



As we head into the new year, we look forward to 2023 with hopes of another big year for our community and the MAC. Last year provided significant growth, and we are optimistic about the outlook of the upcoming year. Meade County and surrounding areas continue to see a substantial uptick in economic development due to the influx of new business and new community members. We have some “To Do” items on the wish list here at the MAC that we hope to be able to implement throughout this coming year. We are excited about the New Year’s push for fitness, and getting back into offering programs for children and adults in our community. We wish all of our members a happy and safe new year.

Aaron Greenwell
Executive Director

Fitness Center

Just a few quick reminders for the fitness center as we enter the busiest months of the year:

- **HOURS AT THE FRONT DESK WILL BE 9:00 am—7:00 pm on Weekdays**
- **HOURS AT THE FRONT DESK WILL BE 9:00 am– 6:00 pm on Weekends.**

Fitness Center Reminders

- **24/7 Cards will only work on the exterior doors when we are not staffed.**
- **When there is a staff member present the front door will be unlocked for access and members should check-in / scan-in at the front desk.**
- **Please Try your best to leave the fitness center in better shape than you found it. This includes: throwing away trash, wiping down equipment, putting away loose weights, and wearing proper (CLEAN) footwear in the gym.**
- **Please do NOT let others in the gym at night. If they have 24/7 Access then they have a card that allows them to open the door and for us to get an accurate assessment of who entered overnight.**

If you see something you deem to be unsafe or someone acting inappropriately.....PLEASE LET US KNOW! All we need is a date and time to review surveillance!

NEW YEARS SPECIALS

Through January 13th we will continue to honor the New Year’s Special for membership. This is our best opportunity to join the MAC all year!

(NEW MEMBERS ARE ELIGIBLE FOR WAIVED JOIN FEES AND THEIR 1st MONTH FREE! *MUST PAY FOR 2ND MONTH AT THE TIME OF JOINING)

Winter Programs

January will bring some exciting new offerings at the MAC. NEW programs that will be available will include various adult fitness classes and new youth opportunities. New Youth offerings will include the 2nd session of the K-2 Youth Basketball for boys and girls.

Board Elections

With no additional nominations, I am happy to say that John Hamilton has agreed to stay on board for another two-year term as a Founders Club board representative. The MAC Board will vote to approve Mr. Hamilton at the January meeting in 2022. John DeVries will continue the 2nd year of his term as a Founders Club representative.

New Year's Goals from Ethan Mattingly

The past 2.75 have been a rollercoaster for many reasons. 2023 may finally feel like the year to reclaim “you”. It can be tempting to overcompensate for indulgence, pile on all the changes you’d like to see in yourself, or you may experience guilt/shame for “neglecting” your well-being recently. Here are a few tips from a health professional’s proven strategies that help individuals like you make impactful changes in their lives, that last.

- Start small. Don’t overload yourself with so many changes that it’s overwhelming. Pick one to stick with for a few weeks. Once you’ve mastered it, choose another to work on. If you can’t stick with the change after 3-4 weeks, adjust it to fit where you are now. Eating vegetables at every meal every day is great. Eating vegetables at 1 meal, 4 days a week is better than none at all. Do what works and build from there.
- Find an activity you enjoy, but don’t overdo it. Exercise often seems like the obvious answer, but it’s not the same for everyone. Some enjoy lifting weights (it is the best tool for body composition changes), others running or cycling, still others may prefer a YouTube dance video in the comfort of their closed bedroom door. The key to movement is doing something you enjoy and being *consistent* with it. No one needs to workout 7 days per week. If you’re not moving your body now, start with just 1-2 days per week that work for you.
- Create S.M.A.R.T. goals. These help us check if we are doing what we intended to do and adjust if we do not meet them. They are:

Specific- What is the exact action we are taking

Measurable- How will we gauge if it has been accomplished? (how much, how long)

Achievable-it shouldn’t be *too* easy, but you want to conceivably be able to hit your goal

Realistic/Relevant- it must be able to happen and it move us toward an outcome

Time Bound- Over what time span will we measure success?

* *Go to the Gym - not SMART*

* *Go to the gym 4 days a week- better*

* *Go to the gym for 30 minutes Monday, Tuesday, Friday after work, and Saturday morning for the next three weeks, Starting January 9th.*

SMART- we know exactly what we’re doing (going to gym), when we’re doing it (M/T/F/S after work/in the morning), for how long each time (30 minutes), and over what time period (3 weeks starting January 9th). It’s achievable because we started with a manageable amount of time to devote, it’s realistic because we based it on a schedule that will align with other duties, and we gave ourselves time to prepare for it rather than rushing in.

* *Eat more vegetables- not SMART*

* *Eat vegetables at every meal- that may be a big jump*

* *Plan 4 meals for the week that include vegetables and do any grocery shopping on Saturday morning every week, for the next 3 weeks, so that I have the ingredients I need on hand. SMART!*

I hope these help tips help you reach your goals and I wish you success in 2023.

If you see me at the MAC, feel free to ask a question or two!

Ethan Mattingly-Registered Dietitian

Thank You for your support of the MAC!

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