

GROUP EXERCISE NEWSLETTER

Did You Know?

Adequate protein consumption is essential. Here are five reasons to consider adding more protein to your diet.

- **1. Stop the hunger.** Protein ingestion triggers a specific hormonal response in the body that suppresses the appetite.
- **2. Increase your metabolism.** Consuming greater amounts of protein increases the amount of energy the body uses to perform essential functions and physical activity.
- **3. Increase and maintain muscle mass.** Consuming protein after a workout along with adequate protein consumption throughout the day is important for building, maintaining and repairing muscle mass when used in combination with physical activity.
- **4. Improve mood.** What you eat may influence the way you feel. Research shows a correlation between greater consumption of protein, lower levels of anxiety and depression and higher levels of happiness, wellness and well-being. The rate of nutrient absorption may have something to do with this relationship. Eating protein slows carbohydrate absorption and increases the release of neurotransmitters and hormones that make us feel good.
- **5. Maintain cognitive function.** According to the CDC, one in nine adults in the US will be challenged by cognitive decline. Protein intake improves working memory and executive function when task demands are high. Research shows that the source of protein may also be an important factor. When it comes to cognitive function, animal protein consumption in populations with plant-dominant diets may help to prevent cognitive decline.

Group Exercise Highlights: VAUGHAN

Restorative Yoga with Deb on the first Sunday of the month: January 5, February 2, March 2, and April 6 at 10:15 a.m.

PRISCO

Golden Fit with Karla on Wednesdays at 8:15 a.m. beginning on January 8.

Silver Sneakers participants are eligible to take group exercise classes at Prisco at no cost.

Other Fox Fitness Happenings:

Xtreme Hip Hop



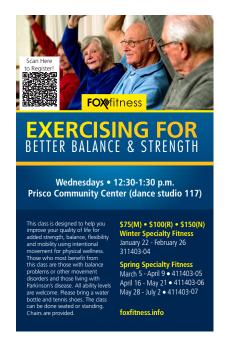




REGISTER TODAY!

Exercising for Better Balance & Strength

Next session is Wednesdays from 12:30-1:30 p.m. at Prisco.





Member Challenges in 2025

January – Hydration challenge at Eola and Vaughan. Get a Fox Fitness water bottle. Drink one gallon of water each day.

February – Body Fat challenge at Vaughan. Get your body fat measured.

March – Rowing Challenge at Copley, Eola, Prisco and Vaughan. Row 1,000 meters in 5 minutes or less and get a Fox Fitness t-shirt.

Member Appreciation Day October 18th, 2024







Tracey - Vaughan



Janice - Vaughan



Angel - Copley



Ryan's Group Ex



Karla's Group Ex



Brett & Danielle

BOOst Your Fitness Routine Challenge Winners 2024

(10/25-10/31)



Fox Fitness Hoodies – \$25 while supplies last!





Quote of the Quarter:

Take care of your body. It's the only place you have to live.

Any questions, comments or feedback regarding the Fox Fitness Department can be directed to:
Brett Meier, Fox Fitness General Manager 630-907-9600 X1102, bmeier@fvpd.net
Danielle Nachtigall, Group Exercise Supervisor 630-907-9600 X1105, dnachtigall@fvpd.net