

March 2008



Anthem Cycling Club

From left to right: Mike Stratman, Michael Parkin, Leigh Wilcox, and Richard

## Happenings [Richard.Monney@ouranthemmr.net](mailto:Richard.Monney@ouranthemmr.net)

We're already two months into the new year and we're off to a great start. We had several activities last month including the Movers and Losers Club, max bench press, and one mile run competitions. Shirts, massages, and personal training sessions were

among some of the great prizes awarded. Thanks to all those who participated.

The newly created bike club is up and rolling with our first meeting and planned ride. Upcoming bike rides, interest in a spin class, and the Multiple Sclerosis bike ride March 29-

30 are among some of the events we are looking forward to. Please join in on the fun.

Our new dance instructor, Kami Schurman, is off to a great start with a beginning attendance of 14 students. Come try out a class today!

Remember, fitness is a way of life!

## Nutrition News

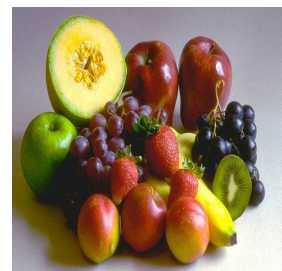
### What is a Carbohydrate? By Brett Campbell, CPT

Ok... carbs are good? Carbs are bad? Which is it? In fact, what is a carbohydrate anyway? Dictionary.com defines a carbohydrate as: "Any of a group of organic compounds that includes sugars, starches, cellulose, and gums, and serves as a major energy source in the diet of animals. These compounds are produced by photosynthetic plants and contain only carbon, hydrogen, and oxygen, usually in a ratio 1:2:1." Basically, carbohy-

drates are a major energy source produced by plants. Fibers are also found in plants, and come from the cellular wall- or cellulose. Our bodies can't digest fiber, so they pass through our digestive systems.

The most recent dietary guidelines for Americans suggest that about half of your daily calories come from carbohydrates. While keeping track of the right amount of carbohydrates you need every day is important, choosing the right carbohydrate-rich foods is equally important. Your carbohydrates should come from whole grain

bread, cereals, pastas, nuts, seeds, legumes, fruits and vegetables. Avoid unhealthy carbohydrate-rich foods such as sugary snacks, pastries, sugar-sweetened soft drinks, candy, cookies, greasy chips, and most processed, packaged foods. These foods contain too many calories while offering little or no nutritional value. Some of these foods also con-



ANTHEM PARKSIDE AT MERRILL RANCH

# Fitness Newsletter

### Contact the Fitness/Wellness Dept.

Fitness Desk—Main	723-6650x1004
Richard Monney—Fitness & Teen Program Dir.	520-723-6631
Brett Campbell—Personal Training	480-262-9894

### Hours of Operation

Monday—Friday	6:30 am—9 pm
Saturday	7 am—8 pm
Sunday	10 am—6 pm

Fitness Equipment Orientations are available every Tuesday & Thursday from 8-10 am and 6-7 pm.

Descriptions of each fitness class can be found at [www.ouranthemmr.net](http://www.ouranthemmr.net) on the Anthem Parkside Activities group page!

# Multiple Sclerosis Round Up Bike Ride *March 29-30,*

On March 29-30, 2008, the National Multiple Sclerosis Society will host 1200+ cyclists in the 22nd Annual Bike MS: Round Up Ride presented by Discount Tire Co. The cyclists will leave Heritage Park in Florence to ride anywhere from 35-150 miles in two days to raise more than \$900,000 to make a difference in the lives of people living with Multiple Sclerosis.

### What is Multiple Sclerosis?

Wikipedia defines MS as a “chronic, inflammatory, demyelinating disease that affects the central nervous system (CNS).”

We have formed **Team Anthem**

and are currently seeking cyclists to join us for the 35 mile ride Saturday, March 29th. Team Anthem has optional training rides scheduled for the month of March on Mondays and Wednesdays at 4:30 pm. **Anthem residents may register with the discount code “anthem” at <http://bikeaza.nationalMSSociety.org>** to receive \$53 off your registration! Each participant has a minimum fundraising requirement of \$250. This may seem like a lot, but if you ask 25 people for \$10, then you’ve met your fundraising obligation. Team Anthem is prepared to assist

with fundraising efforts as well. For more information regarding Team Anthem and our cycling schedule please contact 723-6631 or [Richard.Monney@ouranthemmr.net](mailto:Richard.Monney@ouranthemmr.net). We are also seeking **volunteers** for this event. At least 15 volunteers are needed for the **Anthem rest stop from 9 am – 12 noon on March 30th**. Additional times and dates are also available if you are interested in volunteering with the National MS Society. For more info regarding volunteer opportunities for this event, contact 723-6626 or [Tif-faney.Hirsch@ouranthemmr.net](mailto:Tif-faney.Hirsch@ouranthemmr.net).

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
	Tumbling Tots Gymnastics 2—2:30 pm	Bouncing Babies Dance 10—11 am	Body Burn Cardio Resistance 6—7 pm	Gym Stars Gymnastics 3—3:45 pm	F.I.T. Cert. 5—6 pm	
	F.I.T. Cert. 5—6 pm	Gym Stars Gymnastics 3—3:45 pm	Stretch 7—8 pm	5—11 Hip Hop Dance 5—6 pm		
	Body Burn Cardio Resistance 6—7 pm	Bouncing Babies Dance 4—5 pm		Teen Hip Hop 6—7 pm		
	Adult Dance 7—8 pm	Teen Combo Dance 5—6 pm		Body Sculpt 7—8 pm		
		5—11 Combo Dance 6—7 pm				
		Teen/Adult Karate 7—7:45 pm				
<b>ANTHEM FITNESS CHALLENGE</b>	<b>FITNESS CHALLENGE</b>	<b>Body Sculpt</b>	—Come join the competition in March. We will be having challenges in pull-ups/ chin-ups and the shuttle run. You can make as many attempts as you like to improve your stats. Prizes will be awarded. See the fitness staff for more details.			