong with your resolution's to stop smoking. But let's face it, giving up cigarettes is difficult and at times seemingly impossible. As a former smoker, I know. It's tuff, but believe me when I say that it

can be done. Quitting smoking is without question the single best thing you can do for not only yourself but also the people around you.

But unfortunately many people will throw in the towel the moment they start seeing an extra few pounds show up on the scale, a rather common side effect experienced when quitting smoking. In fact, a gain of five to ten pounds is actually pretty normal. This is due to metabolic changes our bodies go through when we quit. Nicotine affects our bodies in a variety of ways, one of which is to elevate metabolism so when we quit smoking, metabolism slows and a slight gain is usually the result. It's important to realize that a small weight gain isn't the end of the world and is definitely the lesser of two evils when comparing tight jeans to lung cancer or emphysema. Be patient! You're working hard to rid yourself of a tough addiction, so don't give up if you put on a few pounds in the process. It will come off eventually if you take good care of yourself overall by exercising regularly and by maintaining a healthy diet.

If the scales go higher than a 10 pound gain though, chances are your eating habits have changed. Below are some tips to help keep you on track with achieving your goal to a healthier you!

- Plan activities for times when you have the urge to smoke a cigarette. Take a yoga class, lift weights, try a spinning class or climb the rock wall at the SRC!

- Keep your hands busy at all times. This is essential for the evening hours. Take up knitting or scrapbooking, catch up on e-mails, or indulge your nails by giving yourself a manicure.

- Carry a water bottle with you whenever you can. This will occupy your hands, and sipping calorie-free water throughout the day will help you avoid weight gain.

- Bring healthy snacks with you to work or when driving long distances. Celery and carrot sticks, grapes, sliced apples, cherries, almonds (in moderation) and rice crackers are great choices.

- Keep sugarless gum, mints, or a travel-size mouthwash in your pocketbook. It's great for cleansing your palate when you're craving sweets. At night, brush your teeth right after dinner.

- Avoid situations and relationships that trigger your smoking habit. Hang out with your non-smoking friends and avoid public establishments that allow smoking in their buildings. Your smoker friends will understand if they are truly your friends and just might join you in your decision to quit.

A few attempts may be necessary so don't beat yourself up if you cave in. Just get back on track ASAP and remember, Rome was not built in a day!



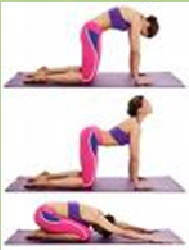
Employee Appreciation Day Friday, March 5

Recognitions vary widely, and may include a lunch, snack, cakes, or other munchies, and small recognition gifts. Or how about treating your employees to a day at the SRC! \$5 guest passes are available at our front desk!

**THE SRC WILL BE CLOSED
MONDAY, MARCH 29 FOR SEWARD'S DAY**

Stay Flexible, Stay Well

By Katherine Nelson, RYT



At this point in history, most would agree that practicing yoga has many benefits. It increases flexibility, tones muscles and reduces stress, to name a few. But more recently, scientists have begun to test yoga's effect on serious health conditions. The results have been impressive enough that we are now starting to see an increasing movement toward yoga therapy and

the use of yoga in the medical world. Yoga has become a part of the standard treatment for a number of disorders and the research keeps coming in. Here are just a few of the findings:

- 1. DEPRESSION:** Low brain levels of the neurotransmitter GABA are often found in people with depression. Research out of the Boston University School of Medicine and Harvard's McLean Hospital found that subjects who practiced yoga for one hour had a 27 percent increase in levels of GABA compared with a control group that sat and read for an hour. This supports the growing body of research that is proving yoga can improve mood and reduce symptoms of depression and anxiety.
- 2. BREAST CANCER:** Research is very clear on this one: Women who do yoga during and after treatment experience less physical discomfort and stress. Duke University scientists reported that when women with metastatic breast cancer attended eight weekly yoga sessions, doctors found that the women had significantly less pain and felt more energetic and relaxed.
- 3. MENOPOUASE:** A study at the University of California, San Francisco found that menopausal women who took two months of weekly a restorative class (Monday evening at 5:45 p.m. here at the REC CENTER) reported a 30 percent decrease in hot flashes.
- 4. HEART DISEASE:** According to Erin Olivo, PhD, director of Columbia University's Integrative Medicine Program yoga can lower blood pressure, cholesterol and resting heart rate. While almost any exercise is good for the heart, experts say that yoga's meditative component may give it an extra boost by helping to stabilize the endothelium, the lining if the blood vessels that, when irritated, contributes to cardiovascular disease.
- 5. CHRONIC BACK PAIN:** When doctors at an HMO group in Seattle pitted 12 weekly sessions of yoga against therapeutic exercises and a handbook on self care, they discovered the yoga group not only showed significantly greater improvement but experienced benefits lasting 14 weeks longer than the group that did not do yoga. Many poses are helpful, particularly those that strengthen the core (try Yoga for Back and Hip Health, Wednesday evenings at 5:45 p.m. here at the REC CENTER).

March Madness at the SRC

During the month of March members are allowed to bring in a guest to try out the facility for FREE! This is your opportunity to get that friend or family member come do a workout with you and to show them why you love your local Rec Center!

Saturday's in March

The Multipurpose Room is

OPEN: NOON-4 p.m.

Coffee * Tea * Cocoa

\$1.00/cup

Board Games Art Projects

Sewing Knitting Beading

Come gather with friends!

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