



COLE CENTER FAMILY YMCA NEWSLETTER

March 2018

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Our Mission: To put Christian principles into practice, through programs that build healthy spirit, mind and body for all.

Member Spotlight

Cal Baker

Cal and his family have been members of the Y for many, many years. Cal and his Dad come in every day to train for his upcoming events and to stay healthy. Cal's mom is actively involved and teaches several group exercise classes. We are very excited to support Cal in his journey and blessed to have their family as part of our Y family!



To Cal's supporters,

Hours of Operation:

Monday - Thursday
4:30a - 10:00p

Friday
4:30a - 8:30p

Saturday
6:00a - 6:00p

Sunday
1:00p - 5:00p

Child Care Hours:

Monday - Friday
8:00a - 1:00p
4:00p - 7:30p

Saturday
8:00a - 12:00p

Sunday
Closed

Team Indiana is in the middle of their basketball season. We have participated in tournaments at Huntington and Elkhart Counties. We have played single games against Steuben and Allen County teams. We have had success. We have experienced and grown from defeat. Attached you will find pictures from the Elkhart County tournament where we finished 3rd.



The weekend of (Feb. 10), Team Indiana had our second training camp. This camp was held on the Butler University campus with all 70 of the Indiana delegation present. This was unique for the basketball team, as we were able to tour Hinkle Fieldhouse and learn much of the history of basketball in Indiana. We practiced at Butler (not on the Hinkle court) and learned more about our travel plans for this summer. Attached are a couple of pictures from Hinkle Fieldhouse.



Upcoming events: Feb. 17 - Cal is being recognized at halftime of EN basketball game

March 11 - DeKalb County basketball fundraiser at DHS

March 17 - Sectional tourney

March 24-25 State tourney



**Thanks against for your support of
Special Olympics, Brad**

**Youth Development
Spring Break Camp!**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SPRING BREAK CAMP

COLE CENTER FAMILY YMCA

Camp days available:

March 26th-30th, April 2nd-6th.

6am - 6pm

Please register by March 21st for
the early bird savings!!

Don't forget your lunch each day!!

For more information call
260.347.9622 or email
cprater@eastnoble.net

Healthy Living

National Nutrition Month

**6 tips to make healthy eating
realistic and sustainable**



What is healthy eating?

It's important to be clear about what the term "healthy" really means. Healthy eating isn't perfect eating, and perfect eating isn't healthy eating.

The truth is, though, that healthy eating is the middle ground between the extremes, not an extreme itself. When you can successfully land in the middle in a spot that is sustainable and realistic for you, you've found your version of sustainable, realistic healthy eating.

Healthy eating for you may look a little different than healthy eating for someone else, and that's OK, too.

Here are some tips to help you create a truly healthy (mentally, physically, emotionally and otherwise) behaviors around food that are sustainable and realistic:

1. Don't get sucked into the crazes.

If everyone around you is doing the latest nutrition plan craze and you're enticed to join in, ask yourself if you could see yourself eating that way for the rest of your life. If you can't imagine maintaining that way of eating forever, you will likely want to reconsider.

2. Plan ahead. Balanced, nutritious eating is much easier when there's a flexible plan in place. Planning includes grocery shopping, meal planning and packing foods for on-the-go.

3. Honor your body. Do your best to listen to cues of hunger and fullness. Some days will be hungrier days, and others will be days with a lower appetite.

4. Be gentle with yourself.

Healthy eating isn't about perfection. It's great to have some general guidelines in mind about balance, moderation and variety, but no need to beat yourself up when you fall short. All you have is the here and now, so do your best in each moment and avoid the trappings of feeling angry about times you've messed up in the past or worries about how you'll fall short in the future.

5. Get in touch with your emotions and feelings.

Scan your emotions when you find yourself reaching for food when you know you're not hungry. Find ways to

soothe and calm yourself without using food when it's clear that food won't work to improve your emotional state.

6. Take good care of yourself in general. Don't neglect other areas of self-care when pursuing healthier eating. Ensuring you get a good night's sleep, moving your body with exercise you enjoy regularly and learning to manage your stress appropriately are all important in the overall picture of health.

Food should be both nourishing and satisfying - leaving each meal truly satisfied is the key to sustaining your behavior change over time. When trying to find a way to eat healthfully, tap into your own inner wisdom and intuition to find a balance between the extremes.

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Social Responsibility

Living With Anxiety Seminar



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LIVING WITH ANXIETY

Finding Peace and Restoration in a Chaotic World COLE CENTER FAMILY YMCA

Anxiety has many different masks and this seminar will reveal some of the more common masks found in day to day living. Some of these masks present themselves differently in different populations such as gender, children, adolescents, adults, and elderly.

This seminar will also discuss the differences in the biological, psychological and social elements that are found commonly with anxiety, as well as treatment tools and coping mechanisms. Anxiety touches all of us differently. This seminar will give you more knowledge and tools on how to find peace and restoration in a chaotic world.

TIME & LOCATION:

COLE CENTER FAMILY YMCA
April 10, 2018
6-8pm

COST:
\$15



To register or for more info: crosswinds.org/events

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Sincerely,

Cole Center Family YMCA

