



Summer Starts Here!

Whether you are training for summer adventures, improving your strength, or simply prioritizing your health during the summer season, the SCC has you covered! Your commitment and energy make our fitness center an amazing place to train, grow, and succeed. Helping to make your health journey about personal goals and progress is our commitment to you!

Summer Building Hours: Starting June 1, 2026

Monday – Thursday: 6a-8p

Friday: 6a-6p

Saturday/Sunday: 8a-3p

Please note: Wednesday, June 10 the entire building will close at 4:00 PM for a Salem Community Foundation Event.

Refer a Friend! Love working out at the SCC.... Invite your friends!

When you refer a new member this month, you will receive:

- One free day pass
- Entry into our summer prize drawing
- Bonus swipe day towards your membership reward

June Events

Yarnell 5 – FREE Concert at the Salem Community Center Wednesday, June 3 at 6pm

United Quilt Guilds 14th Biennial Quilt Show – June 19 and 20 at CenterPlex

Join us for a special Community Quilt Show celebrating creativity, craftsmanship, and local talent! This unique event will display handmade quilts featuring beautiful patterns, vibrant colors, and inspiring stories from area quilters.

Summer with your grandkids - First Tuesday of June, July, August and September

Looking for something to do with your grandkids this summer? Bring them in FREE at the SCC during the designated days.

Men's Health Appreciation Days – June 20 and 21

Male members receive a Free day pass for a friend and a Free body fat analysis coupon.

Sign Up NOW! SCC Adult Sand Volleyball League (In the Park): July 9, 16, 23, 30 (Thursdays) - Where the competition is hot, the sand is warm, and the good vibes never end! Whether you are a seasoned athlete or just looking for a fun way to stay active with friends, our league offers a perfect mix of spirited play and laid-back beach energy. For more information check out the website or call us today! **Co-Ed 4's | Three Sets | 18+ Years Old | \$100/team**

June is Men's Health Month

This month we are spotlighting the importance of men's physical and mental health. Men's Health Month encourages men of all ages to take proactive steps toward healthier lifestyles through exercise, nutrition, stress management and preventative care.

This month, challenge yourself to take one extra step toward better health and encourage all of the men in your life to do the same. On Father's Day weekend, **June 20 and 21**, all male members who come in to the SCC for a workout receive a **FREE** day pass for a friend in support of men's fitness along with a **FREE** body fat analysis coupon for themselves.

At the SCC, we believe in building healthy habits, staying consistent, and taking care of both body and mind in and out of the gym. According to local physician Austin Fredrickson, one of the simplest and most important ways to prioritize men's health is through preventative screenings and routine medical care. Dr. Fredrickson adds, "Many conditions are preventable, and others are much easier to treat when identified early. Even one preventive visit each year can make a major difference in long-term health, much like an oil change for a well-running vehicle."

Based on USPSTF recommendations and current evidence, the following screenings and preventative health measures are recommended for men:

Ages 18–39:

- Blood pressure + cholesterol screening
- Skin cancer screening (changing moles or lesions) and UV protection
- Diabetes screening (if overweight or higher risk)
- Maintain healthy diet, exercise, and weight

40-49: Continue above screenings, plus:

- Colon cancer screening (beginning at 45)
- Monitor for sleep apnea, fatigue, or decreased exercise tolerance

50-59: Continue all above screenings, plus:

- Prostate cancer discussions/testing
- Lung cancer screening (for eligible smokers/former smokers)

65+: Continue above as recommended by your doctor, plus:

- Monitor memory, hearing, vision, and medications
 - Falls prevention and bone health screening (as needed)
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Trainers Tip for Men's Health

According to SCC Personal Trainer Tadd Stout, exercise and nutrition play a key part in men's health. It is essential that exercise and nutrition go hand-in-hand when focusing on a long-term health plan.

The Importance of Resistance Training & Nutrition to Support Men's Health & Longevity

Tadd Stout, CPT

Did you know that men typically start losing muscle as early as 30 years old? This is a condition known as sarcopenia, which leads to reduced mobility and daily functions, increases fall risks and fractures, which can all lead to a loss of independence as we age. The good news is, through regular resistance training and proper nutrition with a focus on protein intake, and maintaining an active lifestyle, this process is preventable, slowed or even reversed.

The phrase “Use it or lose it” rings true when it comes to muscle loss. Keeping muscle loss at bay can be as easy as resistance training as little as twice a week and having a healthy diet. A resistance plan consisting of a full body workout using machines and/or free weights can be done in as little as an hour or less. If you do not know where or how to start, the Salem Community Center has a staff of Certified Personal Trainers that can get you moving in the right direction.

Let’s not forget about proper nutrition with a big focus on protein. Protein is a vital macronutrient that is the building block for muscle growth and repair. No matter what your diet is, there are plenty of good sources of protein. High quality animal sources include lean meats, fish and dairy; while good plant based sources include legumes, nuts, seeds, tofu and whole grain. According to the National Academy of Medicine, you should aim for .8 grams of protein per kilogram of body weight per day.

Some key strategies for good nutritional health and longevity are:

- Protein Distribution: Aim for 25-40 grams of protein per meal
- Include Micronutrients Foods: Leafy greens, legumes, nuts, seeds and fatty fish
- Hydration: Water supports metabolism, kidney function and nutrient transportation
- Avoid Processed Foods: Limit added sugars, trans fats and ultra-processed foods

For men, resistance training and nutrition is not just for short-term performance, it is a long-term investment in muscle strength, disease prevention and quality of life.

Men’s Health Grill Recipe of the Month - Grilled Steak & Veggie Kabobs

Ingredients

- 1½ lbs sirloin steak, cut into cubes (use chicken if preferred)
- Bell peppers
- Red onion
- Zucchini
- Mushrooms
- Olive oil
- Garlic powder
- Black pepper
- Low-sodium steak seasoning

Directions

1. Preheat grill to medium-high heat.
2. Thread steak and vegetables onto skewers.
3. Lightly brush with olive oil and season to taste.
4. Grill for 10–12 minutes, turning occasionally until steak reaches desired taste
5. Serve with brown rice or a side salad.

Thank You for Being Part of Our Fitness Community!

Senior Health Fair: Monday, September 21, 2026

Save the Date: Women’s Night Out – Wednesday, October 7, 2026!

New Coffee options that all members can enjoy! See the SCC Front Desk!

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