



WELCOME TO OUR NEWEST CLUB WELLNESS SITES!

Opportunity Foundation - Redmond, OR
West Suburban Special Recreation Association - Franklin Park, IL
Southern Oregon Aspire - Grants Pass, OR

Opportunity Foundation of Central Oregon provides employment and residential support. They also run a Thrift Store and the Cuportunity Coffee shop. Stop by when you're in Redmond!

West Suburban Special Recreation Association introduced Club Wellness at their summer day camp and will offer it this fall as a stand-alone recreation program.

Southern Oregon Aspire provides employment, residential support and Day Programming. They'll begin offering Club Wellness in various ways, promoting an organization-wide culture of wellness.

WELCOME TO THE CLUB!



MORE FUN WITH EXERCISE

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A recent study by Brigham Young University found: social isolation has the same health impact as smoking 15 cigarettes per day.

We know Club Wellness makes exercising fun. There are other ways to make exercise fun even when you’re not in Club Wellness. Here’s a suggestion you may enjoy:

Exercise Scavenger Hunt

Though this activity can be done inside, you can take advantage of the beautiful Fall weather and enjoy it outside. Try this with your friends, or on your own.

Materials Needed: 5 pieces of paper, a pen or pencil, and if you’re outside, you’ll also need 5 rocks.

1. Choose 5 of your favorite exercises in Club Wellness.
 2. Write 1 exercise on each piece of paper.
 3. Have someone hide each piece of paper within a designated area of your choice. If you’re outside, they’ll need to place a rock on top of the paper to weigh it down and hold it in place.
 4. Start at “home base”.
 5. Search for a piece of paper and do the exercise listed for 45 seconds. Return to “home base”.
 6. Continue until all 5 pieces of paper have been found.
- Feel free to play music during this activity and most of all:

HAVE FUN!

When “I” is replaced with “WE”, even ILLNESS becomes WELLNESS



SIMPLE SEASONAL RECIPE

When choosing recipes for Club Wellness, we try hard to make sure they are:
-delicious -healthy -easy to prepare - simple and easy to access ingredients
- using seasonings readily available -using only simple utensils for preparation

Here's a recipe you can enjoy on a crisp fall evening. As vegetable gardens wind down, and temperatures cool, you might enjoy this "souper" easy recipe. Homemade soup allows you to be creative while keeping your sodium (salt) intake low.

We've listed some variations, but let us know if you come up with your own amazing variation!

RUSTIC TOMATO & VEGETABLE SOUP

2 Tblsp. olive oil, or vegetable broth
3 cloves garlic
2 medium onions, sliced
2 medium carrots, grated (I prefer mine sliced)
1 medium zucchini, grated (can slice this as well)
2 – 28 oz. cans of low sodium diced tomatoes in juice
salt & pepper to taste
1 Tblsp. sugar



Put olive oil or broth in a medium pot over medium-high heat. Add garlic and onion and saute until translucent. Add carrots and zucchini and cook for 5 minutes. Add diced tomatoes and juice and bring to a boil over medium-high heat. Simmer for 30 minutes, stirring occasionally. Add salt & pepper, then sugar. Serve immediately.

Variations: You can use whatever vegetables you have on hand, like green beans or corn. You can add a handful of spinach shortly before serving. To make it really hearty and a full meal, you can add beans. Garbanzo beans (chickpeas) work really well in this soup.

Seasonings: You may wish to try some additional seasonings, such as oregano, basil, and even some red pepper flakes.

Add a salad on the side and you have a wonderful complete dinner.

INSPIRING STORY

MISERICORDIA, HEART OF MERCY, CHICAGO, IL

A huge thanks to Tina Stendardo, of Misericordia, Heart of Mercy for sharing how Club Wellness is progressing there. Nice work Club Wellness Trainers and Club Members!



Since 2020, the residents of Misericordia Heart of Mercy have participated in the Club Wellness program. This healthy lifestyle program has encouraged and incentivized the residents to look at their daily schedules and to find ways to incorporate healthy eating and exercise. The residents have enjoyed learning new ways to strengthen their bodies and have enjoyed making the healthy food recipes in their home with their friends. This program is teaching the residents the importance and strong connection of their mind, body, and spirit and feeling the impact in their daily lives. Thank you to Club Wellness for putting together such a great program for our residents.

Here's what Club Members are saying:

"I like that it teaches me different exercises." - Matt C.

"I think it's fun and interesting; there are a lot of fun things to do." -Jennifer P.

"I like the morning exercises." -Chris R.

"I like the morning exercises. I would like to do more cardio." -Matt D.

"I like that Club Wellness offers a lot of fun activities." -Billy K.

"I think Club Wellness is an awesome class to be in." -Josh M.

"It's fun!" -Matt M.

Share your story (e-mail to: jcapetty@clubwellnesstraining.com), and your group can be highlighted in the next Club Wellness e-news!

Trouble Sleeping?

Club Wellness gives you a many suggestions to help, if you have trouble sleeping. Check your Trainer Manual (page 106) or your Club Member Workbook (page 55).

If you're still having trouble getting to sleep, here's a new tip to try:

When you're ready to go to bed, give yourself a big yawn and big stretch, just like you may see your dog or cat do before going to bed. Do this about 4 times before you try to go to sleep and see if it helps!



HAPPY FALL TO ALL!

