



Professional Trainers are always available to help you reach your wellness goals at no charge

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www.CollinsPerley.com

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Staff Highlights



Karen Bourdeau: Karen is a Group Fitness Instructor and a Personal Trainer. She is certified with the Aerobics and Fitness Association of America (AFAA) for Group Exercise and Personal Training. She holds the following specialty Certifications /Licenses: Tabata Bootcamp-High Intensity Interval Training-(H.I.I.T.), Spinning, Yoga, Pilates, Zumba, Kickboxing, Weight Training, Youth Conditioning, Special Populations (Working with clients that have diabetes, arthritis, etc), Pre/Postnatal fitness, Tai Chi, Gliding, Stability Ball & Tubing, and Sports Nutrition.



Mike Mashtare: Mike has been involved with helping people get or stay healthy for over 30 years. He has worked as a Physical Education teacher and coach of Cross Country Running, Nordic Skiing, and Track and Field. After being a SPINNING® participant, Mike has decided to take his endurance training to the front of the class as a Certified SPINNING® Instructor.

Message from Dave Kimel, Manager

Wellness Is Not Just For the Body It Is Also For the Mind

Everyone knows that regular exercise is good for the body. But exercise is also one of the most effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts overall mood. You don't have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better.

So, how active do you need to be to get a mental health boost? It's probably not as much as you think. You don't need to devote hours out your busy day, train at the gym, sweat buckets, or run mile after monotonous mile. You can reap all the physical and mental health benefits of exercise with 30-minutes of moderate exercise five times a week. Two 15-minute or even three 10-minute exercise sessions can also work just as well.

Understanding the body-mind relationship won't necessarily cure all our physical difficulties, but by learning the language of symptoms and illness we can discover what is being repressed or ignored in our psyche and emotions, and how this is influencing our well-being. From this vantage point we can discover that there is an extraordinarily intimate two-way communication going on between our body and mind that affects both our physical state and our mental and emotional health. Self-reflection and meditation are ways that help us deepen this understanding.

Well-Being encompasses all our parts, not just the physical body. When our emotions are in turmoil or our mind is bombarded with obsessive thoughts our health is compromised. It is important to create balance in your life by nurturing your whole person, which includes spiritual, mental, emotional, and physical needs.

If you need structure or guidance in helping to determine what fitness plan would work best for your body and mind, the wellness staff at Collins Perley is always available to speak with you at your convenience.



Breaking News: You have spoken and we have listened!

With larger groups participating in our many wellness programs, our female participants have requested more electrical outlets in the Women's Member Locker Room. We have answered the call and placed 9 NEW OUTLETS in the in the locker room. Keep those suggestions coming on how we can make Collins Perley more accessible to our members.



- PickleBall:** Every Monday, Wednesday and Friday throughout the summer
- June 9th:** Class Night
- June 10th:** Graduation Rehearsal/Project Graduation
- June 11th:** Graduation – facility will be closed
- June 22nd to August 19th:** Camp Koda
- June 24th:** Relay For Life
- June 26th:** Construction Reduction 5k race at 9:00am



- June 27th:** Blood Drawing
- June 27th to July 1st:** Marlow Soccer Camp
- July 11th to July 15th:** Marlow Soccer Camp
- Northern United Soccer:** Practices from 6:00pm – 8:00pm here every Monday and Wednesday now thru summers end
- July 18th – 22nd:** Run & Gun Football Camp
- Coming Soon:** 10 Week Fall Team Challenge. Details to come.



Saying Goodbye To A Hero



On May 14, 2016, Collins Perley Sports and Fitness Center hosted the funeral services (with full Firefighter Line of Duty Death Honors) for a true hero: Firefighter Steven L. Lapierre. Steven L. Lapierre, a lifelong resident of the community and longtime volunteer firefighter, passed away on

Thursday, May 5, 2016, at the UVM Medical Center with his family and friends at his side. Steve was stricken while fighting a fire in the line of duty in Georgia. Lapierre was a 1976 graduate of Bellows Free Academy. Then, he began a career of more than 30 years with the St. Albans City Fire Department. He was a longtime volunteer with the Georgia Volunteer Fire Department, served as the Georgia Town Forest Fire Warden, and was a member of the Vermont State Firefighters Association. Hundreds of mourners filed into Collins Perley Sports & Fitness Center in St. Albans to pay their respects to Lapierre, who received full line of duty death honors, including an Honor Guard casket team and apparatus draped in purple and black bunting. Black mourning bands striped the badges of the many first responders who lined up in tribute.

"His hardworking dedication to duty has given many people a second chance at life," Lapierre's son, Kevin, wrote in a eulogy. "We have all lost a valuable asset to our life."

A Fireman's Prayer



When I am called to duty, God,
Whenever flames may rage;
Give me strength to save some life,
Whatever be its age.
Help me embrace a little child
Before it is too late
Or save an older person
From the horror of that fate.
Enable me to be alert
And hear the weakest shout,
And quickly and efficiently
To put the fire out.
I want to fill my calling
And to give the best in me
To guard my every neighbor
And protect his property.
And if, according to my fate,
I am to lose my life,
Please bless with your protecting
My children and my wife.

- Author unknown

Some Recent Events at Collins Perley Sports & Fitness Center



American Cancer Society's Bark for Life

This amazing fundraiser was an opportunity to not only honor cancer survivors and remember people we have lost, but also to raise funds and awareness to help save lives. Because of your support, American Cancer

Society is hoping to create a world where cancer can't claim another year of anyone's life.



Special Olympic's "Play Unified"

Athletes faced off in a bocce tournament for the Special Olympic's "Play Unified". The goal was to bring athletes and young volunteers together to work on the same team. 106 teams from 21 Vermont schools participated,

with the goal of getting students involved in their community. "It bleeds over in the hallways in the cafeteria and so instead of it being them versus us, it's just we're able to be all together," said BFA St. Albans Team Community Integration Leader Kasia Bilodeau.



Bowler Bounce Back

The Collins Perley family came together to help out one of our own during an unexpected medical emergency. We hosted a day of exercise and participants donated money and also

we had a raffle which collected money for the Bowler Family. Together the community raised over \$12,000.



Dave's 2nd Annual Ice Cream Social

Community members came out and enjoyed 2-scoop ice cream sundaes to benefit the Franklin county Area Cancer Network, which provides monthly checks to people who are going through the hardship of cancer

and cancer treatments.



Collins Perley Sports & Fitness Center
Summer Special 2016
May 30th to September 5th

Summer Fitness Covers full use of our weight and cardiovascular center. It includes an evaluation and personalized program. There is always a trainer on duty. We offer full locker room facilities.

- Individual: \$89 (93¢ a day); Couple: \$131 (\$1.36 a day)

Summer VIP: Includes everything above, plus use of our 4 indoor tennis courts and exercise classes (Spinning not included \$5 fee)

- Individual: \$171 (\$1.78 a day); Couple: \$263 (2.74 a day)

Summer Student Membership: (Student must be 14 years and older.) Includes full use of our weight and cardiovascular center; a fitness evaluation and personalized program; unlimited classes (Spinning not included), tennis, racquetball, wallyball and locker room facilities. We always have a trainer on duty.

- All Students: \$35

**Yearly memberships are always available. Some restrictions apply.*

Always FREE: A running track, walking path with exercise stations, plenty of free parking and so much more! Call 527-1202 or visit us today!

MEMBER SPOTLIGHT

A Success Story
By Sarah Foisey

In January 2016, I decided to join the Fitness Challenge at Collins-Perley. I was on 4 medications for bipolar disorder, looking and feeling old, and tired all of the time. My mood was volatile, my sleep was awful, and my confidence was practically non-existent. I had been told that exercise would help with my symptoms but I never truly believed it. Boy, was I wrong! Three weeks into the challenge, my mood was so turned around that I was able to drop the dose on one medication and by the end of the challenge I was completely off of it. My doctor is already talking about weaning me off another. Physically I can see the positive changes in my body: lost inches, muscle definition, and significantly improved cardio. My sleep, when I work out regularly, has never been better. Because I have chosen to get physically fit, I am more confident, energetic, healthy and, most importantly, happier than I have been in more years than I can count.



Mind and Body Fitness for Lifelong Good Health

Mind and body fitness? Many people who want to get into shape don't realize that there is more to fitness than well-toned muscles. Centuries ago, Western culture lost its focus on the interconnectedness between the body and the mind, and how each has the power to affect the other. Whether you choose yoga or another form of movement for exercise, remember that our bodies are made to move to feel good. So when you incorporate regular activity in your life, you're moving closer to overall mind and body fitness.

You might consider redefining exercise as any activity that unites your mind and body and reduces your stress level. In fact, high levels of stress have been linked to weight gain, and certainly can lead to emotional eating. Finding activities that are both enjoyable and easy to do is important when developing any type of exercise plan.

Remember that fitness of mind and body belong together, and that exercise is very narrowly defined in our society. So redefine exercise as any activity that reduces stress and connects your mind and body. You'll be more likely to continue your exercise plan and achieve the outcome you're looking for.

3 Mind-Body Exercises for a Healthier Heart

Yoga: Yoga is probably best known for its flexibility benefits, along with its ability to help you sleep better, feel better about yourself, promote mindfulness, and also been shown to be a powerful contributor of heart health.

Pilates: Pilates is a great form of exercise. Its mat-based moves have been shown to increase flexibility, build core strength, improve posture, alleviate lower-back pain, and can help prevent heart disease by improving the fitness of your heart.

Tai Chi: Also known as moving meditation, Tai Chi combines mental concentration with slow, controlled movements to focus the mind, and challenge the body. Tai Chi has serious health benefits, including improving heart function and decreasing blood pressure and stress reduction. Studies have shown that Tai Chi was effective in reducing stress, anxiety, depression and mood disturbance, and increasing self-esteem.

Food Affects Both Our Bodies & Minds

It goes back to that old saying, "We are what we eat." Every single morsel or liquid passing through our lips has some sort of effect on our brains. Our nutritional intake, every day, can have huge impacts – both negative and positive – on how we feel. This is primarily attributed mostly to the chemical serotonin. In a nutshell, when serotonin levels are high, we're happier, and when they're low, we become depressed.

Eating too many carbs and sugar can decrease sensitivity to serotonin, which may lead to bad moods, and eventually obesity. To balance serotonin levels, eating protein can be the solution, especially before carb-intake. Instead of eating a sugary pick-me-up midday, go for a snack high in protein to keep the mood positive and energy up, avoiding a crash later.



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Collins Perley Board

The Collins Perley Board is comprised of representatives, one each, from: St. Albans City; St. Albans Town, St. Albans Recreation; The Collins Trust and the Perley Trust; BFA Board of Directors; BFA Administration; Member at Large. They are:

Harold "Butch" Hebert

Mike Blouin

Kevin Manahan

Al Corey

Claudette Bostwick

Geoff Lyons

If you have any suggestion, please email the editor, Gene Heinrich, at gheinrich@fcsuvt.org.



Adam Parent

Adam Parent – Fitness Trainer/Manager: Adam manages the Fitness Gym at Collins Perley where he has been a National Strength and Conditioning Association (NSCA) Certified Personal Trainer since 2006 as well as a USA Weightlifting Level 1 Sports Performance Coach. He enjoys working with clients of all abilities. He has helped individuals with weight loss, running, strength training, muscle building, and joint rehabilitation. He has also helps clients with programs for continued progress and conditioning after cardiac rehabilitation. Adam also works as a Personal Trainer for private clients and is a Certified Massage Therapist.

Keys to Strength Training

- Body Mechanics
- Consistency
- Level of Intensity

When you are strength training you need to have an understanding of what loads to be applying to your body so you struggle enough to continue to improve, however not to struggle too much where you plateau, or lose strength. If you are struggling too much your body mechanics will begin to break down and you should stop performing your repetitions. It is important to have consistency with each exercise you're performing with each repetition as good as your first. If you continue to perform your repetitions with poor body mechanics you're encouraging your body to continue with poor body mechanics which leaves you at a high risk of injury.

Learning proper body mechanics are crucial to strength training, this will usually take time and will come in stages. As you are strength training it is a good idea to have someone watching over your exercise. A good exercise buddy, or meeting with a trainer/coach are good options. They can inform you when your proper body mechanics are failing. Keeping an eye on your body mechanics can be difficult when you're doing this alone. You may not be aware that your body mechanics are failing because you're being distracted by the high intensity of stress your body is under.

Program Design

- Weekly Progressions
- Systematically implemented recovery phase

Within your strength training program design there should be weekly progressions and also systematically implemented recovery phases. If you do not implement these recovery phases your strength will plateau and you will be beginning to over train. It is common to strength train for 4, 6, 8, 10, or 12 weeks at a time. There are a lot of different methods. You can speak with one of our trainers to design a specific strength training program for you today.

