



GREEN RIVER KIWANIS

Green River Kiwanis meets Wednesday mornings at 7:30 a.m. at Milestones Child Development Center, 621 S. Cullen Ave., Evansville, IN
Greenriverkiwanis.org

March 3, 2010

Today's guests were Rhonda Espenlaub and Andrew Reising.

Our speaker this morning was Tony Maslan, owner of Custom Fit Personal Training. No



matter what fitness regimen or weight loss program you choose, nothing will work unless you

make a true commitment. Time is always an issue—we lead busy lives and find it difficult to fit in one more thing. You can, however, make at least a minimum commitment—can you find 5 free minutes 3 times a week? Start there, and work your way up to more time. You don't have to train like a bodybuilder—instead, train for the rest of your life, working on all body parts. Focus on what you can do instead of on what you cannot. If at all possible, try to incorporate some interval training—working at a high level for a short period of time, followed by a lower level. Research shows that this way is the most effective for long term results. According to Tony, there are 5 steps to “transforming your body in record time.” First, you must define your commitment—what do you want out of this program? What's your goal? How will you motivate yourself? (Hint: having a partner helps.) Next, evaluate your current status—how fit are you now? Now, work on setting up a plan to get you to your goal. This plan should include cardiovascular training for heart health,

flexibility exercises, resistance training to build muscle (muscle drives metabolism), and nutrition issues. You cannot out train poor nutrition. Obviously, real food is best, but supplements such as vitamins may be needed, too. Once your plan is in place, you must take action to implement it. Finally, keep track of your progress and adjust your program as necessary.



GRK Officers / Staff

President	Chuck Young
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Vice President	John Worthington
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Guest Day is coming up on April 14. This is a day when we make a big push to invite lots of prospective members to introduce to the delights of GRK. Special speakers that day include Tom Morgan, the director of the Dream Center, and our own **Kim Johnson** and **Tom Slade**. If you have a friend, colleague, acquaintance, etc. that you feel would be an asset to our club (and we'd benefit them, too), forward the name and address and phone number to **Steve Page** to have an invitation sent. Last year we had good success with this event, and we'd like to see it go well again this year.



We submitted 2 names for the Kiwanis scholarship. Both students (one from Harrison and the other from Memorial) are active in Key Club and are number one in their graduating class. Last year one of our applicants won the scholarship.

Please note this change for UE's Circle K:

They now meet every other Tuesday at 7:30. The next meeting will be March 23.



Thought of the week, courtesy of **Wayne Parke**:

Experience is a wonderful thing. It enables you to recognize a mistake when you make it again!



The next GRK-out-to-eat-and-greet will be held March 11 at 6:00 at the Hornville Tavern. Yes, that's a Thursday, but HT has pork chop night then and that's usually a big hit (see from their menu below).

Please plan to attend with your family and friends, and let **Elaine Sanders** know how many will attend so she can make reservations. **And a word of protocol here—please let her know if you say you'll come and later find out you cannot. It's embarrassing, not to mention that it makes the restaurant itself unhappy, if she makes reservations for 20 and only 5 show up.**

Thursday

16 oz. Smoked Pork Chop

Served in BBQ Sauce with choice of Potato, Salad and Beer Bread

\$9.75

**THE MARCH 17
MEETING WILL
NOT BE AT
MILESTONES.
LOCATION TBA
NEXT WEEK.**