Health and Wellness in 2019
The start of a new year often inspires people to seek out self-improvement and set new health goals. However, the novelty of developing new habits and behaviors can quickly wear off, leaving us back at square one. Just take a look at how crowded the gym is for the first two weeks of January, then mysteriously clears out before the end of the month.

How can we avoid falling back into the same routine over and over again? This year, try using the SMART goal setting system to be successful in accomplishing your goals.

SMART is an acronym that stands for **Specific**, **Measurable**, **Attainable**, **Relevant**, and **Time-based**.

Think of this system as a formula you can apply to any goal setting process.

For example, you have a goal of exercising more in 2019. How can we make this more **specific**? You should say instead that you will attend a fitness class 3 times a week. Is this **measurable**? Yes! Is this **attainable**? You have to answer this for yourself. Does your schedule allow you to attend three classes a week? If not, consider an alternative option that would be more realistic for you. Be honest with yourself and don’t shoot for the stars, as this is where a lot of people feel defeated before they can even begin.

Is this goal **relevant** for you? This is another question you must answer for yourself. Regular exercise is associated with all sorts of positive health indicators, so if improved health is a goal, then YES! fitness class attendance can help.

Lastly, be sure to **time-base** your goal by establishing a beginning and end parameter. This not only gives you a deadline, but it also allows you a natural point to review and rework your goals if necessary.

If you are interested in help in setting and/or achieving your 2019 fitness goals, please reach out to DFC Fitness Director Carrie Summers today.
Are you making the most of your exercise routine? Are your movements actually increasing your chance of an injury? The FMS is the screening tool used to identify limitations or asymmetries. It measures seven fundamental movement patterns that are key to functional movement quality in individuals with no current pain or known musculoskeletal injury.

Using FMS scoring results, movement principles are then put into action to make programming decisions and to guide purpose-driven exercise selection. FMS helps you understand the true relationship that movement patterns play in your fitness, sports performance or returning from injury goals by identifying how to train with purpose and precision.

Can you lose weight without exercising? Yes, but you are doing yourself a disservice. You may also be losing muscle as well as fat. Weight loss alone will only reduce your ability to burn calories thus making it difficult to sustain weight loss long term. Two people can weigh the same on the scales but have completely different body compositions.

According to data by Marketdata Enterprises, a market research firm that specializes in tracking niche industries, Americans spend north of $60 billion annually on diet and weight loss products. Don’t be part of this statistic. Attend this interactive workshop led by Ashley Acornley of Fueled & Fit, LLC. She helps people struggling with chronic diseases; those frustrated with not knowing what to eat to improve their health; those frustrated with making no progress; and those frustrated with regaining the same weight over and over again. It only makes sense that the same plan would not work for everyone. She will help you discover a new way of eating that is satisfying, sustainable and nutritious.

It is easier to achieve goals if they are organized and clearly delineated. And for many of us, having regular reminders helps keep us focused and motivated. If you fit this category, then creating a vision board may be a key in helping you achieve your 2019 goals.

A vision board is a collage of images and words representing a person’s wishes or goals, and is organized in such a way to create inspiration and motivation. This workshop will go over the fundamentals of creating a vision board and then give an opportunity to make your own.

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Summer Camp/KinderCamp

Session 1 - June 12-14 (Summer Blast-Off)
Session 2 - June 17-21 (The Great Outdoors)
Session 3 - June 24-28 (DFC’s Got Talent!)
Session 4 - July 1-3 (Wild Worlds of Sports)
Session 5 - July 8-12 (X-Treme Science)

Session 6 - July 15-19 (Art-a-Palooza)
Session 7 - July 22-26 (Beach Bash)
Session 8 - July 29 - Aug 2 (Build It)
Session 9 - Aug 5-9 (Summerfest)

LIT Camp

Session 1 - June 17-21 (Our Community)
Session 2 - June 24-28 (Lights, Camera, Action)
Session 3 - July 1-3 (Leadership Fundamentals)
Session 4 - July 8-12 (Eager Entrepreneur)
Session 5 - July 15-19 (Youth Programming)

Session 6 - July 22-26 (+ Tiny Tennis)
Session 7 - July 29 - Aug 2 (+ Tiny Tennis)
Session 8 - Aug 5-9 (+ Tiny Tennis)
Session 9 - Aug 12-16

Tennis Camp

Session 1 - June 17-21
Session 2 - June 24-28 (+ Tiny Tennis)
Session 3 - July 8-12
Session 4 - July 15-19 (+ Tiny Tennis)
Session 5 - July 22-26
Session 6 - July 29 - Aug 2
Session 7 - Aug 5-9 (+ Tiny Tennis)
Session 8 - Aug 12-16

Registration opens January 16!
Upcoming Events
For more information or to RSVP contact Tracey

January 2 - Mini Camp
January 3 - Mini Camp
▶ A day of games, crafts, and fun for kids grades K-6
▶ 8:30am-5:30pm
▶ $45 per day

January 8 - Creative Corner
▶ Fun art projects on the 1st Tuesday of every month
▶ This month: snow slime, snowflakes, and snowmen!
▶ 4:00-5:30pm
▶ Free, just drop-in

January 16 - Registration opens for 2019 Summer Camps

Tennis
For more information contact Mike

January 6 - Sign up ends for Polar Bear Singles League

January 7 - Polar Bear Singles League begins

January 8 to January 30 - Indoor Clinics
▶ 6:00-7:30 pm
▶ Tuesdays - Womens Intermediate (3.0/3.5)
▶ Wednesdays - Co-Ed Advanced (3.5+)

January 28 - Junior Clinic Session 1 begins

Fitness
For more information contact Carrie

January 7 - Group Fitness Classes begin

January 26 - Jump Start Wellness Workshop
▶ Jump start your health and wellness goals at this informative and interactive morning at the DFC!
▶ 9:15-10:00am Functional Movement Screenings
▶ 10:00-11:00am Design Your Own Diet
▶ 11:00-11:30am Exercise Metabolism
▶ 11:30-12:00pm DIY Goal Setting Vision Boards
▶ $30 for the whole morning or $15 for one session

Looking Ahead ...

February 1 - Deadline to buy unlimited fitness class pass
February 1 - Family Game Night
February 5 - Creative Corner

February 15 - Date Night: Social Dancing
February 15 - Kids' Night Out
February 17 - Chili Daze Cook-off