

# **FREE Running/Walking Group Info. Meeting- Jan. 24th at 11 am**

ALL Levels Welcome- FREE

Come find out more information on Wednesday, January 24th at 11 am in the Classroom

-Training Plans

-Cross Training Plans

PLUS much, much more

Walking and running will tentatively take place on Saturdays!

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## **Parent's Night Out- February 2nd, 6-9 pm- PRE-REGISTRATION REQUIRED**

Kids Ages 5-12 years old can enjoy a night of swimming, games, and a pizza dinner, while their parents enjoy a night out!

Everyone must bring a bathing suit, and a towel.

**February 2nd, 6:00-9:00 pm**

**Members \$10 per child, Non-Members \$15 per child. Pre-registration required.**

**Registration Closes: January 31st**

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# **FREE to Members-R.A.D. Self Defense for Women-Beginning January 16th**

This is a FREE high intensity 5-week class that synergistically combines proven risk reduction techniques with hands on defensive tactics training.

Classes will be Tuesdays and Thursday Evenings, 6:30 pm- 8:00 pm in the Aerobics Room.

Sign Up at the Fitness Desk TODAY! SPACE is limited.

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# **FREE to Members- Kid Fit Program for Ages 8-12 years old**

We are very excited to announce our **Kid Fit Program!** These classes can be found on our regular group fitness schedule but are for children ages 8-12 years old. Parents may join their children but adults can't come to class without a child present.

**When:** Monday and Wednesday @ 4:30 pm in the Aerobics Room and Tuesdays and Thursdays at 4:30 pm in The Fitness Center

**Who:** AFC members ages 8-12 and their parents (parents are

optional unless we think it would be best for the child and class that the parent attend)

**Description:** *Kids Fit classes are a mix of strength, endurance and flexibility using weights, balls, bands, yoga moves and our own body weight. Come prepared for anything! Learn proper form and technique in addition to why we perform these exercises and how they help our body and mind stay healthy. Bring a mat and water. Wear comfortable clothing and proper shoes for working out.*

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# After School Program 2017-2018

Mondays-Fridays, 2:30 pm-6:00 pm, Grades: Kindergarten– 6th grade

**FEE: Member:** \$50 per week **Non-Member:** \$60 per week

\* 50% off for each additional sibling \* 10% discount if you pay monthly in advance

**\*Daily Rates Available. \$18 per day per child. Must have set days. Other Discounts do not apply to the daily rates.**

***Fees should be paid a week in advance. A late fee of \$10 per child per week will be charged when fees are not paid in advance.***

Registration and payment is required prior to the start of each week your child will be enrolled. The kids will receive support with their homework, as well as snacks, and activities in the pool and gym. For more information call Heather Smith at 843-281-3744 or email at [hzsmith@nmb.us](mailto:hzsmith@nmb.us)

**NMB Primary (Now Ocean Drive Elementary)– Bus #9 Middle– Bus # 3**

[Click Here for Registration Form](#)

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## **Membership Special- January 2nd- January 13th- 50% Off Enrollment Fee**

50% off the Enrollment Fee when you sign up for an Annual Membership!

NO other discounts apply! Sign up Today at the Front Desk.

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## **Kids Day Off from School- Jan. 15th, 7:30 am- 5:30 pm- MUST PRE-REGISTER**

Kid's can enjoy a day filled with activities at the NMB Aquatic & Fitness Center while school is closed for the day. Each individual is required to bring snacks, lunch, sneakers for the gym, and bathing suit and towel for the swimming pool. Any food item must not require refrigeration or the use of a microwave.

**Fees: Members:** \$25 per child per day **Non-Members:** \$30 per child per day

Pre-Registration is Required. Register at the NMB AFC Front Desk.

Registration Closes January 8th

Any questions please call Heather Smith at 843-281-3744 or email [hzsmith@nmb.us](mailto:hzsmith@nmb.us)

**\* Minimum of 10 kids must be registered per day for the program to take place.**

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# Holiday Splurge Survival Tips from McLeod

## 10 Holiday Survival Tips

The holiday season is challenging for everyone. While it might be easier to swan dive into dressing and eggnog or whatever food you love, you CAN indulge (some) and maintain your weight during the season between Halloween and New Year's Day. Here are 10 tips to consider when you think about the many parties, celebrations and food:

1. Focus on weight maintenance. Even if you want to lose weight, maintaining over the holidays with all the extra food, family, and stress is a more realistic goal.
2. Weigh twice a week. If you are emotionally attached to

the scale, this is not the tip for you, but otherwise, weighing twice a week helps keep you on track. Make sure to weigh first thing in the morning.

3. Just say no. Willpower is like a muscle – you have to work it to get stronger. And it helps to work your willpower during non-food situations to encourage saying no when in food situations. There are many food pushers out there during the holiday season who want you to eat their tempting food. Stay in control by saying things like: “It looks delicious but I’m so full, I can’t eat another bite!” or “Thank you, but I’m good.” If they look disappointed give them a hug instead.
4. Limit your splurge times. We tend to splurge daily around the holidays but make sure to limit your times of splurging to one day (Thanksgiving and Christmas) instead of rolling into four or five. Give leftovers away, bake treats that don’t call your name until they are gone, and take something healthy to holiday parties.
5. Keep a healthy routine going. Banish guilt after an eating splurge and get back to healthier habits quicker. You CAN have many healthy eating days during the holidays. Make it so!
6. Eat your water. Veggies contain a lot of water and fiber. Fill up by adding veggies to at least two meals a day. Choose cooked or raw veggies such as greens, tomatoes, broccoli, squash, zucchini or other veggies you like to your daily intake.
7. Use the fork trick. There are so many foods available during the holidays we tend to numb out to truly tasting. A great way to really focus on tasting is to put your fork down with each bite. The trick is to let go of your fork and actually concentrate on what is in your mouth instead of prepping for the next bite.
8. Eat regular meals and snacks. Fueling properly will help keep you in control. Be sure to include healthy protein, lots of fresh veggies and fruits, and whole grains.
9. Concentrate on your workouts. Even if you are rushing

around, don't skip workouts. Fitness can be achieved in 10 to 15 minute segments so rev up your heart rate with quick workouts or walks. Fit in time for fitness!

10. Rest well. Sleep deprivation increases cravings so aim for seven to nine hours of sleep a night.

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## 2017 Holiday Hours

The NMB AFC will have the following changes to hours:

Close early at 3 pm on Sunday, December 24th.

Closed on Monday, December 25th.

NORMAL operating hours on Sunday, December 31st.

Closed Monday, January 1st.

We hope everyone has a Very Happy and Safe Holiday Season!

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## 12 Days of Fitness - Starting December 7, 2017

**A fun and exciting way to try a variety of equipment in the fitness area.**

### **Description**

The program will run for 12 days, (Monday through Friday only)

from December 7-22, 2017.

Each day, a new workout will be posted in the fitness center; the workout will consist of **4 or 5 exercises** that range from cardio machines to weight equipment, the equipment being used on the day of the workout will also be marked with Candy Canes.

The daily workouts are designed to move you around the fitness center and get you to try equipment you may not usually use. You may find the perfect exercise or piece of equipment you had never thought of trying.

### **Getting Started**

You will start by picking up your workout card from the fitness desk on the first day of the program, December 7<sup>th</sup>.

Please fill out the card with your name, phone number, and email address.

If the workout includes equipment you are unfamiliar with, the fitness specialist will be happy to assist you.

The workout will be posted each morning, and will be taken down at closing each night.

Once the workout has been completed you will bring your workout card to the fitness specialist and they will initial your card for verification.

Workouts are NOT allowed to be made up on any other day.

### **PRIZES**



5 workouts = Body Tape Measure & Free 16oz Smoothie

10 Workouts = AFC Water Bottle & AFC Golf Towel

12 Workouts = Your name will be added to a drawing for 1 free month & AFC short sleeve shirt. (as available)