



February may be the shortest month of the year, but it is packed with opportunities to move, feel better, and take care of your whole self. Whether you are here for workouts, swimming, sports, or wellness, this month is all about strong hearts, healthy habits, and finding movement you enjoy. After a great workout, relax in the hot tub and dry saunas, which are available to all age appropriate members.

Let's talk about the Heart in February!

Your heart works hard for you, now is the time to return the favor.

Regular movement supports heart health at every age, and the good news is that it does not have to mean intense workouts. Some heart-healthy options at the SCC include:

- Walking or jogging on the track or treadmill – you set the pace!
- Lap swimming or water aerobic classes! The pool provides low impact on joints, increases mobility and builds strength and cardiovascular health.
- Family Fitness in the CFC, pool or courts - Get the kids certified today so that they can be in areas on their own tomorrow!
- Group fitness and Spinning® classes for all levels!
- Active aging programs that support strength, balance, and mobility
- Recreational sports like Pickleball and Basketball with a group of friends! This social option for staying fit makes your fitness feel like fun!

Aim for consistency over intensity. Even 20–30 minutes of movement most days makes a difference. There are wellness options for every age at SCC!

Walking: A Simple Habit with Powerful Benefits

Walking and movement are important for overall health but especially your heart! Walking is a simple yet powerful activity that benefits both body and mind. It improves heart health, strengthens muscles and joints, and helps reduce the risk of chronic disease, all while being accessible to people of all ages. Mentally, walking lowers stress, boosts mood, clears the mind, and can be done almost anywhere! It also encourages connection with others and the environment. In a busy world, walking reminds us that steady, simple movement can lead to lasting well-being. Make a goal of 8,000-10,000 steps per day to keep your heart healthy and strong.

SCC Employee Spotlight: Terry Shaffer, Lifeguard on the Move

If you have ever wondered what dedication looks like in action, meet Terry Shaffer. During a typical 4-hour lifeguard shift, Terry walks an impressive 4–5 miles around the pool, averaging 10,000 steps, all while keeping a sharp eye on swimmer safety.

Terry's commitment to staying active is especially meaningful. As someone living with Type 2 diabetes, he makes movement a priority and shows how consistency and determination can make a real difference. His energy, focus, and

positive attitude are an inspiration to both coworkers and patrons alike. According to Terry, “Walking is for my cardiovascular health but it does so much more to keep me alert and focused to do my job more efficiently.”

Next time you are at the pool, chances are Terry is already a few miles into his shift—keeping everyone safe and reminding us, that staying active is possible, no matter how busy the day gets. Terry is proof that there are no excuses when it comes to getting your steps in!



Terry Shaffer – SCC Lifeguard

Wellness Is More Than a Workout – Join SCC Personal Trainer Tadd, at Walking Club for a GREAT workout with friends! For the month of February, join us for extra checkups and a day with local physician, Zachary Vallandingham, D.O. from SRMC!

A promotional graphic for the SCC Walking Club. It features a dark blue background with a circular inset showing a close-up of a person's feet in black and white sneakers walking on a light-colored surface. The text is white and yellow.

FREE FOR ALL MEMBERS!

SCC CenterPlex
8am – 8:45am

Tuesdays & Thursdays

SCC Walking Club

Let's Walk For Health Together

Special Dates at Walking Club
Know your Numbers!

February 5 and 17 – Body Fat Test

February 12 – “Hearts in Motion”
with Dr. Vallandingham from
Salem Regional Medical Center

February 10 and 19 – Blood
Pressure Test

February 26 – VO2 Max Test

Get tested FREE!

Zachary Vallandingham, D.O.

Join Salem Regional Medical Center’s Dr. Zachary Vallandingham, February 12 at walking club for our “Hearts in Motion” day! Dr. Vallandingham will be walking with you while he answers all of your heart health questions! Dr. Vallandingham is a Board Certified Family Medicine/Sports Medicine physician at SRMC Primary Care – Columbiana and Salem Orthopedic Surgery. As a family medicine physician with a subspecialty certification in Sports Medicine, Dr. Vallandingham provides a full range of health care services for patients of all ages.

Foods that Support Cardiovascular Health and Movement

When it comes to health heart foods, think color, the darker the better! Here is the healthy heart plate formula: ½ vegetables + ¼ lean protein + ¼ whole grains + healthy fat!

Fruits & Vegetables

Leafy greens (spinach, kale, arugula) – lower blood pressure, high in nitrates
Berries (blueberries, strawberries) – rich in antioxidants that reduce inflammation
Cruciferous veggies (Broccoli, Brussels sprouts) – help manage cholesterol
Tomatoes – lycopene supports artery health
Avocados – potassium + healthy fats for blood pressure control

Whole Grains (fiber = cholesterol control)

Oats & steel-cut oats – beta-glucan fiber lowers LDL (“bad”) cholesterol
Barley – powerful cholesterol-lowering grain
Quinoa & brown rice – heart-friendly carbs with minerals

Healthy Proteins

Fatty fish (salmon, sardines, mackerel, trout) – omega-3s reduce triglycerides and inflammation
Beans & lentils – fiber + plant protein, excellent for cholesterol
Skinless poultry – lean option when not fried
Tofu & tempeh – soy proteins can help lower LDL

Healthy Fats (quality matters more than quantity)

Extra-virgin olive oil – anti-inflammatory, cornerstone of the Mediterranean diet
Nuts (walnuts, almonds, pistachios) – improve cholesterol profiles
Seeds (chia, flax, pumpkin) – omega-3s + fiber

Minerals that Support the Heart

Potassium-rich foods: bananas, sweet potatoes, beans (help balance sodium)
Magnesium sources: leafy greens, nuts, whole grains (supports heart rhythm)

Try this Heart Healthy Recipe!

Avocado Toast with Warm Tomatoes & Beans - Simple, cozy, and perfect for February.

Ingredients (1 serving)

- 1 slice 100% whole-grain bread
- ½ ripe avocado
- ½ cup canned cannellini or chickpeas (rinsed)
- Handful of cherry tomatoes (or canned, drained)
- 1 tsp olive oil
- Pinch of salt & pepper

- Optional: garlic powder, red pepper flakes, lemon juice

Instructions

1. Toast the bread.
 2. Warm beans and tomatoes in a small pan with olive oil (2–3 minutes).
 3. Mash avocado on toast, sprinkle with salt.
 4. Spoon warm beans and tomatoes on top.
 5. Finish with pepper, lemon, or chili flakes if you like.
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Lost Your January Momentum? You are Not Alone.

If your New Year motivation has faded, that is completely normal.

February is the perfect time for a simple reset:

- Shorten your workouts and try a new machine!
 - Try one new class or pool activity!
 - Focus on showing up, not doing everything perfectly!
 - Keep your goals reasonable and short, 30 minutes for 30 days at a time!
 - Reach out for a personal trainer to get you on track. Just a couple sessions make a huge difference!
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Coming Up in February

- Bring a friend for FREE on Valentine's Day!
- Senior Insurance 11-Swipe T-shirt Month
- February program schedules and registration deadlines
- Special events, clinics, or workshops! Body Fat testing for \$5 extended through February, see Leslie.
- Pickleball

Stop by the front desk or visit our website for details.

Immediate Openings for Evening & Weekend Custodians

Looking for a part-time job and a FREE SCC Membership or know of anyone who is? The SCC is hiring evening and weekend custodians. Flexible hours are available all week long. Any interest stop by the front desk!

Stay Connected

Weather can change quickly! Please check our website for the most up-to-date details on closings and cancellations.

Make sure to follow us on social media and visit our website, salemcommunitycenter.com for more exciting updates.

Thank you for being part of our community. We are proud to support your health, your goals, and your journey this February and beyond.