

Fitness for the new year? Sign me up!

By BRENNA GRITEMAN LIFE EDITOR

Good intentions are fine. But if you've resolved to get fit in this new year, what you really need is a person or a group of people holding you accountable, say local fitness experts.

A simple way to achieve this is to join

a class at a local gym, says Jim Steffen, who has worked in the fitness industry for 25 years. At his Findlay gym, XT Fitness, Steffen offers five to six classes per day, all centered around functional movement rather than exercise machines.

Steffen once owned a more "everyman's" gym where members just walked in

and started using various machines at their own pace, but has found that patrons connect more with a class setting. Programs are already prepared by knowledgeable instructors, and no time is wasted wandering from machine to machine without a plan or an understanding of how they work. "Don't ever go to a gym without knowing exactly what you are going to be doing when you get Continued on pg. 3

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inside," Steffen advises. Perhaps more importantly, Steffen says, taking a class or exercising as a group reinforces a sense of community and accountability. People

begin to share and compare their successes, and classmates expect you to be there at the next session. Amanda Bayliff, owner

of Baylifft Training in Dunkirk with husband loe, agrees the group mentality works best for promoting personal accountability. Group classes get people working together and comparing notes, and making plans for future workouts. The gym has

also found that sharing

records both publicly and privately helps keep its members motivated. Amanda says many of the couple's patrons are husband-and-wife teams, and the gym has become a community all its own. Children of all ages

and skill levels are also encouraged to attend with their families. Joe says when making new

year's resolutions, people may know they want to lose 20 pounds or tighten up their abs, but they

don't know how to achieve that goal. Taking a class takes the guesswork out of planning an exercise regimen, allowing the

patron to focus all their

individual personal fitness





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efforts on the physical aspect of their workout. Amanda adds it is invigorating to see a client who originally came in hoping to lose 10 pounds progress into an athlete facing down a deadlift goal. Suddenly that person is not just chasing a resolution, but has made a significant lifestyle shift.

Taking a class can also help a new or returning gym member find an exercise they love to do, making fitness feel like less of a chore, says Chandlar Cramer, healthy living director at the Findlay YMCA. Through classes, Y members can try out any number of workouts, including Zumba, yoga, weightlifting, tennis and barre.

She says personal trainers are available to help offer pointers. And when a new member joins the Y, they are given a tour and a class list, and may be introduced to some fellow members. Members also have access to ActivTrax, a tool that creates customized workouts around a member's goals, fitness experience, and likes and dislikes.

Cramer says the community approach at the Y means that there is a place for everyone. "It can be intimidating to

hit the gym," she says. "We understand that."

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Humans of Findlay is a documentary project based on the blog "Humans of New York." The project was created to introduce many of the unique people of Findlay, Ohio. The man behind the lens and the project is Dave Morrow. Morrow has interviewed over 700 people of Findlay, ranging from age 5 to 102 years old, with a wide range of diversity and backgrounds. Jenna Wilkins has joined Dave in continuing the Humans of Findlay project.

On April 4, 2018, a proclamation was signed by Mayor Lydia Mihalik designating the day as "Humans of Findlay Day." Each of the stories have been read up to 30,000 times, and can be located on humansoffindlay.com, Humans of Findlay Facebook page, as well as in this monthly magazine. Know someone that you feel should be featured? Send a nomination on the Facebook page.

KEVIN SHENISE

Kevin Shenise serves as one of Findlay Fire Department's Certified Fire Safety Inspectors, and has done so for the last four years. He has been with the Findlay Fire Department for a total of 18 years. He and his wife Torri have two children, Brady and Laine. Ever since Kevin was little, he wanted to be a firefighter. His wife's family has a line of firefighters in it, but Kevin is the first in his. When he's not working, his free time is spent with his family or coaching Findlay High School's boys' soccer team. Kevin's main duties with the FFD are to inspect commercial buildings, provide fire education, assist with the fire investigations, and help provide emergency planning for schools, and nursing homes. Other duties are also home inspections for adoption or foster care, and the handling of non emergent complaints. Soon he will be transitioning into the role of lead fire investigator as well. Motivation for Kevin comes

Motivation for Kevin comes from wanting everyone to be safe and have a good time. The most satisfying part for him is being able to make a difference daily.

His advice for Fire Prevention week



follows along with the National Fire Protection Association's slogan this year which is "Not every hero wears a cape. Plan and Practice your escape." He urges everyone to know two ways out of your house and to practice that escape. FFD shared that message with local daycares and schools. They also will do a brief program in February with "Firefighter Phil" geared towards the younger kids.

We are very appreciative of Kevin and the Findlay Fire Department for the work they do on a regular basis.



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4 oz. white chocolate, melted

INSTRUCTIONS Mix cream cheese and crushed cookie crumbs until blended. Shape into 48 (1-inch)



Recipes and photos by Yummly.com provided by Great Scot

"footballs". Freeze 10 min. Melt semi-sweet chocolate chips. Dip balls in melted chocolate; place in single layer in shallow waxed paper-lined pan. Melt white chocolate in icing bag and squeeze 1 line crosswise and 3 lines lengthwise to make laces of football. Refrigerate 1 hour or until firm.

COWBOY CAVIAR



INGREDIENTS

1/4 cup olive oil

1/2 cup cider vinegar

1 cup sugar

1 can black eyed peas, rinsed well

1 can shoe peg corn, rinsed well

1 can pinto beans, rinsed well

1 jar red pimentos, rinsed well

1/2 diced green pepper

1/2 diced red onion

1 avocado, diced

cilantro

parsley

1/4 teaspoon crushed red pepper

salt and pepper to taste

INSTRUCTIONS Mix first 3 ingredients in a saucepan to make marinade. Bring to a boil and let cool. Combine all ingredients in a bowl except for avocado, cilantro, parsley, salt and pepper. Pour marinade over this at least 2 hours before serving. Drain just before serving. Add diced avocado, herbs, and salt and pepper to taste. Serve with scoop style tortilla chips.

FOOTBALL PUNCH INGREDIENTS

2 cups orange juice

2 cups cranberry juice

3 cups pineapple juice

4 cups ice

2 cups lemon-lime soda 2 cups cranberry juice

3 oranges (sliced)
1 cup pineapple chunks (or slices)

INSTRUCTIONS Stir all liquids together in a pitcher. Serve over ice in a pitcher or punch bowl. Garnish with orange and pineapple, slices or chunks.





REESE® PEANUT BUTTER CUP CHEESECAKE DIP INGREDIENTS

8 oz. cream cheese, softened

1/2 cup butter, softened

1/4 cup packed brown sugar

1/2-3/4 cup creamy peanut butter

1 1/2 tsp. vanilla extract

1 cup Reese's® peanut butter cups, chopped

INSTRUCTIONS In large mixing bowl, combine cream cheese and butter and beat with hand mixer until smooth. Beat in brown sugar, peanut butter and vanilla extract. Fold in chopped peanut butter cups using a wooden spoon.

Serve immediately with chocolate graham crackers. The dip can be refrigerated. If it has chilled, let sit at room temperature for about 30 minutes before serving to allow it to soften.

SALTED BEER PRETZEL PIGSKIN BITES INGREDIENTS

8 ounces Pillsbury Refrigerated Crescent Rolls

24 sausages (cocktail-size smoked link, from 14-oz package)

1 egg

12 oz. pilsner beer

1/4 cup baking soda

1/8 tsp. salt (coarse, kosher or sea)

yellow mustard (from a squeeze bottle)

INSTRUCTIONS Heat oven to 375°F. Line large cookie sheet with cooking parchment paper. Separate crescent dough into 8 triangles. Cut each triangle lengthwise into 3 narrow triangles.



Recipes and photos by Yummly.com provided by Great Scot

Place 1 sausage on shortest side of each triangle. Roll up, rolling to opposite point.

In small bowl, beat egg and 1 tablespoon of the beer with whisk until thoroughly blended; set aside.

In large microwavable bowl, microwave remaining beer uncovered on High 1 minute 45 seconds or until hot. Slowly add baking soda, stirring until baking soda is completely dissolved. Using metal tongs, dip each rolled crescent, one at a time, into beer and baking soda mixture. Remove, and place on cooling rack. Let stand at room temperature about 5 minutes. Brush crescents with beer and egg mixture, and sprinkle with coarse salt. Carefully place on cookie sheet. Bake 12 to 15 minutes or until tops are deep golden brown. Cool 2 minutes. On each, squeeze 1 line of mustard crosswise and 3 lines lengthwise to make laces of football. Serve warm.



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JACK WINANS

Four years ago Jack Winans' days as a stay at home dad came to a close and his time serving at We Serve. Coffee began. Jack enjoyed being a stay at home dad for 12 years, then decided it was time to enter the workforce again. He started as manager, and now he and his wife Becky enjoy being the owners.

Dr. Arnett, a local emergency room physician, started We Serve. Coffee in 2012. When it was time for Dr. Arnett to step away, he was persistent in getting just the right successor, in Jack, to take over the reins of the coffee shop.

We Serve. Coffee is a unique, small local coffee shop that is so much more. As the name implies, serving is a huge part of their mission. As Jack explains, "At We Serve. Coffee, coffee is just the common ground." To date, they have donated \$27,500 to local charities and global charities with local ties. We Serve. Coffee is currently working with Findlay High School's Coffee with a Counselor program, and donating coffee to be enjoyed each Thursday. They also host Joel Starkey every other week, along with a Tiny Art League event that combines coffee and painting, and more.

Day to day at the coffee shop, Jack's favorite moments are serving the customers, making them happy and sharing the mission of the shop. He loves the hours of the coffee shop and the family time it allows him to enjoy with his wife and three children. He values his staff as a strong team and therefore when

you enter, you get a sense of the small family feeling restaurant.

Looking forward, Jack wants to continue to support the community and to be a light in it. He wants to make sure the coffee shop is always a happy, relaxing place. He explains "It's all about how you impact the people around you."



Jack is very humble and appreciative of his staff for continuing the mission started by Dr. Arnett, and adds that he's surrounded by great people who make his job enjoyable. As often does, work flows over into home life and Jack shares the mission with his children, and often tells them to "be better", meaning, to be better than the person you were yesterday, and I think we can all learn from that.









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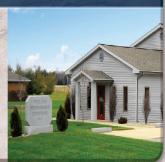
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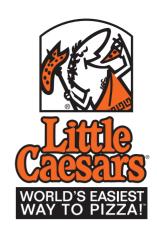


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