

Live
Smarter

PlayHarder

MEMBER NEWSLETTER ► Fourth Edition

Make a Difference, Save a Life

During the summer months blood donations plummet due to our busy schedules with travel plans, holidays and so on. Unfortunately, with increased traffic and activity, the need for blood donation is much greater in the summer.

We are reaching out to each of you to help make a difference by donating blood on July 7th in the C&RC Community Rooms from 1:00 p.m. to 7:00 p.m. With over 4,500 members who are over the age of 18 we are hoping to reach our goal of 100 donors. **Central Blood Bank** will graciously offer to each C&RC Blood Donor a **\$15 Target Gift Card** to help reach this goal! Additionally, the C&RC will be offering all non-members a **FREE DAY PASS** for their donation.

Top 3 Reasons to Donate Blood

1. It's something you can spare — most people have blood to spare...yet, there is still not enough to go around.
2. You will be helping to ensure that blood is there when you or someone close to you may need it. Most people don't think they'll ever need blood, but many do.
3. You will be someone's hero — you may give a newborn, a child, a mother or a father, a brother, or a sister another chance at life. In fact, you may help save up to three lives with just one donation.

American Red Cross

Now Available! Outdoor Pool Parties

As an annual member you may now reserve the Outdoor Pool Pavilion for your next summer celebration. The cost of the rental is \$300.00 and includes access to the Outdoor Pool and private pavilion for a period of two hours. (Max 30 guests) To learn more please call Christine Charles, Facility Rental Specialist, at 412.221.1099 ext. 613 or email charles@twpusc.org.



C&RC Hotline

Call 412.221.1099 ext. 4 to hear pool updates and ext. 6 for continuous updates on class cancellations, upcoming events and new programs.

**COMING
SOON!**

C&RC Gift Cards

American Red Cross Lifeguard Re-Cert & Certification

Kidz Alright Rock Band

Ultimate Frisbee

Girl Camp

Cartooning

Wearable Art

Speed & Agility Camp Session II

Long Distance Running

Bubblemaker Experience

Reminder: Due to annual maintenance the Indoor Aquatics Facility will be closed starting Thursday, August 26, 2010 and is scheduled to reopen Friday, September 3, 2010.

C&RC Member Success Stories Since opening in June of 2009 the C&RC has welcomed over 8,500 members of all ages, shapes, strengths and abilities. Of those 8,500, so many have worked hard to become healthier, stronger and more confident. We would like to recognize Gina Samosky and Mike Russell both have lost over 20 pounds since January of this year. If you would like to share your success story to help motivate other members, please email Povazan@twpusc.org.

Gina Samosky, Bridgeville

1. What would you say is the key to a healthier life?

Incorporating physical activity and a healthy diet for a consistent period of time - also staying in balance with all the other areas of your life including work, family and health. Having a workout partner or team is also a huge help and gets you through the periods when you might slack off or give up.

2. What is the biggest change you made in your diet?

Counting calories with the assistance of "myfitnesspal.com". There are probably many free sites that would assist with calorie tracking both on the intake side and the exercise. Using something to track what you are consuming versus what you are expending is the best way to lose or maintain weight.

3. How has the C&RC helped you reach your goals?

Because the C&RC offers such a variety of exercise options and classes, I don't get bored or burnt out. In addition, the class instructors and trainers are unbelievable and go out of their way to assist you in any way possible. There is always something that sparks my interest which is important in maintaining my motivation and enjoyment in working out.

Mike Russell, Upper St. Clair

1. What would you say is the key to a healthier life?

I would say the key to a healthier life is to have a goal as to why you would want to be healthier in the first place.

I would also say that you have to be willing to work extremely hard to undo years of not necessarily working extremely hard. We can work extremely hard on our job or occupation to reap the financial or career benefits so the same is true for a healthy lifestyle. I think the key is to be able to have balance in all areas of your life. Being healthy is a conscious choice. You have to identify your own very unique motivating factors that will move you forward to do something different than you have always done. Good habits vs. bad habits.

2. How has the C&RC helped you reach your goals?

Cardio! I absolutely, positively hated to do cardio!!! My wife and Katie Stache (C&RC Personal Trainer) will attest to that fact. I only liked to lift weights before New Year, New You, but Katie showed me how to incorporate cardio into my workout without being stuck on a treadmill for 45 minutes. I have a very short attention span and need to constantly be changing my workouts. Both Katie and Bobby Davenport (C&RC Fitness Supervisor) have really helped me to incorporate new exercises and techniques that address my specific needs to reach my goals. All of the trainers that I have associated with at the rec center have been so encouraging! Carrie is always inviting me to do her classes with my wife and daughter Brittney.

I exceeded my goal and am now working on some new goals for my self. I am 45 years old and I hope to continue to fight this aging thing every step of the way for the rest of my life. The C&RC has been an absolutely great thing for my family.

Meet Our Staff The C&RC Fitness Staff is always ready to assist you with your fitness needs. Please feel free to ask them what fitness classes they recommend for you, about equipment, health related topics or to schedule personal training sessions. The C&RC currently has 6 certified Personal Trainers, if you are interested please visit the Fitness Desk to learn more.



Bobby Davenport, MS, CSCS
Fitness Supervisor

Katie Stache, BS, BA, ACSM-CPT
Personal Trainer

Emily Arndt, BA, ACE-CPT
Personal Trainer

15 ways to Fit Fitness Into a Busy Schedule

1. Eat breakfast.
2. Drink plenty of water throughout the day.
3. Get up early and get a workout in before work or workout on your lunch break.
4. Adjust food-portion sizes, eat amounts appropriate for you.
5. Park farther away, do not settle for the closest space.
6. Carry your groceries to the car.
7. Use stairs instead of the elevator or escalator.
8. Whenever possible walk or ride a bicycle instead of driving.
9. If you use the bus as transportation, get off a stop earlier and enjoy a brisk walk.
10. At work, try to get out of your chair at least once every hour or so.
11. Stretch while standing in line.
12. While watching television use an elliptical trainer, ride a stationary bike, or run/walk on a treadmill. Performing stretches and/or bodyweight exercises during commercials is an excellent way to burn extra calories.
13. Walk your pets instead of leaving them in the yard.
14. Ditch your riding lawn mower, and avoid using the self-propelled feature on your push-mower to get a real strength training workout.
15. Spend time with a friend and walk around the block a couple times while getting caught up on the news. Make social time a time for fitness by participating in physical activities with friends.

How to Grow Healthy Kids

If our children are to approve of themselves, they must see that we approve of ourselves. ~Maya Angelou

Laziness may appear attractive, but work gives satisfaction. ~Anne Frank

Healthy habits are contagious. Pass them on and infect everyone! ~Unknown

What do these three have in common? All three quotes refer to the effect(s) a parent has on their child. Now we all know that children are inundated with a plethora of marketing ads for the best energy drinks, candy bars, and sodas. It may be difficult or next to nearly impossible to discourage your children from consuming these products but, you can successfully discourage them from overindulgence. As a parent, the best way to do this is, to do exactly what the aforementioned quotes describe. Maintain a high value of yourself from within yourself through all circumstances. Refrain from sweet treats to deal with the stresses of life and also avoid splurging during the celebratory times. Show them the value of work and what can be accomplished with a bit of honest effort. Lastly, and the most important of all, lead by example. Be the example of great living your children can model their behaviors after.

Robert Davenport, Fitness Supervisor

First Annual Lifeguard Showdown



The C&RC will host the First Annual Lifeguard Showdown on Sunday, July 18th from 8:00 a.m. to Noon. Lifeguard teams of three from pools all over the Pittsburgh Area will join in on the fun and put their skills and abilities to the test. The competition will feature seven events based on skills, drills and CPR/AED and saving techniques adhering to the American Red Cross Lifeguard Training standards.

Members are invited to attend and cheer on the C&RC Lifeguard Team, as they battle to win 1st Place in the First Annual Lifeguard Showdown. All spectators are to enter at the Outdoor Pool.

Admittance Fee: \$1 dollar donation to S.N.A.P (Special Needs Active Programs)

The United Senior Citizens of Upper St. Clair

Each Wednesday from 10:00 a.m. until 4:00 p.m., a program is held for the Township's senior citizens. Retired residents, age 55 or older, are eligible for membership in the program, which is sponsored by the Department of Recreation and Leisure Services. To learn more, please contact Amy Kerman, Older Adult Coordinator, at 412.221.1099 ext. 603 or kerman@twpusc.org.

If you reside in the surrounding communities you also may attend this program as a guest! The cost is \$4.00 per luncheon. Additional fees may apply for special events, programs or day trips.

Upcoming Programs

■ August 11 - Senior Day Trip - Conneaut Lake

We'll ride "up" north on a luxury motor coach to the Conneaut area, where we will pick up a step-on guide to show us the sites. We'll enjoy a boat ride on the "Barbara J", have a buffet lunch at the historic Hotel Conneaut, see woolly mammoth bones and other exhibits at the Historical Society Museum, and finish the trip with a stop at Conneaut Cellars Winery for tastings and touring.

Departure from the US^TC Rec Center on McLaughlin Run Road at 8:45 a.m.

Return to the Rec Center at approximately 6:00 p.m.

Cost: \$34.00 all-inclusive for USC-US^TC Members
\$46.00 all-inclusive for Guests

Deadline: July 30; no refunds after August 4

- August 5th - Safe Driving Review Course
- FREE Senior Movie Day - will return on September 16, 2010.

Visit www.livesmarterplayharder.org for the complete schedule.

Did You Know . . .

- Vitamin A is known to prevent "night blindness," and carrots are loaded with Vitamin A. One carrot provides more than 200% of recommended daily intake of Vitamin A.
- Seafood is the best natural source of Omega-3 fatty acids.
- A fruit is the edible part of the plant that contains the seeds, while a vegetable is the edible stems, leaves, and roots of the plant.

Indoor Pool & Gym Closures

Annual Building Maintenance will occur for the Indoor Aquatics Center from **Thursday, August 26, 2010 to Friday, September 3, 2010** and the Gymnasium from **Monday, September 13, 2010 to Monday, September 20, 2010**. These items are important to complete on an annual basis in order to maximize the life of materials and continue the practice of a safe and healthy environment.

Indoor Pool

Due to annual maintenance of the Indoor Aquatics Facility which includes the following:

- Draining both the indoor leisure pool and lap pool completely of all water
- Cleaning/power-washing all plastered, concrete and tiled surfaces
- Cleaning all play structures and waxing all indoor slides
- Cleaning, buffing and polishing all stainless steel surfaces
- Disassembling and cleaning equipment including chlorinators, acid feeders, Diatomaceous Earth filters and Ultraviolet Light Systems
- Visually inspecting all circulating pumps and greasing all moveable parts
- Visually inspect and clean all boilers and change air filters
- Refilling pool with water and adjusting chemicals to ranges set by Allegheny Health Department

The Indoor Aquatics Facility will be closed starting **Thursday, August 26, 2010** and is scheduled to reopen **Friday, September 3, 2010**.

Gymnasium

- Clean and prepare the entire floor area to receive new floor finish.
- Prep floor by using waterless cleaner to remove scuff marks, and foreign matter.
- Burnish entire floor by using high grit sanding pad on side by side disc sander.
- Clean all debris and dust prior to applying finish. This includes the walls, baseboards, vents, hand rails, steel beams and duct work in the ceiling.
- Tack Floor area with waterless cleaner.
- Apply (1) one coat of oil modified 350 VOC Polyurethane Gymnasium Floor Finish.
- Let floor finish dry and cure for 72 hours before usage.

The main Gymnasium will be closed starting **Monday, September 13, 2010** and is scheduled to reopen on **Monday September 20, 2010**.

Looking Ahead . . .

The Fall/Winter Program brochure will be mailed mid-August to all USC Residents and C&RC Members. Registrations will begin August 23rd, both on-line at www.livesmarterplayharder.org and in person at the C&RC Administration Office.

Local Talent Needed!

The C&RC has hosted both monthly concert and health and wellness lecture series this past year, and we are currently seeking professionals for the fall season. If you are interested in performing and/or educating members and the community on how to live a healthy life, please visit www.livesmarterplayharder.org and complete the forms located on the home page.



2nd Annual Bounty of Boyce Mayview Park Fall Fest

Mark your calendars for the 2nd Annual Bounty of Boyce Mayview Park Fall Fest which will be held on Saturday, November 6th, 2010. Festivities include arts and crafts, C&RC pumpkin plunge, S'mores, baking contest, cider tasting, and more! Additional details will be in early Fall.



REEC Fall Adventures
Driver Education
Tumbling

Jazz
Karate
Kids in the Kitchen

Art Workshops
Tennis Bubble
Adult Golf

Senior Movie Day
Adult Cooking Classes
Holiday Specials and More!

Play Harder During C&RC Hours:

Monday – Thursday: 5:30 a.m. - 10:00 p.m. • Friday: 5:30 a.m. - 9:00 p.m. • Saturday: 6:30 a.m. - 5:00 p.m. • Sunday: 12:00 p.m. - 5:00 p.m.

Boyce Mayview Park - Monday – Sunday: Dawn till Dusk

Outdoor Aquatic Hours* - Monday-Sunday: 11:00 a.m. - 7:00 p.m. Memorial Day to Labor Day

Community & Recreation Center at Boyce Mayview Park

1551 Mayview Road • Upper St. Clair, PA 15241 • 412.221.1099 • 412.221.6964 (f) • www.livesmarterplayharder.org