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Discover

419

January 2022



Rework your workout

By Taiah Douglas
taiahdouglas@thecourier.com

If you're looking for a fun and engaging way to get active — or an enticing workout to help you stick to your new year's resolution — consider some of the nontraditional fitness programs offered in Findlay.

Crawford Street Gym, a private training facility at 121 E. Crawford St., offers 24/7 gym access 365 days a year with a number of additional services.

"Whether you prefer small-

group settings or one-on-one personalized training, we have three full-time trainers on the P3 training team available to help work with you toward reaching your goals and making you strong for life," said Corey Kissel, owner and trainer at Crawford Street Gym.

Ryse Fitness Studio, located inside the Crawford Street Gym, provides

an array of group classes for anyone looking to shake up their workout routine.

Continued on Page 3



Crawford Street Gym in downtown Findlay



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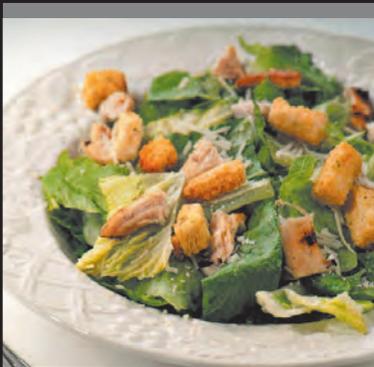
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Left: Pound at Ryse Fitness Studio

Above: Power Up refreshments

Continued from Page 1

One such offering is cardio kickboxing, a group fitness class that combines martial arts with fast-paced cardio. Cardio glow boxing is offered on Thursday nights. Pound, another class, encourages individuals to “become the music” by completing a full-body workout combining cardio, conditioning, strength training, yoga and pilates. Pound uses lightly weighted drumsticks fabricated for exercise, and is designed for individuals at all fitness levels.

Barre, a low-impact workout which includes elements of ballet, yoga and pilates, can also be found at Ryse. And the dance class Elite Movement combines cardio and strength training through upbeat dance. Participants learn a new style of dance each week, ranging from jazz and hip-hop to lyrical and contemporary.

LGBTQ+ Spectrum of Findlay also promotes health through a weekly cardio drumming class open to community members of all fitness levels.

“We started our cardio drumming classes as a response to the 2018 community health assessment,” said Matthew Allen, operations manager and adult group facilitator at Spectrum. “Our community responded there weren’t enough affordable workout experiences available in the

county. Although it isn’t one of our typical services, it’s one of the ways we get to interact and help out.”

The program is \$5 per class, with the last class of the month offered free of charge. Allen encourages residents to try out the class for its inclusivity and judgement-free environment. Sign up by responding to the event via Facebook.

Mindbody APP Power Up Fitness, located at 820 N. Main St., STE 5, is the rebrand of Z Pulse fitness and specializes in group fitness classes, circuit training and personal training. Classes offered include Zumba, piloxing, cardio drumming, LIIFT4, hip-hop step, boxing fitness and more.

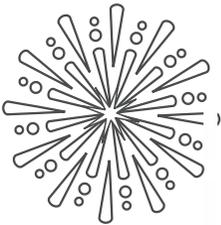
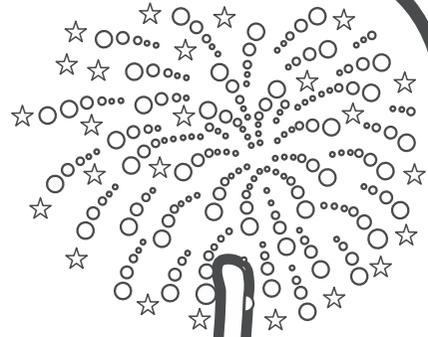
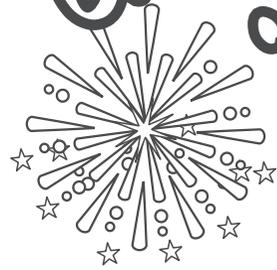
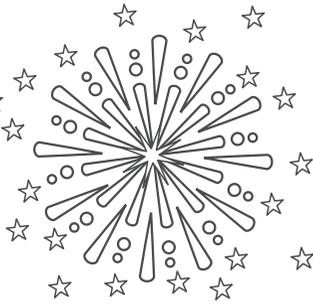
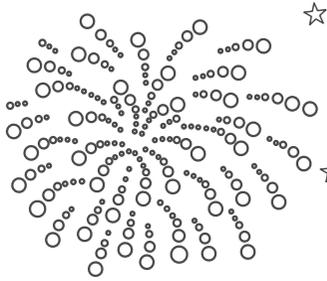
Power Up offers smoothies from its protein bar for healthy post- and pre-workout meals. The gym also aids in customizing meal plans for anyone interested.



Cardio Drumming with Josh Diaz

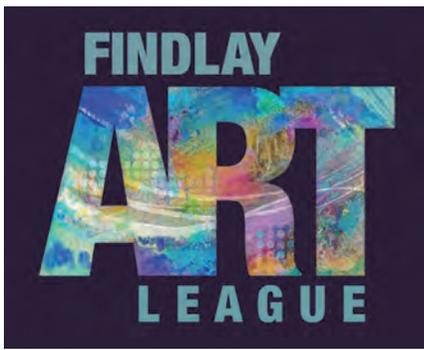
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- Intro to Wheel Thrown Pottery - Five Wednesdays, 7-9 p.m., starting Jan. 12
Tuition: \$120, all materials included; all levels welcome
Instructor: Eliseo Escobedo
- Home School Art Class - Mondays, 10:00-11:15 am, Jan. 10 to April 25
Tuition: \$75, all materials included, all grade levels welcome
Instructor: Janealla Killebrew
- Figure Drawing - Mondays, starting Jan. 10, 7-9 p.m.
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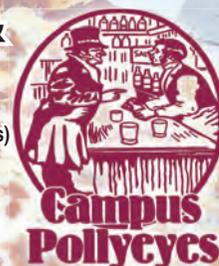
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ORGANIZE AND DECLUTTER ROOM-BY-ROOM

Getting organized is a popular New Year's resolution. Clutter can be a major source of stress that affects how individuals feel about their spaces. Psychology Today indicates messy homes and work spaces can contribute to feelings of helplessness, anxiety and overwhelming stress. Clutter bombards the mind with excessive stimuli, makes it more difficult to relax and can constantly signal to the brain that work is never done.

Tackling messes no matter where they are lurking is not a one-time project. Much like losing weight and getting healthy, clearing a home of clutter requires dedication and lifestyle changes. With these organizational tips and tricks, anyone can work through their home room-by-room and conquer clutter.

Find a Place for Everything

Clutter creeps up as people accumulate possessions over the years. Over time, failure to regularly go through belongings and thin the herd can lead to the accumulation of clutter. But clutter also can accumulate if people fail to find a place to put items. Racks for garages, organizational systems for closets and furniture with storage capacity, such as storage ottomans, are some storage solutions that can help people find a place for their possessions.



Utilize Vertical Space When Possible

Getting items up and off the floor can maximize square footage in a home. Bookshelves, hanging wall shelves, hooks, cabinetry, built-ins, and other storage solutions that rely on walls and ceilings are simple and effective storage solutions. Unused space behind cabinet or closet doors are some additional places to store belongings. Hang razors or toothbrushes on medicine cabinet walls and curling irons and other hair tools on the interior of cabinet doors in bathrooms.

Create a Coding System

Home offices can be some of the more disorganized rooms in a house simply due to the volume of electronics and paperwork within them. HGTV suggests using a color-coded system for important files to keep them

organized. Label important items, whether they're paper or digital files, in accordance with your system.

Put It Away

When you finish using an item, return it to its storage location. This eliminates piles of belongings strewn around the house - and hunting and pecking for missing things. If you can't put it away immediately, have a few baskets on hand labeled for the different rooms in the house. Pop the items in the requisite baskets and then routinely take each basket around the house to return the items.

Investing in custom cabinetry and organizational systems also can help people organize their belongings. Tackle rooms such as the garage, basements, bedroom closets, and pantries, or those areas that tend to accumulate clutter the fastest.

January Is Sanctity Of Life Month

While people once believed the preborn child was nothing more than a blob of cells, the science of embryology has given us a much clearer idea of what is really happening within the womb. Science shows the heart begins beating three weeks after fertilization. The Charlotte Lozier



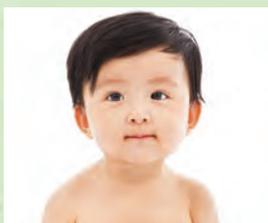
Institute (CLI) is an organization of more than 60 scholars, credentialed scientists, practicing physicians, statisticians and other academics that has been studying the science of life in the womb for more than ten years. They've shed light on the facts of life in the womb surrounding the heartbeat. Here's what CLI has discovered:



- The heart is actively beating at six weeks.
- Between conception and birth, the baby's heart will beat approximately 54 million times.
- The baby's average heart rate is 98 BPM. This will rise to 175 BPM by 9 weeks' gestation.
- The presence of a heartbeat at 6-8 weeks correlates with a live birth rate of 98% in normal

pregnancies without intervention.

- The brain has divided into three primary sections responsible for sensing, decision-making, moving, tracking objects and vital body functions.
- Eyes, ears and nose begin forming.



A premature baby thought to be the smallest to ever survive is going home after spending over a year in the hospital. Kwek Yu Xuan was born in Singapore in June 2020, but she was just under 25 weeks gestation. She was a tiny preemie weighing a mere 7.5 ounces at birth which is roughly the weight of an apple. Kwek's mother underwent an emergency C-section after developing pre-eclampsia. Advanced practice neonatology nurses,

at the National University Hospital, were shocked when they saw Kwek Yu for the first time. Dr. Yvonne Ng, neonatologist who worked with Kwek Yu in the NICU explained how difficult it was for staff to help keep her alive. "Her daily care was the main crux of the matter, especially for the first two weeks of life. We needed to innovate and find some improvised methods to deal with a baby this small because this is the first time we experienced somebody this tiny. She was so small that even the calculation for medication had to be down to the decimal points". Now at 14 months, Kwek Yu Xuan is healthy enough to go home.



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IMPRESS FELLOW FANS WITH SMOKED BRISKET FOR THE BIG GAME

Sporting events are often credited with bringing people together. That tendency to connect people from different walks of life is even more noticeable when sports is combined with food.

Food and sports go hand in hand. Food is never too far away when getting together with fellow fans. That's true if fans are hosting a game watch at home or if they're tailgating in a stadium parking lot. Certain styles of food are synonymous with sports, and that includes grilled and smoked items. Smoking has become particularly popular among sports fans in recent years, and many modern smokers are now portable enough that they can be taken on the road when following a favorite team.

Gameday can be the perfect time to master the art of smoking. Smoking can take a long time, which makes it an ideal option for day-long tailgates or game watch parties. Fans who have volunteered for cooking duties this season can impress guests with their smoking skills by following this recipe for "Texas-Style Beef Brisket" from "The Essential Kamado Grill Cookbook" (Rockridge Press) by Will Budiaman.



Texas-Style Beef Brisket

Serves 6 to 8

- 1 8- to 10-lb. beef brisket
- 3 tablespoons kosher salt
- 3 tablespoons freshly ground black pepper

Dry-brining time: Overnight

Prep time: 15 to 30 minutes

Cook time: 7 hours, 30 minutes to 9 hours, 30 minutes; plus 1 to 2 hours to rest

Grill temperature: 250 F to 275 F

Smoking wood: Oak or pecan

1. Trim off any hard fat from the brisket and square off the edges. Trim the fat cap down to an even 1/4-inch thickness. Sprinkle evenly on all sides with the salt and pepper. Refrigerate overnight.
2. Prepare the grill for smoking at 250 F to 275 F.
3. Place the brisket fat-side up on the grate over the drip pan. Close the lid. If desired, wrap

in aluminum foil after 5 to 6 hours or once the bark (crust) is dark brown.

4. Turn over the brisket, close the lid, and continue cooking for 2 hours, 30 minutes to 3 hours, 30 minutes more or until an instant-read thermometer inserted into the center registers 200 F.
5. Rest the brisket, wrapped in foil, for 1 to 2 hours before serving. Cut across the grain into 1/4-inch-thick slices. Pour over as much of the drippings from the pan as you like, and serve.

Cooking tip: The grain in each part of the brisket - it's made up of two different muscles, known as the flat and the point - runs in two different directions. Roughly speaking, the grain in the point runs perpendicular to the grain in the flat, so you'll want to slice the two sections separately.



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HEALTHY RESOLUTIONS WHICH ARE EASY TO KEEP

The dawn of a new year is a great time to take stock of the year that just passed and set goals for the next 12 months. Resolutions focused on improving personal health are especially popular, and for good reason. Improving one's overall health can have positive implications for years to come.

Even with the best intentions, resolutions have historically proven hard to keep. Simplifying health-based resolutions can lead to a higher success rate and a healthier you.

- Walk more. It is easy to get preoccupied with the “10,000 steps per day” mantra that many people follow and that certain fitness trackers promote. Walking 10,000 steps daily, which equates to roughly five miles per day, is a healthy goal, but it may not be realistic for everyone. Take stock of how many steps you currently take each day, and then resolve to walk 2,000 more. As your body acclimates to walking more, add another 2,000 steps, continuing to do so until you reach 10,000 steps.
- Learn something new about being healthy. Informed health decisions require gaining a greater understanding of your body. Rely on a reputable source such as the Centers for Disease Control and Prevention to learn more about how to be healthy.
- Spend less time on social media. Staring at your phone or tablet for multiple hours browsing tweets or checking messages might not be



the best thing for your physical and mental health. Browsing the internet may take up time that could be better spent engaging in physical activity. According to Dr. Elia Abi-Jaoude, a staff psychiatrist at the Hospital for Sick Children and Toronto Western Hospital, various studies have shown how excessive social media usage can adversely affect relationships, sense of self, sleep, academic performance, and emotional well-being.

- Eat more whole foods. Whole foods, including vegetables, fruits, nuts, seeds, whole grains, and fish, contain various nutrients the body needs to function at peak capacity. These foods may help reduce the risk of many diseases and help people maintain healthy body weights. Start slowly by introducing a new whole food to your diet each day. A gradual approach is more manageable than going on a drastic diet.
- Avoid sweetened beverages. You are what you eat, but also what

you drink. A report published in the American Journal of Clinical Nutrition found consumption of sugar-sweetened beverages, particularly carbonated soft drinks, may be a key contributor in the epidemic of overweight and obesity. Skip sweetened beverages (even fruit juices can be unhealthy if consumed in excess) and opt for more water or unsweetened teas.

- Find a physical activity you like. Rather than resolving to join the gym or signing up for a 5K because it's what everyone is doing, find a physical activity you truly enjoy and aim to do it a few times a week. Maybe it's a sport like tennis or recreational cycling with the family. But if the idea of a gym membership excites you, then by all means sign up.

Avoid restrictive health and wellness resolutions that can be unsustainable. By downsizing expectations and taking small steps en route to your goals, you may be more motivated to stay the course and realize your resolutions.



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