



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

March, 2016

[www.CollinsPerley.com](http://www.CollinsPerley.com)

Volume 1 / Issue 4

## Staff Highlights



### Rhonda Somers-Fletcher:

Rhonda is a lifelong fitness enthusiast that has coached Youth Soccer and Cross Country Running. She is Director and Head Coach of the Collins Perley Figure Skating Club. A Mad Dog Certified Spinning Instructor since 1999. She is also certified in Cardio Sport, A Matter of Balance Master Trainer, strong Living – Bone Builders Healthy Aging Programs, a captor of the Bay Day Triathlon, Vermont City Marathon and the Spartan Trifecta. AROO! Rhonda enjoys instructing Group Fitness Classes for all ages and fitness levels and she loves being a participant as well.



**Stacey Tully:** Stacey is certified in Pilates and Yoga. She is Group Fitness certified. She teaches Yoga and Pilates in morning and afternoon classes, and Sunday Stretch.

## Message from Dave Kimel, Manager

### How Collins Perley Sports & Fitness Can Make Fitness Fun

I would like to make a very powerful statement: **Fitness Can Be Fun!**

Growing up, it was easy for all of us to be active. Remember those long summer days with your friends running around outside without a care in the world? We never thought about exercise because almost every aspect of our life was exercise. And we did it with our friends and family. We played soccer, tennis, basketball, tag, you name it and we did it all with a huge smile on our face. Sure, we might have called it “playing” but there was more to it. We were having fun! We didn’t care about how many calories we were burning, didn’t care how many inches we were losing, we just didn’t stop moving because we were bonding with our friends and loved being active.

Fast forward to adulthood and, BOOM, it all went downhill after that. 40+ hours a week devoted to work, which meant sitting behind a desk, working late nights at the office, and spending too many overindulgent happy hours with co-workers to relieve those hours of stress. Before you knew it, you gained 20, 30, 40 pounds and a spare tire around your middle. You longed for those days of being young and carefree. So, you joined a gym. And, once the new get-in-shape motivation wore off, spending hours at the gym each week began to feel like torture. It was nothing like playing soccer after school or taking a Spinning®, dance class with your friends each week.

Why do those youthful days have to end? There is so much out there to make fitness fun for people of all ages. Join a team sport for adults, grab the family and play a few hours of basketball or wallyball, put down your phone and take a hike or play a game of tag with your children and learn to appreciate the outdoors again. The possibilities are endless. It’s all about thinking outside the box, to get out of the rut of believing that fitness is about “working out”. Just keep telling yourself – **Fitness Can Be Fun**, and you’ve already taken the first step.

If you need some structure, Collins Perley offers over 170 fun classes every month.

### UPCOMING EVENTS



#### March 12: NW Vermont Model Railroad Show

Collins Perley is hosting Vermont's largest model railroad show on Saturday, March 12, from 10:00 a.m. to 4:00 p.m. Admission is \$5.00 for adults, \$1.00 for children between 6 and 12 years old, and free for children under 6.

#### March 18-20 St. Albans Rotary Home Show

The St. Albans Rotary Home and Recreation Expo is a professionally run Business Exposition. The Expo will feature a variety of home and recreation exhibitors - including a Vermont Specialty Food and Spirits Sampler!

#### March 12: Franklin Region Career & Job Expo

More than 60 area businesses and agencies have committed to participating in this event. This year’s guest speaker is William (Turk) Thompson. Hours: 9:00 am - 5:00 pm

#### April 3: Relay for Life Human Foosball

Ever wanted to not only play foosball but instead actually be the foosball? Join the Collins Perley and Relay for Life for their first ever Human Foosball Tournament on Sunday, April 3.

#### April 10: United Way Dodgeball

Join the Franklin-Grand Isle United Way for a fun-filled day of friendly adult competition!

**See you at the Collins Perley.**

[CLICK HERE to go to the BFA Athletics page to see the spring sports schedule.](#)



### End of the Season

It was another amazing year for ice at the Collins Perley Sports & Fitness Center. We would like to thank everyone who supported us, and we look forward to seeing you on the ice next year.

- Bellows Free Academy
- Collins Perley Figure Skating Club
- St. Albans Skating Association
- St. Albans Recreation Department
- and the community and surrounding towns

Collins Perley Sports & Fitness Center wants to know:

## “How Do You Make Fitness Fun?”



Nicole Thayer thinks fitness is fun because of our classes.



Olivia Dunsmore thinks fitness is fun because of friendships made



Lindsey thinks fitness is fun because we celebrate her birthday.



Claudette Bostwick and Dominick Sudduth think fitness is fun because we do themed classes!!



Sunday Confessional at 9AM is fun because we work as a group!

### New Class Alert!

Yoga is now taking place on Monday evenings at 7:00pm with Marrietta Scholten.



## Construction Reduction Wellness Challenge

10 week challenge that starts on April 27th till June 29<sup>th</sup>

The cost is \$85 for NMC FCSU and VIP and all others are \$130. Please contact Beth Hayford for more information or to sign up at [bhayford@fcsuvt.org](mailto:bhayford@fcsuvt.org) or call 527-1202.

### Staff Highlight



#### Congratulations Beth!

In March, **Beth Hayford** attended a four day seminar at NMC to become a Certified Health and Wellness Coach through the American Sports & Fitness Association. This program was offered by NMC. With her certification she is hoping to continue to be a constant support to community members on their journey to a healthy living.



## Heart Rate Zones

To help meet your exercise goals, focus on your heart rate zone that you're training in. This knowledge will help you know if you're training too hard (maintaining a high heart rate), or not training hard enough. To understand what heart rate zone you're training in you will need to learn your maximum heart rate for your age. To do that you will use this formula: 220 minus your age. Each heart rate zone will be based off of a percentage of your maximum heart rate.

If you're exercising frequently you will want to follow our recommendation on number of times per week you would want to be training in any of these zones. Depending on different abilities and individual goals this may vary.

### The Five Training Zones

- Light exercise: 50-65% of your maximum heart rate, 1-2 times per week.
- Light to moderate exercise: 65-75% of your maximum heart rate, 3-4 times per week.
- Moderate to heavy exercise: 75-85% of your maximum heart rate, 1-2 times per week.
- Light to heavy exercise: 65-90% of your maximum heart rate, 1 time per week.
- Moderate to heavy exercise: 89-90% of your maximum heart rate. 1 time per month.

While training in a Light to Moderate Zone (65-75% of your maximum heart rate) you will be primarily training in a weight loss zone.

While training in a Moderate to Heavy Zone (75-85% of your maximum heart rate) you will be primarily building muscle and strength.

Each training zone can complement each other very well building your aerobic capacity, losing weight (burning fat), and building strength. Train too much in one zone and your body can become very fatigued (overtraining).

If you are concerned that you may not be finding the right balance of these heart rate zones please speak with a trainer and they will help you find the right balance.



- **Add a Friend:** Find someone to be your exercise buddy. Don't choose just anyone: Pick someone who is full of energy, fun and who you look forward to spending time with. That way, you will motivate each other.
- **Group Fitness:** Group classes are a way to meet new people, have an instructor to keep your form and effort good, and be motivated to go each time. Shop around for your class. Find an instructor who has both knowledge and enthusiasm. You can gauge the social tone an instructor creates by watching if anyone talks to him or her before or after the class and if the other participants talk to each other.
- **Mix It Up:** Don't do the exact same exercise routine every day; mix it up. If you always run on the treadmill, run outside on a nice day. Take a week off your lifting routine and do a Pilates class instead. As soon as you feel your exercise routine has you in a rut, find something else to do.
- **Measure, Don't Weigh:** The scale can be the worst factor when it comes to motivation. You may be working hard, but your weight just stays the same. Part of the reason may be that you are adding muscle while losing fat. Muscle weighs more than fat. Another reason is that it takes time and changes in your diet to lose substantial weight. So stop looking at the scale every day; instead, take some measurements. The tape measure will show change well before the scale does. Measure your chest, upper arms, stomach, waist, upper thighs and calves. Be sure to measure in the same place each time. Add those measurements to your wall chart and watch the progress.
- **Relax:** At the end of exercise (after you "cool down"), give yourself 5 minutes of relaxation. Just lie down on your back and let your body sink into the floor. Close your eyes, relax, feel the effects of exercise on your body. Look forward to the deep relaxation that can come after physical activity. You may find that you will exercise just to experience this feeling.



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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](mailto:gheinrich@fcsuvt.org).



## Tips On How To Make Your Exercise More Fun

By Adam Parent

When you are slowly challenging yourself to accomplish new goals and you are successful, you become happy with your progress.

If you work to build awareness of your body as you exercise you can have the ability to notice small achievements. You may have some limitations that don't allow you to challenge yourself very intensely. With this body awareness you can safely challenge yourself and have fun accomplishing something new.

Changing your exercises every so often and possibly changing your exercises to something slightly more difficult can be fun, especially once you have begun to be more successful with one exercise or a group of exercises.

Exercising or training with a partner can make your exercise more fun. It can motivate you to stay consistent with the number of days that you exercise in a week. You and your exercise partner can create small challenges where you are battling against each other. It can be fun to feed off of each others energy, especially on the days when you're not especially motivated to exercise on your own.



Another thing that can help make your exercise more fun is working with a Personal Trainer. The Trainer can work with you to set new goals, recognize your fitness level, help keep you motivated, help keep things fresh with your exercise by introducing new exercises at the appropriate time.

One thing that has always been satisfying and fun for me is noticing transformations that I have achieved with my body. No matter how large or small, when you are celebrating these achievements it is empowering. Your achievements could be improving your awareness of your body, fulfilling a new strength feat, becoming more flexible, and/or reducing muscle tension and stress. When you notice any small transformation it helps you put more time in week by week, day by day, to set the bar higher for yourself and achieve and set new goals.

When you challenge yourself and you successfully meet that challenge you enjoy what you have accomplished.

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 helped 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.