

SRC NEWSLETTER

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THE MUNICIPALITY OF SKAGWAY RECREATION CENTER (SRC)

The Egoscue Method

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"Use it or lose it" is a very common theme in many fitness theories. The bad news is, you can use it and STILL lose it. In the case of posture deviations caused by dysfunctional joints/muscles, amping up an exercise program can be like pouring more fuel on the fire. There is motion, and there is design motion. Only design motion restores health. An elevated hip at the beginning of your run will still be elevated at the end of the run, but more so. Shoulders locked in the hinge position when lifting at the gym will not function better with more weights or more reps. All the stair-climbing in the world would be a dead loss from someone with everted feet, whose disengaged, unused quads will be inaccessible until the lower half of the powerful hip adductor muscles are persuaded to butt out...never mind the sever torque on the misaligned knees!

The muscles that have been recruited somewhere else along the kinetic chain to perform tasks the dysfunctional muscles are no longer able to do will continue to compensate until something gives. Like any good neighbor, nearby muscles are happy to help out in a pinch but keep it up and over the years those muscles become



resentful and eventually rebel against the inequity of it all. Deprived, angry, unappreciated compensator muscles then become part of the structural problem.

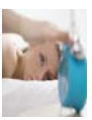
The GOOD news is, we CAN systematically restore functions that will result in proper movement and the maintenance of a fully functional musculoskeletal system. One of the education missions of The Egoscue Method is to teach people that neither bodybuilding nor grinding workouts can replace or activate lost functions. From couch potatoes to master athletes, no one is immune from this alignment crisis. When the tires on your car wear uneven, you take it in for an alignment. Now there is an alignment technique for the human body. Like the worn tire is to the car owner, chronic pain (and it's close cousins restriction, stiffness, numbness), are the body's way of telling us we are out of alignment. Not only is something happening that should not be, something is NOT happening that SHOULD be. So, come to the next Egoscue class and get a motion "fill up"; deliberate stimulation of key posture and gait muscles.

Wednesday's at 7 PM

Friday's at 8:15 AM

Saturday's at 2:30 PM

Sleepless in Skagway



Each spring, Alaskans celebrate the return of daylight. It energizes! We accomplish more, we work more. As most of our bank accounts have dwindled to a pathetic level, working crazy summer hours is a necessary part of Alaskan life.

All that light and activity can have a downside, sleep deprivation being the most common and dangerous. Lack of sleep causes higher levels of stress, depression and anxiety. It decreases motor function & memory causing people to make mistakes and increasing the likelihood of injury. Sleep deprivation is also linked to heart disease and mental illnesses. Getting enough sleep is as important to our wellbeing as eating right and exercising.

Most adults need between 7 & 9 hours of sleep each night. While that might not always be possible, Medicine.net offers these tips for making the most of the sleep time you do have:

- Stick to a sleep schedule. Go to bed and wake at the same time each day.
- Exercise, but not closer than 5 or 6 hours before bedtime.

- Avoid caffeine & nicotine. Their stimulating effects can take up to 8 hours to wear off. Sadly, this includes after dinner chocolate.
- Get some sun! That can be tough around here, but daylight is key to regulating sleep patterns. Try to get outside in natural sunlight for at least 30 minutes each day.
- Don't take naps after 3 pm. Naps can provide a great pick-me-up, but late afternoon naps can make it harder to fall asleep at night. Also, keep naps under 1 hour.
- Avoid alcoholic drinks before bed. Alcohol keeps you in the light stages of sleep. You also tend to wake up in the middle of the night once the sedating effects wear off.
- Avoid large meals late at night. Digestion takes energy that can interfere with sleep.
- Have a good sleeping environment. Eliminate anything that might distract you from sleep, such as noise, light, TV or a computer in the room. Keep your bedroom temperature on the cool side.
- Relax before bed. Create a relaxing bedtime ritual such as reading, taking a bath or listening to music.

SWEET DREAMS!

*******Member Alert*******

We have received 6 reports of bicycles being stolen from the bike rack outside SRC in the past 2 weeks. It is sad that the actions of a selfish few individuals can change the safety and security of our little town. We are looking into directing a security camera in that area. In the meantime, we highly recommend locking up your bicycle.

From the suggestion box:

Make a pool in the gym which can open and close.

Pool instead of boiler room.

The issue of a pool was put to the voters of Skagway in 2006. It was defeated. Many are concerned about the costs of building and more importantly, maintaining a pool. Between heating and staffing, pools are very expensive facilities to maintain. It doesn't mean it is out of the question. For a pool to happen at this point, it would take a dedicated citizen committee to research and solve the funding issues and more importantly, sell the idea to the people of Skagway. If you really want it, go for it!

Buy new high quality basketballs to save for Basketball night

We purchased 6 new high quality basketballs this winter. At a cost of \$55 each and with a multitude of other needs for the facility, that's all we will be purchasing for now.

+10 party on Friday nights 6-10 pm

The Gym, multipurpose room and group fitness rooms are all available for private rentals when classes are not scheduled. Anyone wanting to hold a function can call SRC to make arrangements. We do require additional adult supervision for youth events.

You're great. You don't need a suggestion box, do you.

Our only response to that is, Thanks!

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Senior Corner:



The Skagway Recreation Center LOVES the seniors in this town and we want to develop more programs for you! In order to do so, we need to know what you are interested in. What kind of activities would you like to do? What time of the day is best for you? Are weekends or weekdays better or worse? Let us know by filling out our questionnaire located in the SRC main entrance and turn it in to the front office anytime throughout the month of July. Or just email k.nelson@skagway.org with suggestions and feedback concerning the type of activities you are interested in seeing programmed- whether it is for YOU personally or for a LOVED ONE that is aging and needs to get out more! Suggested activities can be physical, mental or social or ALL OF THE ABOVE! Just to get you started with ideas, we have the ability to do more fitness classes, board games, movies, Karaoke, arts and crafts, drawing, knitting, card making, scrap-booking and more! Be creative, have fun with friends, stimulate your mind and condition your body. Help us help you!



**Closed July 4th
for
Independence Day!**

Nutrition Corner:

Waking up early can be hard to do for some, so why not reward yourself with a balanced meal to fuel your day! In fact, breakfast is the most important meal of the day, yet despite all the hype, many Americans routinely skip this meal. Eating breakfast is associated with improved strength and endurance, along with a better attitude toward both school and work. It replenishes blood glucose levels after waking from a long nights sleep, provides your metabolism a jump start for burning calories, and curbs your appetite throughout the day. Below are some great breakfast tips to help you get in the habit of refueling your body every morning so you can start feeling and performing better immediately!



- **No Time:** Have ready to eat foods that take little preparation time. Yogurt, fresh fruit, cereal and instant breakfast mixes work great!
- **Take it to go:** Vegetable juice, celery stuffed with peanut butter and dried nuts and fruit are excellent choices.
- **Dress up your cereal:** For added nutrition, top off your cereal with sliced almonds, walnuts or berries.
- **Not hungry yet?:** Drink some juice. Anything is better than nothing at all.

And most importantly, don't skip this meal because you are on a diet. Studies show that people who skip breakfast end up eating more later on in the day!