

# Fitness Center Newsletter

## FREE FITNESS ASSESSMENTS

**July 10th-13th**

The second week of July we will be offering Free Fitness Assessments at the Fitness Desk. See a staff member at any time over those four days, to complete the quick fitness assessment.

Tests include:

*Flexibility, Body Composition, and Grip Strength!*

Keep your results to track your progress!



## MI Fitness Destination [May 8th-August 25th]

Our cardio tracker program is going strong here in the Fitness Center. Keep up tracking your miles both inside and outside during this beautiful summer.

**These members have already made it to Marquette!**

Bob Go  
Diana Weyand  
Mike Waldyke  
Tom Shipley

**Don't forget, when you reach Kalamazoo you'll receive a Schoolcraft College Frisbee that changes color in the sun!**

## News at the St. Joe's Sports Dome

The Legends Volleyball Program is coming to Schoolcraft College as a collaboration with the Legacy Sports Complex, Mercy Elite Performance Training, and St. Joseph Mercy Health System.



For parents with girls in Grades 4-12 interested in learning more, the next informational session will be held on **Wednesday July 19th @ 6PM** in the VisTaTech Center's DiPonio Room.



### Important Dates to Remember:

- Start of Summer Semester July 3rd
- Free Fitness Assessments July 10-13
- MI Fitness Destination Challenge Running now through the end of August!

## Health Article: The Health Benefits of Popular Foods

### Article Link:

<http://www.medicalnewstoday.com/articles/269143.php>

Eating healthy has been shown to reduce the risk of obesity, cardiovascular illness,

and even certain types of cancer. Check out this article to understand which foods have specific benefits to your health!



## Schoolcraft College

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# June Expresso Bike Challenge Winners

Congratulations to our winners of the June Expresso Bike Challenge! The following members rode the most miles in the month of June to win a prize:

- Michael Waldyke • Sherry Eid • Colleen Pilgrim •
- Michael McCoy • Laura Caruso • Tom Shipley •

## Vegetable Soup Recipe

### Ingredients:

- 1 tbsp. Extra Virgin Olive Oil
- 1 medium yellow onion, diced
- 1 large carrot, peeled and chopped
- 2 celery stalks, chopped
- 1 red bell pepper, chopped
- 4 garlic cloves, minced
- 2 cups green beans, trimmed and chopped
- 1 28-oz. can of diced tomatoes
- 4 cups of vegetable stock
- 1 ½ tsp dried oregano
- ½ tsp dried thyme
- 1 tsp sea salt
- ½ tsp black pepper
- 4 cups of kale, stemmed and chopped
- 2 tbsp. fresh parsley, chopped



### Directions:

1. Heat large pot over med-high heat and add olive oil.
2. Throw in onion, carrot and celery and cook for 3-5 minutes or until onions are translucent.
3. Add in garlic and bell pepper and cook for 1 minute.
4. Add in green beans and cook for another minute.
5. Top with diced tomatoes, vegetable stock and spices and give it a stir.
6. Bring to a boil and let simmer uncovered over med-low heat for 25 minutes.
7. Add in kale and cook for 5 more minutes.
8. Top with fresh parsley.

Will keep for a week in the refrigerator and freezes well for several months.

## Spring/Summer Fitness Center Hours

Just a reminder of our hours from  
May 8<sup>th</sup> to September 8<sup>th</sup>:

**Monday-Thursday: 5:30AM-9:00PM**

**Friday: 5:30AM-7:30PM**

**Saturday: 7:00AM-5:00PM**

**Sunday: 10:00AM-4:00PM**

## Student Summer Memberships

If you are a current Schoolcraft College student, enrolled in Summer classes, OR are enrolled in Fall 2017 classes, your **FREE** membership begins July 1st.

For non-Schoolcraft College students\*, the summer rates for 2-months (July-August) is just **\$30!**

\*College ID required at sign-up.



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