

It's
**LES
MILLS™**
on
Lititz
rec's
**BIG
SCREEN.**

LES MILLS™
Virtualworkouts
combine world-
leading fitness
programs with
pumping sound
and motivation
from some of the
hottest instructors
on the planet!
This truly inspiring
experience is now
here at the Lititz
recCenter!

**Join us
Oct 6-13**

**for our LES MILLS™
Virtual Celebration
Launch Party!**

The full schedule of Virtual classes is
available in the program guide, on the
website, and on the LrC Mobile App.

Active LifestyleTips

1. **Park and go.** No need to look for that “rock star” spot in the parking lot. Spare yourself the stress by parking farther away and walking the rest of the way to your destination.
2. **Schedule it.** Try setting an alarm on your phone or schedule time for activity on your calendar. Work towards making time for physical activity and treat it like any other important appointment.
3. **Go Mobile.** Catch up on phone calls while you walk. Walk your talk—in your neighborhood, on a treadmill or around your workplace. If you use a headset or earbuds make sure you can still hear traffic.
4. **Pick up the pace.** Increase your speed from leisurely to brisk or choose a route with more hills when you are walking, running, or cycling. Try alternating moderate and vigorous intensity.
5. **Be a sport.** Team and individual sports can be a fun way to meet your activity goals. Join a recreation center or league. Round up some friends or coworkers for an informal game.

As kids get older and the lure of the playground starts to fade, it can be hard for them to get an hour of physical activity each day. Team sports are great, but they're not for everyone. Other activities will help your child stay active and heart healthy.

Activity also helps:

- manage stress
- control weight
- build strong bones
- sleep better
- decrease the risk of heart disease, diabetes and high blood pressure
- improve the quality of life

Here are some ways to encourage your "non-athlete" to get up and get moving.

1. Don't make exercise a punishment. Forcing your child to go out and play, or to play a sport he or she doesn't like, may increase resentment and resistance. Work on creative ways to encourage physical activity. For example, let your child ride his or her bike for 30 minutes after school but before homework. Your child may beg for 20 more minutes outside just to put it off!

2. Find an age-appropriate activity they love. Try running, swimming, martial arts, dancing, cycling, skateboarding, yoga, soccer, ice skating, jumping rope or tennis. The possibilities are endless. Encourage your child to explore multiple activities to find one that clicks. And remember: Activity means

any activity that gets your heart rate up! Walking for exercise is also a great idea. The whole family can do this together after dinner or on the weekend. Find time for the whole family to be heart healthy.

3. Build confidence. Some kids are embarrassed to participate in sports because they don't think they're good enough. Find time to practice together and boost their confidence. Support whatever activity they choose as long as long as it's safe and they're getting exercise.

Be patient with your kids as they explore activities they enjoy. Be willing to try several sports or activities to help them develop lifelong healthy habits. You'll be glad you did!



PUMPKIN CARVING NIGHT:

October 23, 6-7:30pm.
Register by Oct 19 and save.

GINGERBREAD HOUSE MAKING:

December 18, 6-7:30pm.
Register by December 14 and save.



Youth recLeague Basketball: Developing skills, learning the fundamentals and teamwork are emphasized while having fun in this recreational style league. Questions please contact Ron at ronstief@lititzrec.com or 717-626-5096 ext. 229. Interested team sponsors and volunteer coaches should contact Maria at mariativoli@lititzrec.com.

Boys and Girls Grades K-1-2. Register by December 28.

This will be an intro to basketball with "League-Like" sessions on Saturdays in January and February.

1 hour sessions will begin with skill instruction and end in a game. Session time to be announced mid-December. Boys and Girls will be separated.



Boys and Girls Grade 3-4 & Boys Grade 5-6: Register by November 15.

Boys grade 5-6 will use PIAA refs. Mandatory Skills Session will be Saturday, November 17.

Weekly practices will be week of Dec. 3 and 10. Then weekly starting in January through February. Games will be Saturdays in January & February.

Skills session schedule on November 17 will be as follows:

Boys Grade 5-6: 9am-10am
Boys Grade 3-4: 10:15am-11:15am
Girls Grade 3-4: 11:30am-12:30pm

Girls Grade 5-8, Middle School and High School Boys: Register by November 30.

All three divisions will use PIAA refs. Mandatory Skills Session will be December 1.

Practices held on December 8 and 15, then weekly starting in January through February. Games will be Saturdays in January & February.

Skills session schedule on December 1 will be as follows:

Middle School Boys: 9am-10am
High School Boys: 10:15am-11:15am
Girls Grade 5-8: 11:30am-12:30pm Girls will be separated 5-6 & 7-8 if numbers allow.

New Session of 6 WEEK FIX “MOVE, TRAIN, PLAY” begins October 22 to November 28. Mondays 6-7pm & Wednesdays 7-8pm.



The 2018 summer session was successful with 4 participants losing 9.8% body fat and 14.6 fat weight. These participants gained 18.5% muscle. Mark Murr and Audrey Caleca, two of the program participants went on to complete in the LrC Triathlon in August.

Come join us, get active & healthy. Participants enjoy the following:

- 2 Group Personal Training Sessions
- Boxing Club Classes
- Yoga Classes
- Access to all our Group Fitness & Spin Classes
- Weekly Nutrition Tips
- Full Access to our LrC facility
- 15% of purchase spa services
- 15% of purchase personal training sessions
- Access to Les Mills Virtual Classes

Let's RUN!

See you next
September!

41st Pretzel Twist/3rd Kids Mile Marathon & Fun Run/First Steps to 5 (FS25K)

Running is one of the most popular and practiced sports worldwide. In the U.S. alone, more than 64 million people went jogging or running in 2017. Walking for fitness drew nearly 110 million participants. Improving fitness is one of the main motivations for Americans to start running or jogging.

Never thought you could run a 5K? Yes, You Can! 15 participants started training in July with Brooke Gelatka-Magni, longtime runner, Boston Marathon Qualifier, and Lititz native to run this year's 41st Pretzel Twist. Runners met weekly and received instruction on a variety of topics including how to purchase running shoes, proper form, and technique. An individually tailored training plan was developed by Brooke to help each runner reach their goals. Each week participants received a new challenge to work on moving them closer to completing their first 5K.



Kids ages 5-12 are encouraged to run farther with the Annual Kids Mile Marathon. By registering early in the summer, they receive a tracking sheet to log 25 miles prior to the race day. The day of the race kids run the final mile wearing their T-shirts they have earned.

The Pretzel Twist race was originally formed to bring runners of the community together in memory of Phares “Red” Wilson. This year a new Run/Walk course received positive feedback and new Team Challenges encouraged another level of competition. All proceeds benefit Youth programming at the LrC. LrC continues to offer opportunities for all ages within the community throughout the year to try new recreational activities.

recCARES Cancer Recovery Program



Sue Rohrer, recCARES Ambassador

recCARES emphasizes the physical aspects of cancer recovery during treatment. Often treatment, surgery, or other cancer interventions limit a patient's physical activity. Once in recovery, regaining motion, strength, coordination and flexibility is just as important as - and is beneficial to - restored mental and emotional health for cancer survivors who are building their way back to health.

Low impact movement, exercise, balance and flexibility are at the core of the program, however, social and emotional support for cancer patients will also be a benefit of group programs. recCARES participants work with a Lititz recCenter Ambassador who is trained and certified to coach and plan a successful recovery program with individuals. Participants can tailor their physical recovery plan to meet their goals and timeline, and progress at their own pace as their treatment plan allows.

Participants who are cancer survivors, currently in treatment, with a physician's referral to recCARES, will be eligible for the program for up to 12 weeks. In this time, a patient will develop a plan for independent and continued progress toward their recovery beyond recCARES. There will be no charge to referred patients to participate in the first 12 weeks of select group classes, indoor walking, and up to two personal training sessions with certified staff at Lititz recCenter.

For more information about eligibility for the recCARES program call 717.626.5096.

Be part of...

**THE EXTRATM
ORDINARY
GIVE**

NOVEMBER 16, 2018



LANCASTER COUNTY
**COMMUNITY
FOUNDATION**

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"THE RETIREMENT SPECIALISTS"



THE S. DALE HIGH
FAMILY FOUNDATION





**Thank you for serving
our country and
protecting our
freedoms. Today and
every day I
am grateful
for your
sacrifices.
Veteran's Day,
November 11.**



Thank you Lititz
VFW Post 1463
Auxiliary for
coming out and
demonstrating
the Thirteen folds
of the American
flag and speaking
to recKids about
each fold's
meaning in
August.



**Corporate
Membership
is Wellness
Working for
You!**

Thank you for your
partnership in the
**Lititz recCenter
Round-Up!**

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Clair Global
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Moravian Manor
North Group Consultants
Rock-it Cargo
Rohrer's Quarry
Stoudt Advisors
Tait
Woodstream

THANK YOU TO OUR DONORS

(Donations from May 16, 2018 - July 31, 2018)

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Tropical Smoothie Café
United Zion Retirement Community
UPS Freight
Warwick Girls Lacrosse Club
Warwick Youth Football League
William & Barbara Colver
William D Coleman

Every attempt is made for accuracy in this list. Please accept our apologies for any errors or omissions.



According to the U.S. Department of Health and Human Services, companies save \$1.49-\$4.91 in health-related expenses for every dollar spent on wellness programs. Lititz companies agree, healthier employees mean a healthier bottom line and Lititz recCenter is here to help you achieve this!

Rock Climbing, Obstacle Course, Fitness Training Facility

LrC Members receive membership discount, and special Day pass pricing.


Les Mills Virtual classes at recROC starting September 10! recROC Members, Bring A Friend Free Days; Oct 10, Nov 4, Dec 2.

NEW
This Fall!

The TRIBE. This is a youth athletic group for recROC members ages 10 to 18. Every Tuesday evening from 6-7:30pm will be open climb and training time with an instructor. TRIBE Clinics will be held every 2nd Tuesday of the month. Clinics will focus on a specific skill area, including climbing, obstacle course, physical training, nutrition and much more! recROC youth members you are invited to join us Tuesday evenings in October. Registration for the TRIBE is Free for recROC youth members. Come meet the TRIBE. Save the date for our next clinic October 9.




SNOW TUBING
INDOOR BOULDERING
OBSTACLE CHALLENGE



recROC
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lititz
recCenter

Rock Lititz Blvd Lititz, PA



Back for 2019

IRON VALLEY TUBING

Iron Valley Dr Lebanon, PA
www.ironvalleytubing.com

Winter Adventure Combo Pass

\$28 Individual Pass valid for admission to both attractions!

ON SALE BEGINNING OCTOBER 1

HORIZONTAL MOVEMENT FOR UPPER BODY STRENGTH

Now that you have mastered climbing up, it's time to work on the strategies to get across the wall. Traversing across problems helps to mimic outdoor bouldering and climbing, because real-deal rocks don't have fun colored holds - but it would be pretty awesome if they did! Here are a few tips to get you moving in a horizontal direction to gain the skills you will need to conquer your next adventure!

1. Be sure to warm up. Horizontal movement will require different muscle engagement as well as joint movement. This means that you should be sure to take time to do a few upwards climbs or a bit of cardio to get those joints and muscle groups ready to go.
2. Traversing can be difficult and more time consuming than upwards movement, so be prepared to start with shorter amounts of time on the wall and build up until you can do a lap around the gym. Start small and don't get frustrated!
3. Unless your gym has a designated traverse problem, don't worry about following a specific color of holds. Try different holds too! This will give you the opportunity to learn new skills as you move across the boulder.
4. Visualize in a new way. Traversing mimics the problems presented in our door bouldering and climbing, so why not develop your visualization and planning skills?
5. Move left and right. Just like running on a track, only traversing on one side will not make you equally strong. Be sure to move across the rock to both the left and the right to make sure that you are training muscles on both sides of your body. Don't get one side heavy or traversing can be counter productive.

SAVE THE DATE

Boulder Bash 2019

March 9.

Black Light Climb

Friday, November 23
6-9pm. Free to Members.
Guests may purchase a guest pass.



Rochelle "Skip" Clair Community Partnership Campaign



There are times when being active and healthy feels very far out of reach. Perhaps your family or children have benefited from the generosity of others at some point recently, or in the past.

With finances stretched, families in our community with limited income, or those facing an unexpected crisis, may find family recreation and fitness, youth sports programs, summer camps, and swimming lessons to be unreachable.

The ***Rochelle "Skip" Clair Community Partnership Financial Aid Program at Lititz recCenter*** is a capstone of the Lititz recCenter mission to engage people of all backgrounds in our community in healthy, safe, and active lifestyles. Through generous support from individuals and families in our community, businesses, and other organizations, the Partnership program provides temporary financial aid to those who qualify, and need, assistance to bridge the gap.

Hundreds of families and children benefit through community supported donations each year at Lititz recCenter. Smaller gifts can help children attend summer camp, or enroll in swimming lessons; larger gifts can give a teenager a youth membership and safe place to be, or help an entire family be active together. Every gift makes a difference in our community!

Please consider this opportunity to make a donation to reach a local family, children, or individual facing hard times and engage them in the Lititz recCenter.



Skip & Roy Clair



I love the confidentiality of the program and how I don't feel looked down upon for receiving this gracious gift. We thank you for having this program and allowing us to take part."

"We really are truly grateful for the advantages the financial aid program at the Lititz recCenter gives us. I have signed my boys up for programs at a reduced cost knowing that these programs are a healthy way for them to be spending their time."

"As a single mother, the Rochelle "Skip" Clair Community Partnership Financial Aid program has made membership possible for me and my two children. My children and I are extremely grateful for the opportunity to better ourselves at Lititz recCenter!

"A health crisis wasn't in our plans, but Lititz recCenter was there when we needed help most. Thank you for your support to keep our kids active and our family focused on wellness rather than illness!"



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FAX 717-627-3795

www.lititzrec.com

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Download
the Lititz recCenter
Mobile App!

online registration available www.lititzrec.com



LrC Leagues

Women's Volleyball Leagues for Power and General divisions.

Leagues run on
Tuesday evenings from
Nov–Feb. Registration
deadline Oct 30.

Men's Basketball League

League runs
Wednesday nights
from Sep–Dec.
Register Now!

Adult Pickleball Player

Leagues for Advanced
players Fall II Session
from Nov–Dec.
Registration deadline
Oct 25.

