



701 N 35th St

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June 13th is the big day for our 4th Annual Kids Tri for Fun! This family fun event is open for kids 5-15 years old. Each age group will SWIM , BIKE, RUN their way to the finish line at a recommended distance based on their age. This race is to encourage kids of all abilities to try their hand in Triathlons, while having FUN! Snow cones and light snacks at the end make this event a one-of-a-kind on the Crystal Coast. Registration is open and info can be found on our website. You can also stop by the front desk for more info.



Whats New

STRETCH & SIP

Starting March 6th, Alana will be leading a Stretch and Sip. Stretch the stress away and then Sip into the weekend . This whole body, gentle stretching is just what the doctor ordered. Non-alcoholic beverages will always be available.

AQUATIC PROGRAMS

Lifeguard Course NOW accepting applicant. Stop by front desk or visit our website and download forms.

Mommy and Me Swim Class available. Head on over to our website for more info and to sign up. This class is for children ages 18 months-3 years. Parents must be in pool with child.

MEMBER LOGIN

Did you know that on our newly launched website you can create an online account. This allows our members to access billing options as well as sign up for and make payments on certain club pro-

VOLUNTEERS WANTED

Rock Steady Boxing is a exercise program designed specifically for those diagnosed with Parkinson's. Classes are held right here at The Sports Center and we are always looking for volunteers to work beside our boxers! If you know anyone who has a passion for fitness and fun, please have them contact Alana@sportscentermorehead.com



One of our members PETE HULEY, just completed The Tour of Sufferlandria: "the greatest Grand Tour of a mythical Nation in the world. Nine days of brutal stages showcasing the harsh beauty of that tortured country on the shores of the Great Lactic Acid Sea, all to benefit the Davies Phinneys Foundation and the their programs to help those effected by Parkinson's Disease". What does this all mean? Pete cycled on his trainer for a total of 13.3 hours and raised more than \$6,000 himself, coming in second place for most raised. Want to learn more about this crazy Tour? Go to www.thesufferfest.com. WAY GO PETE!

Air Fry, What?



After much research, chatting with others, and ultimately feeling slightly left out, I broke out the wallet and bought an air fryer. A few months prior I fell into the “pressure cooker” fad and like many other appliances it remains a dust collector. So, my hesitation in purchasing yet another appliance was justified. However, unlike the pressure cooker, the word “fried, without the fat” had me laying awake dreaming of such foods. As a avid meal prepper, and Pinterest lover, I bought an air fryer and I began my search for all things “air fried”.

How does it work?: An air fryer’s cooking chamber radiates heat from a heating element close to the food, thus cooking it more efficiently and appropriately. The exhaust fan located above the cooking chamber helps to provide the required air-flow from the underside. This allows the heated air to constantly pass through the food.

How is it healthier than frying food? An air fryer is much healthier than a deep fryer simply because it uses hot air to cook food rather than hot oil. The hot oil deep fryer method will mean that some of the oil used to cook the food will also soak into it. This oil will end up in your system. With an air fryer, in most cases you just have to spritz the food with a little oil.

Drawbacks: Personally, I think for many it’s the idea that they have to purchase another appliance. If this is the case, perhaps looking at other items in your kitchen that you don’t use and switching them out for an air fryer is the way to go.

The take away: Do your research. Talk to others that have one and see what they use it for. Head over to Pinterest. There are so many different recipes ranging from chicken to bagels; all done in the air fryer!

Member Of The Month



This month our member of the month is MASON STARLING! A senior at West, Mason is a committed to health and wellness. A member for 5 years, Mason shows up most mornings before school (yes, at 5:30am) to get her workout in . In her free time she

volunteers as the Primary School, paints, boats with her family and enjoys traveling. She plans on attending a 4 year University next year with a major in Nutrition. We are so proud of her dedication and wish her the best!

We are excited to be involved with The Special Olympics Of Carteret County and will be welcoming them to use our pool every Sunday from 1-2:00. Other lanes will remain open but please be sure to keep this schedule in mind when planning your swim as it could be a bit busier.

The Value of an Orientation with a Trainer:



Here at The Sports Center we treat our orientations a little bit differently. We use them as an opportunity to get to know you as an individual and help you begin an exercise plan that suits your needs. A trainer will sit down with you and go over your injury history, your health condition and your goals to work with you to develop a plan to best utilize your membership. Stop by the Front Desk to schedule yours today!



SENIOR SOCIALS: The first Thursday of every month, join us upstairs as we welcome members of the community to share information on Health and Wellness. These socials meet at 9:30 and light bites are provided. For more info stop by the front desk and grab a flier!