

## Joining a Gym in the New Year

So you finally invested in that workout equipment or joined a gym! Now you are ready to turn your sedentary lifestyle around. But before you make the transition from couch potato to fitness freak, here are some safety tips for you to consider:

### **Before You Get Physical, Get A Physical**

Start your workout program with a visit to your doctor's office for a medical check-up. I know what you're thinking! Why go to the doctor now, when you haven't gotten in shape yet? The doctor will be much more impressed with your physique after you have been working out for about six months.

The point of the physical, however, is not to impress your doctor. The point is to find out if there are any fitness activities you should avoid NOW because of your current physical condition. Just consider this check-up the first of many snapshots of your physical fitness. In fact, it will give you a great basis for measuring your progress later on.

### **Get Instruction On The Proper Technique**

OK, so your doctor gave you a clean bill of health. Now, you can start working out, right? Wrong! First, be sure to get instruction on the proper technique. If you joined a gym, you should be entitled to at least one introductory session with a licensed personal trainer. Your personal trainer will show you how to use the exercise equipment properly.

### **Warm Up And Cool Down**

Professional athletes don't take the field for a big game without warming up first. Neither should you start a workout without including a warm-up period. Also, remember to cool down by slowing down and stretching again at the end of your routine.



**SATURDAY, FEBRUARY 25, 2012**  
10 A.M. – 3 P.M. • Free event • Open to the public

**A healthy dose of fun.  
And a lifetime of better living.**

Help us kick off our inaugural Healthy Lifestyle Festival at Harmony by joining us in the Town Square for:

- A morning 5k
- Exercise & fitness demos
- Healthy living workshop
- "Green" living demos
- Cooking demos
- Healthy eating exhibits
- Vendors & exhibits
- A kids' area & more

For more information, visit [HarmonyFestivals.com](http://HarmonyFestivals.com).

Harmony is located on U.S. 192, 30 minutes from Disney and Melbourne, and 20 minutes from Lake Nona Medical City.



aquatics



fitness



life enrichment



sports



youth programs



outdoor adventure



social programs

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## Recipe of the Month

### Broiled Scallops with Sweet Lime Sauce | Serves 4

#### Ingredients

4 tablespoons honey  
2 tablespoons lime juice  
1 tablespoon olive or canola oil  
1 pound bay or sea scallops, rinsed and patted dry  
2 teaspoons grated lime peel  
1 lime, cut into 4 wedges

#### Preparation

Preheat the broiler. Position the rack 4 inches from the heat source. Cover a broiler pan or cookie sheet with aluminum foil. Spray generously with cooking spray.

In a large bowl, whisk together the honey, lime juice and oil. Add the scallops and toss gently to coat with the honey mixture.

Arrange the scallops in a single layer on the prepared broiler pan or baking sheet. Broil until opaque throughout when tested with a tip of a knife, about 5 minutes. Turn the scallops over and broil for another minute.

Divide the scallops onto 4 warmed plates. Pour any juices from the broiler pan or baking sheet over the scallops. Sprinkle with grated lime peel and serve with a lime wedge.

#### Nutritional Information

Nutritional Analysis (per serving)

Calories	199
Cholesterol	37 mg
Protein	19 g
Sodium	184 mg
Carbohydrate	22 g
Fiber	1 g
Total fat	4 g
Potassium	404 mg
Saturated fat	1 g
Calcium	32 mg

#### Use Proper Breathing

While you are exercising, be sure to incorporate proper breathing techniques. This is especially important for weight training. People have a tendency to hold their breath when they are lifting weights. This actually weakens the body and can lead to more serious problems, including dizziness and blackouts. Concerning the proper breathing techniques for weight training, while you are exerting positive movement, you should exhale. For instance, if you are performing a bench press — you would inhale when you bring the barbell down to your chest and exhale when you lift it back up.

#### Don't Overdo It!

Remember to begin your workout program with low to moderate activity. You can gradually increase the duration and intensity of your exercise sessions as you become more physically fit. It's important to apply the concept of natural progression to your exercise program. In other words, if you complete a mile run this week, don't start running five miles next week. Increase your exercise goals in smaller increments. You have to consider your body from the inside out. When you don't use natural progression with your exercise program, you can put your body into shock. As for weight training, you should work out to the point of momentary muscle failure (MMF). Let's say it takes you 12 repetitions to get to the point of MMF. When you are strong enough to complete 13 repetitions, it is time to increase the weight by 5 percent. You may be able to increase the weight slightly more, but he recommends 5 percent as a general rule of safety.

#### Add Variety to Your Routine

Include a variety of sports and exercises in your fitness routine. The human body is designed to adapt to any routine in four to six weeks. If you add the right balance of exercise to your workout routine, you can reduce the potential for overtraining. Stop Exercising If You Experience Severe Pain or Discomfort!

If you experience severe pain, discomfort or swelling during your exercise session, you should immediately stop working out. If any of these conditions persist, you should see a doctor.

**“The body is like a piano, and happiness is like music. It is needful to have the instrument in good order.”**

*- Henry Ward Beecher*

**“To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.”**

*- Buddha*

**“The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.”**

*- Mark Twain*

# Lifestyles

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>New Years Day</b>	2	3 <b>Afterschool Hangout</b> Ages 8-14 3-5p E.C	4 <b>Toddler Story Time</b> 11:30a E.C. <b>Afterschool Hangout</b> Ages 8-14 2-5p E.C	5 <b>Afterschool Hangout</b> Ages 8-14 3-5p E.C	6 <b>First Friday Fishing</b> 4:30p-6:00p Buck Lake	7 <b>Coffee Social</b> 9a E.C. <b>Boater Orientation</b> 10a Buck Lake
8	9	10 <b>Afterschool Hangout</b> Ages 8-14 3-5p E.C. <b>Genealogy Club</b> 5:00p E.C.	11 <b>Afterschool Hangout</b> Ages 8-14 2-5p E.C.	12 <b>Afterschool Hangout</b> Ages 8-14 3-5p E.C.	13 <b>Nemours Hospital Tour</b> 10a RSVP Required	14 <b>Resident Chili Cookoff</b> 11a Lakeshore Park
15	16 <b>Kids Day Camp</b> 8:30a-5:30p	17 <b>Afterschool Hangout</b> Ages 8-14 3-5p E.C. <b>Book Club</b> 6:30p E.C.	18 <b>Toddler Time</b> 11:30a E.C. <b>Afterschool Hangout</b> Ages 8-14 2-5p E.C. <b>Town Hall Meeting w/ County Commissioner Fred Hawkins</b> 6:30pm	19 <b>Afterschool Hangout</b> Ages 8-14 3-5p E.C. <b>Photography Club</b> 7:00p E.C..	20 <b>Teen Night</b> 6:00pm E.C	21 <b>Family Bus Trip to Blue Springs</b> 10a RSVP Required  <b>Board Game Night</b> 6:30pm E.C.
22	23	24 <b>Afterschool Hangout</b> Ages 8-14 3-5p E.C	25 <b>Afterschool Hangout</b> Ages 8-14 2-5p E.C.	26 <b>Afterschool Hangout</b> Ages 8-14 3-5p E.C.	27 <b>Kids Day Camp</b> 8:30a-5:30p <b>Wine Social</b> 7:00p E.C.	28
29	30 <b>Active Lifestyle Bus Trip Casino Cruise</b> 10a RSVP required	31 <b>Afterschool Hangout</b> Ages 8-14 3-5p E.C.				<b>E.C.= Enrichment Center located at Lakeshore Park</b>

# Program Descriptions



<http://www.eventsatharmony.com>



Facebook.com/  
harmonyfl



@HarmonyFL

**After School Hangout:** Music, board games, video games, movies, friends, and more. This after school hangout is designed for ages 8-14.

**Board Game Night:** Yahtzee, Scrabble, Connect 4, or bring your own game to our board game night at the Enrichment Center

**Book Club:** Do you enjoy reading? Come out and discover new books. Club sponsored by Osceola Library.

**Campfire:** Smores and more at our monthly campfire for Harmony residents.

**Chili Cookoff:** Cooks needed for the 4th Annual Chili Cookoff. Cooks can email [activities@harmonyfl.com](mailto:activities@harmonyfl.com) Over \$200 in prizes this year. Everyone is invited to come out for free samples.

**Conservation Cafe:** Join us every third Monday evening of the month at 6:30pm. We have guest speakers, nature walks, and more

**Coffee Social:** A great resident get together the first Saturday of every month

**First Friday Fishing:** Join us at Buck Lake the first Friday of every month for a fun evening of fishing. Bring your own pole or you can borrow one from Thomas, the Dock Master.

**Movie Night:** Join us at the Town Square to enjoy a movie with your neighbors.

**Photography Club:** Photographers needed to be a part of this exciting new club. Learn new techniques, about new equipment, and much more.

**Teen Night:** A chance for all the teens in the community to get together with friends and dance.

**Toddler Time:** A great opportunity for toddlers to play and grow with other children their age through dances, crafts, story time, and other group activities like holiday parties.

**Wine Social:** A great chance to meet and mingle with fellow residents. Everyone brings their favorite bottle of wine to share with others.

## Sudoku

Level: Hard

				4			1	
3			8			5	6	
			9					4
				5		4		3
6		5		3		8		2
4		3		9				
7					9			
	2	4			1			5
	5			6				