

# DLCCC **PEAK** PERFORMERS

Peak Performers E-News Update

March 2010

## HIGH ACHIEVERS

### Top 5 Pin Winners

Wendy J. -18 Total Pins  
 Patty J. -17 Total Pins  
 Richard D. -17 Total Pins  
 Emery K. -17 Total Pins  
 Monica N. - 16 Total Pins

### Top Runner

Becky W. -3 pins  
 Patty J. -3 pins  
 Shan M. - 3 pins  
**Top this month: Lori D.**

### Top Walker

Wendy J. -11 pins  
**Top this month: Kevin M.**

### Top Swimmer

Becky W. -11 pins  
**Top this month: Alex B.**

### Top Elliptical

Wallace H. -5 pins  
**Top this month: Megan A.**

### Top Biker

Carol B. -9 Pins  
**Top this month: Jonathan D.**

### Top Class Attendee

Sue P. -2 pins  
**Top this month: Diane J. and Sue P.**

### Top Weight Lifter

Emery K. -15 pins  
**Top this month: Emery K.**

### Top Rower

Jim McCormack -1 pin  
 Bob Koshnick -1 pin  
**Top this month: Judie B.**

### Top Stepper

Mary S. -3 pins  
**Top this month: Judie B.**

### Top Court Player

Sue P. -10 pins  
**Top this month: Sue P.**

## Welcome new Peak Performers!

[Kory B.](#), [Jeff J.](#), [Jennifer W.](#), [Marie N.](#), [Paula S.](#), [Jeff F.](#), and [Kris M.](#) It's never too late to join Peak Performers, so tell your friends and family. Peak Performers is for all ages, fitness levels, it doesn't matter if you're a new DLCCC member or have been around since the beginning!



**Peak Performers  
March Offer**

**Bring a friend to  
Cardio Mix for FREE!**

Cardio Mix is the feature class of the month and is free for all members in March. Present this coupon at the Front Desk and bring a non-member for no cost!  
*Offer expires March 31, 2010.*

## PEAK PERFORMERS NEW LOOK

Have you logged your points lately? If you have, you've probably noticed the Peak Performers login site has a new look. We hope you like the makeover. There's also more detailed information on the program, the milestones and rewards that you can earn. We've also added a feature that allows you to see your last login date to allow you to more accurately log your times and distances.

## MONTHLY UPDATE E-MAILS

You should have received an email updating you on your miles and times logged for the month of February. We hope this helps keeps your workout goals top of mind! Watch for your monthly totals emailed to you on the first of every month!



## NEW CATEGORY— NUTRITION

In honor of national nutrition month, we are launching a new category—nutrition! Log a point for every day that you eat five fruits or vegetables. Get a pin for logging 24 total points. Getting the right amount of fruits and vegetables can work wonders for your health, weight control and overall performance. Visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) for more reasons to eat your fruits and veggies, recipes, budgeting tips, the featured fruit and veggie of the month and more!

**P<sup>2</sup>: THE NEXT GENERATION**

Coming soon, the DLCCC will launch the next generation of Peak Performers, a system for tweens and teens. P<sup>2</sup> will be a free program that will reward members ages 10-18 for exercising and making healthy choices. Teens can earn prizes like special P<sup>2</sup> wristbands and gift cards for spending time doing fun activities in our three categories - Move, Strength and Play.

## Lazy Man's Triathlon—CONGRATS FINISHERS!

Congrats to our Lazy Man's Triathlon finishers: **Becky W.**, **Bob K.**, **David S.**, **Jim M.**, **Patty J.**, **Arlene B.**, **Jonathan D.**, **Diane M.**, **Karla N.**, **Karla B.**, **Paul N.**, **Todd G.**, **Art B.**, **Janine S.** All finishers will receive a Peak Performers Lazy Man's Triathlon Official Finisher T-Shirt!

## Tip of the Month... MORE FRUITS AND VEGGIES

Try these tips for incorporating more healthy foods into your daily diet! Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt, then top with sliced apples or berries. Have fruit as a mid-morning snack. Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast. Top toasted whole-grain bread with peanut butter and sliced bananas. Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet. Canned, dried, and frozen fruits and vegetables are also good options. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.

**FEATURE CLASS OF THE MONTH: CARDIO MIX**  
 Free for all members in March! Print the coupon above to bring a non-member friend with you for free. Visit [www.dlccc.org](http://www.dlccc.org) to view videos and learn more about our classes. Don't forget to log your classes attended in the Peak Performers system.

**Remember to log your Peak Performers points!  
 Visit the computer in the lobby or log in from home!**