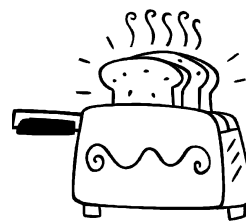


Nutrition Notes by Susan Maloney, MS, RD

Breakfast is the most important meal of the day, but some of us don't know that – we are breakfast skippers (gasp). The word breakfast comes from breaking the fast. When you wake up each morning your body is running low on energy. For most of us, it has been about 8 – 10 hours since our last meal. Our bodies are in need of energy. It is time to re-fuel. The brain needs more glucose to function properly. Providing energy to the brain helps you perform better at school and work. This could be very important!!!!



Not only does your brain need glucose, but your body also needs energy. Even if you are not hungry or don't have time to eat, have something that is easy to prepare and quick to eat. This could include: cereal, toast with peanut butter, fruit, yogurt, or even leftovers from the night before zapped in the microwave.

Here is a great fact: many people that are successful at losing weight eat breakfast! It a great way to jump-start your metabolism in the morning.

If you still aren't convinced about breakfast because of time constraints or just not hungry, try something easy and light, maybe a bite of cheese, piece of fruit, glass of milk, handful of nuts. These can be eaten on the way to the school/work. How easy is that. Wishing you good luck and good eating.

**Locker Talk—** By Theresa Della Lana

Q It seems that there are a lot of young children using the weight room lately? Isn't there an age restriction for the weight room?

A Good question, last September we implemented the YMCA Youth Fitness Team which allows youth's ages 8-12 years to use the weight room with their parents. Both parents and their children must attend a half hour orientation together. Upon completion, each child will receive an id card with a lanyard which they must wear while they are in the weight room working out. If there are children under 12 years in the weight room without lanyards or their parents, they will be asked to leave. Children 13 years or older are allowed in the weight room without their parents but they are still required to attend an orientation.

Q I work out in the evenings, is there someone who can help me with questions on the exercise machines that I haven't used before or a problem I have with another member?

A Yes, we have 2 night staff personnel who work Monday thru Thursday from 6:00-8:00pm. They monitor the entire facility between the teen center, weight room and gymnasium. They assist with general cleaning, member orientations and enforcement of YMCA policies like the Member's Code of Conduct which we encourage all members to take responsibility for. They would be happy to help you with any pieces of equipment you need help with. If you have any concerns regarding behaviors or practices that occur at the Siskiyou Family YMCA that don't model our core values of caring, honesty, respect and responsibility, feel free to approach the member regarding their behavior and or a YMCA staff member to assist you.

Q When will the rock wall re-open?

A The rock wall will be available to use for our youth members/non-members starting on April 18th during our Healthy Kids Day celebration from 10:00am -2:00pm. The rock wall will than officially open during the week of April 20 for all members. Keep your eyes open for posted signs indicating the hours of operation during that week.