

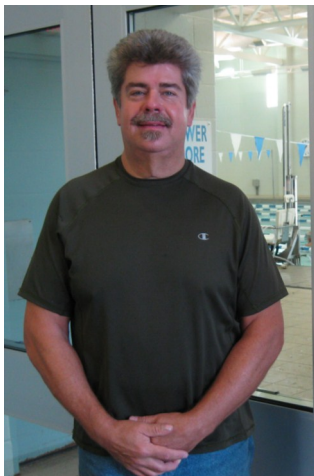
January 2013

**1st Annual Reindeer Dash 5K
 and
 Kids' Candy Cane Relay
 to benefit**



**MEMBER
 OF THE MONTH**
Eric Wiles

Eric joined the Fitness and Aquatics center just a year ago, in January 2012. Of his time at the facility, he says "All my experiences have been positive. I have met some really good people that are good at providing training and help." Eric enjoys weight training, walking and running on the indoor track, and swimming. But he admits that swimming is a big challenge for him. "I would like to thank Mandy, Silvia and Stacey for their help in the pool. The swim classes were great."



Eric says he tries to exercise every day and has changed his eating habits for the better. Overall he feels better all the time, and has experienced increased strength, reduced body fat, increased energy levels, and weight loss.

As for the facility, Eric says "All my experiences have been positive. I look forward to working out and training at BCC in the future. Thanks to all the staff!"



(See a full write-up and pictures on page 2)

HOURS

M-TH 5:30 AM- 8 PM

F 5:30 AM- 6:30 PM

SAT 8 AM- 1 PM

SUN 1 PM- 5 PM

POOL HOURS

M-TH 6 AM- 7:30 PM

F 6 AM- 6 PM

SAT 8 AM- 12:30 PM

SUN 1 PM- 4:30 PM

DINAH E. GORE
FITNESS & AQUATICS CENTER
BRUNSWICK COMMUNITY COLLEGE



REINDEER DASH 5K AND KIDS' CANDY CANE RELAY

The Dinah E. Gore Fitness and Aquatics Center was proud to host its 1st Annual Reindeer Dash 5K and Kids' Candy Cane Relay in December. The event attracted 90 runners/walkers in the 5K and 7 teams (3 kids each) for the Kids' Candy Cane Relay. The 5K consisted of a combination road and trail course, using the entire BCC campus. The Kids' Candy Cane Relay was ½ mile in length with each team member passing a candy cane to the next person on their team after completing their leg in the relay.

In lieu of a registration fee, we requested a donation of a toy for Toys for Tots. We had a tremendous amount of support and assistance from the Marine Corps League of Shallotte who attended the event, provided prizes, and collected the donated toys for distribution. We collected a grand total of 183 toys!

Prizes for the events were provided by Road ID, Planet Fun, The Grille, and Fast Eddie's Xpress Lube. Water cups for the runners were donated by Hardee's and KFC. F & A Center members helped with registration, course directions, and served as cheering sections for the runners/walkers.

Runners and walkers of all ages and fitness levels participated and everyone had a great time. We're looking forward to next year's event and planning to make it bigger and even more successful!





AQUATICS



- Start the new year off in the water! Winter I Swim Lessons start January 7th! Register today to ensure your place in the class of your choice.
- Check out our Swim Stroke Clinics and learn a new stroke and/or learn to swim more efficiently.
- Help us keep our pools clean by showering off before entering the water. Body oils, lotions and hair products are the number one reason for pool water cloudiness. Please take time to rinse oils and lotions off your skin and out of your hair and help keep our pools sparkling!

FITNESS TIP

START 2013 OFF RIGHT!

Don't get the exercise blahs and get bored and give up on your workouts. Instead, try something new for 2013! There are so many fun and interesting exercise programs to choose from. Mix it up and you'll be much more likely to stick to your New Year's Fitness Resolution.



We would like to thank the following people for helping during our Reindeer Dash 5K and Kids' Candy

Cane Relay:

Cheri Swanko
 John Swanko
 Shannon Gordon
 Eric Wiles
 Mandy Long
 Niki Wilson
 Mandy Hartzell
 Isabelle Depa
 Chris Greene
 Heather Greene
 Terri Hanson
 Ed Davidson
 Nick Westfall

NEW GROUP EX CLASSES FOR JANUARY!

In December, we asked for your feedback on our Group Exercise classes. We had a tremendous response and based on what you said, we're adding the following classes for January:

Kick Fusion

3-2-1

ZUMBA

20/20/20

Flow Yoga

Gentle Yoga

Power Yoga

Check out the Group Ex Schedule for class days and times!

Stay tuned for updates on our Coaches Challenge:

A team competition where members join a team led by Ashleigh, Jeanne or Neil to achieve the greatest fitness results.



BEEF-BROCCOLI STIR-FRY

Ingredients

- 2 (3 ½ ounce) bags boil-in-bag long-grain white rice
- 2 tablespoons lower-sodium soy sauce, divided
- 1 teaspoon sugar
- 1 pound boneless sirloin steak, cut diagonally across grain into thin slices
- ½ cup lower-sodium beef broth
- 1 tablespoon cornstarch
- ½ teaspoon crushed red pepper
- 2 tablespoons canola oil, divided
- 1 tablespoon bottled ground fresh ginger
- 2 teaspoons mince garlic
- 4 cups prechopped broccoli florets
- ¼ cup water
- 1/3 cup sliced green onions

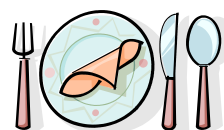
Preparation

- ◆ Cook rice according to directions.
- ◆ While rice cooks, combine 1 tablespoon soy sauce, sugar, and beef. Stir together 1 tablespoon soy sauce, broth, cornstarch, and crushed red pepper.
- ◆ Heat 1 tablespoon oil in a large skillet over medium-high heat. Add beef mixture; sauté 3 minutes or until browned. Remove beef from pan. Add remaining 1 tablespoon oil to pan. Add ginger and garlic; cook 30 seconds, stirring constantly. Add broccoli and ¼ cup water; cook 1 minute. Add onions; cook 1 minute, stirring constantly. Add broth mixture and beef mixture; cook 2 minutes or until beef is thoroughly heated and sauce is slightly thick. Serve beef mixture over rice.

NUTRITION TIP

A New Year, A Fresh Start

As you start the new year it may be tempting to try a fad diet, but these are usually unrealistic, difficult to maintain, and sometimes even dangerous. Instead, find a reliable source of information to help you understand nutrition. Also, track what you eat. Looking closely at what you eat is often an eye-opening experience. There are numerous food logging websites to help you track. You don't have to do it for the rest of your life, but it is a great habit to start. Tracking will help you tweak your diet so that you can still enjoy the foods you love without interrupting your weight loss or healthy eating goals.



We are proud to have new hand soap dispensers with Green Certified Foaming Hand Wash in all the facility restrooms and locker rooms.

