

UNION COUNTY FAMILY YMCA

Next Optional Weigh-In Date:

February 20 from 8am-1pm OR
February 22 from 4-8pm

Winter Meltdown



Issue III
February 12, 2012

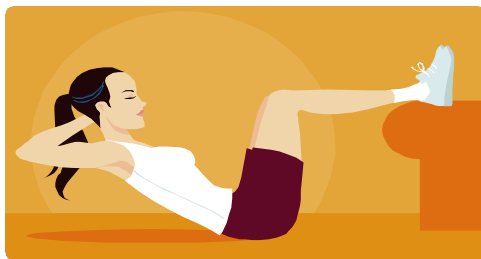
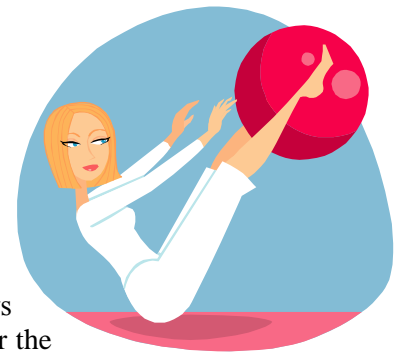
Challenge yourself to...make a change!

Make a change! What kind of change? Every day challenge yourself to switch one not-so-healthy food for a better choice. Hold off on the chips and eat an apple instead. Change the ice cream to a low fat frozen yogurt or a frozen fruit bar. Every small change you make could add up to hundreds of calories each week!

Changing Your Cardio Routine Has Advantages!

I have often heard people say, "I love running – it's the only thing that I do." Doing the same routine every day, every week has definite disadvantages. According to Jen Mueller, Certified Personal Trainer, there are four signs that it's time to change your workout :

1. **Your workout bores you.** "It's easy to get bored if you stick with the same routine for too long. Change can help keep your workouts fun and interesting, giving you something to look forward to."
2. **Your workout isn't giving you results anymore.** "Just as you can get bored by always doing the same exercises, your body can also adapt to these exercises so that they don't offer the same benefits that they once did. A little variety might be just the thing you need to get the scale moving again or bust through that strength plateau."
3. **Your workout leaves you more tired and sore than before.** "Exercise should give you more energy, not leave you feeling rundown. If you're feeling overly tired or perpetually sore, you could be overtraining."



4. **Your workout is no longer challenging.** "If your workouts aren't challenging you anymore, it can be helpful to wear a heart rate monitor. Your heart rate will change over time as you become more fit. By using a heart rate monitor, you'll know to change up or intensify your routine, and ensure that you're working in your target heart rate zone." Source: [4 Signs It's Time to Change Your Workout Routine / What to Do When Your Workout Isn't Working for You](#)- By Jen Mueller, Certified Personal Trainer on www.sparkpeople.com

SPORTS CHALLENGE – Friday, February 17th
YMCA & Armory Gym at 7:00 p.m.
Register by February 15th
Call or email to register your team for the challenges

