October is Breast Cancer Awareness Month

Did you know?

- Breast Cancer is the most common cancer in women worldwide.
- The research is still out on the causes of breast cancer so early detection remains the cornerstone of breast cancer control.
- Most deaths related to breast cancer occur in low and middle-income countries because most women in these countries are diagnosed in the late stages of the disease due to a lack of awareness and early detection programs.

*Taken from the World Health Organization

October is Vegetarian Awareness Month

Interested in learning more about becoming a vegetarian? How about trying to go meatless on October 1st, World Vegetarian Day?

Want to see what types of food vegetarians are raving about? Check out DC’s VegFest on October 3rd from 11 AM—6 PM at the intersection of 1st & N St. SE (across from Nats Park).

Don’t think you could go completely meatless? Challenge yourself to incorporate more fruits and vegetables into your diet for the month!
Member Highlight:
Sushma Soni

I am an attorney for the federal government, and joined the Fitness Center when the YWCA pool in Penn Quarter closed. I like to start my day by swimming laps, and often work out the structure or phrasing of briefs while in the pool. The Fitness Center staff keeps the pool in great shape! The lifeguards change over regularly, but are always friendly and personable. Even during the busiest morning pool times, you only occasionally end up sharing a lane! The pool also offers private swimming lessons for adults and children; my son took lessons here for several years. I really appreciate that the staff takes care of all the tasks, like keeping the towels stocked, that enable me to enjoy my workout. And when I swim in the mornings, it makes a big difference in the rest of my day!

Slow Cooker
Jalapeno Popper Chicken Chili

- 1 medium white onion, diced
- 3 cloves minced garlic
- 1 red bell pepper, diced
- 2 jalapeños, seeds removed
- 1 large sweet potato, 14 oz
- 1 lb 93% lean ground chicken
- 1 lb 95% lean ground beef
- 2 tsp smoked paprika
- 2 tsp chili powder
- 2 tsp dried oregano
- 2 tsp kosher salt
- 1 tsp ground cumin
- 1/4 tsp red pepper flakes
- 1 (14 oz) can petite diced tomatoes
- 1 cup reduced sodium chicken broth
- chopped scallions, for garnish
- 8 oz diced avocado (from 2 small haas)
- 4 oz goat cheese (optional)

Directions: Place all the ingredients except the scallion, avocado and goat cheese in the slow cooker and cook on low 8 hours. When done, break up the ground meat with a wooden spoon and add half of the goat cheese if using. Serve garnished with scallions and avocado on top.

Taken from:
www.skinnytaste.com

Ask the Trainer:
Q: Why do people lift barefoot?

A: There is evidence to suggest that lifting barefoot, a technique commonly used by people who perform Olympic lifts, allows the lifter to grip the floor better. When a person is able to grip the floor better they create more power through their lower body and are able to lift more weight, thus becoming stronger.

That being said, most gyms do not allow their members to lift barefoot for hygienic reasons. A good alternative is to lift in Converse Chuck Taylors. The sole is thin and there is little to no arch support, meaning your feet will remain in close contact with the floor and have to stabilize during the lift, creating a similar grip that barefoot lifting gives a person.

The next level after Chucks is Vibrams, or five fingers. Allow your feet to slowly transition in to Vibrams, which offer less support than Chucks, and barefoot training in general so your feet can adjust and strengthen!

*T-Nation: Harry Clay: Go Barefoot to Get Stronger
Meet Molly

New to the front desk staff, Molly started working at the Sport & Fitness Center over the summer. She is a current student at Georgetown University, pursuing her Masters of Science in Physiology and Biophysics. Upon completion of her Masters, she plans to apply to medical school!

Outside of school and work, Molly enjoys traveling, time at the beach, and running. Her favorite destination so far has been the Lofoten Islands in Norway. For every country she visits, Molly tries to get out and go for a run while there. She says it’s a peaceful way to see the landscape and get lost in the charm of another country.

Stop by and say hello to Molly on your way in to the fitness center!

Great Fall Outdoor Activities:

Summer is over so no more sweating on the way to work! As fall creeps in and the days get shorter, time indoors starts to increase. Before it gets too chilly, embrace the season change and stay active outside! Check out these outdoor activities and enjoy fall : )

1. Hit the bike / running trails. Check out the fall foliage as you bike / run / walk one of the many trails in DC. The C&O Canal trail takes you through Georgetown and the Mt. Vernon Trail winds along the Potomac between Theodore Roosevelt Island and Mt. Vernon. Both are scenic and great for watching the leaves change colors!

2. Hike the Billy Goat Trail at Great Falls Park in Maryland or register for a guided two hour moonlight hike at the National Arboretum in NE DC. A little further outside the city, Shenandoah National Park offers some of the best hiking trails and spectacular views!

3. Rent a kayak, paddleboard, or paddle boat for the day at one of Boating in DC’s three boathouses; the Key Bridge, the Ballpark, or the National Harbor. If you don’t feel comfortable going out on your own, take one of their tour guided classes.

4. Trapezing: If you’re feeling adventurous check out the outdoor course run by Trapeze School New York in the Navy Yard area. Awesome customer service and they’ll make you feel like you’re ready for the circus in no time.

Have you tried …

Wondering what “willpower & Grace” is on our Group Exercise schedule? Come check it out!

This barefoot strength and cardiovascular class combines alignment-based movements from Pilates® and yoga with strong, athletic calisthenics and dance principals. Don’t be fooled by the name of the class. According to their philosophy, this challenging class has the muscle conditioning of cardio-sculpt, the intensity of boot camp, the self-awareness of a Yoga practice, the discipline and alignment of Pilates, and the uplifting philosophy of a meditation session.

See you on Saturdays!
Fall Semester Hours

Sunday: 9:00 AM — 8:00 PM
Monday: 6:30 AM — 10:30 PM
Tuesday: 6:30 AM — 10:30 PM
Wednesday: 6:30 AM — 10:30 PM
Thursday: 6:30 AM — 10:30 PM
Friday: 6:30 AM — 8:00 PM
Saturday: 9:00 AM — 6:00 PM

Please Plan your workouts accordingly:
The pool closes 15 minutes prior to the facility
Locker Rooms close at the given closing time

Columbus Day Hours

Monday October 12th
10:00 AM — 8:00 PM

*Group Exercise Classes will run as scheduled except for Sports Circuits & Yoga (5:45), which will be cancelled