

January 2015



HAMPTON PARKS & RECREATION

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# Be Fit-Be Well

## Top APPS to Keep You Fit

Nowadays it can often be a colossal effort trying to see your family doctor. Whether it's having to wait weeks for an appointment or having to sit in the surgery waiting for someone to miss their allotted time, sometimes it's just not practical or feasible to see your family doctor when you feel ill. This is especially true when you're working or on holiday breaks and vacations.

Whether home or away, if you're feeling under the weather and don't fancy waiting hours or days for an appointment there are a few handy health-related smartphone apps that can help you through your illness.

Apps are a great way to manage your lifestyle, especially because our lives can be so hectic that we forget to recognize that our bodies need consideration. A mobile phone is something close at hand and with the right app installed it can be a great asset to help us with some of our health challenges. Also, information can be hard to find and an app is a helpful tool to find the right information in one place.



The following are some great apps that would likely suit people at all ages, activity levels, and lifestyles.

### Medical databases

*Saga* has a Health app for the over 50s which could be very useful in such a situation. It is absolutely free to download from the Apple App store, includes easy-to-use factsheets on as many as 800 medical conditions and health topics, with information sourced directly from the National Health Services website. Using the app, you can access a database of hospitals, in addition to over 1000 specialists listed by both location and field of expertise. Using GPS, the app will even provide directions to your chosen hospital or doctor's office.

### Symptoms trackers

The *Saga Health* app is great for researching a wide variety of illnesses; however, if you're looking for more specific information, *Symple* is another fantastic app that you can find within the Apple App store. If you suffer from headaches or shoulder pain that seems to come from nowhere, *Symple* helps you to track the times when you experience the symptoms, which in turn allows you to decipher any triggers and other patterns that might be causing or contributing to the pain. The *Symple* app allows users to track up to 20 symptoms at a single time, as well as allowing you to make daily notes and take photos, keep track of your exercise routine, medications and other health-related factors.

### Keeping healthy

Both these apps work fantastically if you are feeling under the weather, but what app is best for maintaining that healthy lifestyle so you don't get ill? A look in the Apple App store when searching for "Healthy Living" shows that among the most popular health-related apps is *Pact - Cash for Living Healthy*, which is billed on the store as "the most effective way to actually keep your healthy resolutions this year". This is novel in the sense that it allows those who keep up with healthy living to earn cash for doing so. Where does the cash come from? It's paid by members who don't keep up with the pact.

### Record your sleep patterns

Finally, one app that isn't directly health related, but deserves an honorable mention is the cool new app *Sleep Talk Recorder*. According to a study conducted by the American Academy of Sleep Medicine, 50% of children and 5% of adults have a tendency to talk in their sleep. If you're one of them, there's a way to find out which old girlfriend you are referring to in your sleep with *Sleep Talk Recorder*. The app is easy to use, and saves your sleep-time recordings, placing them on a timeline for easy access and play back.

There really is no replacement for your real family doctor, but that doesn't mean anyone enjoys seeing them. However, if you get any or all of these apps in your life who knows, you may keep healthy enough to stay away from them for a good long while.

## Move of the Month 45° Lifts and Pulses

Works the thighs and gluteus muscles.

Starting on all fours, lift one leg out and back at a 45 degree angle. Complete 15 repetitions, and then do 15 pulses at the top of the range of motion. Then repeat on other leg.



## Meet Dan Milloy, Recreation Professional

I am a native of the Hampton Roads area, living in Hampton most of my life. I graduated from Concord

University in 2011 with a Bachelors Degree in Recreation and Tourism Management. In my spare time I am an assistant coach for the Bethel High Boys Basketball team. I am excited to join the staff at West Hampton Community Center after spending 3 great years at Buckroe Beach! So please stop by to say hello and I look forward to meeting you!



## *The Performing & Creative Arts Center Winter Class Schedule*



### Acting Classes Beginning – Intermediate

CONTACT: MARIE ST.CLAIR  
757-728-5480  
MSTCLAIR@HAMPTON.GOV

### Dance Classes: Ballet, Jazz, and Hip-Hop

CONTACT: IRIS MIDDLETON  
757-927-4910  
IRIS@MADDANCE.NET

### Vocal Training

CONTACT: JOSELYN BEST  
757-236-8642  
JBSOULFULSOUNDSZ@GMAIL.COM

### The Art of Performing Workshop

CONTACT: MARIE ST.CLAIR  
757-728-5480  
DIMECEO@GMAIL.COM  
(KARLA GRASE)

The Performing & Creative Arts Center is the premier place for training and performance opportunities from elementary ages to adults!

The Class Schedule will consist of classes in:

- \*Acting Department
  - \*Dance Department
  - \*Vocal Training Department
  - \*Recording Studio Production Classes
  - \*Saturday: Art of Performing Workshops
- Please call the instructor for all details, class fees, specific dates and time.

The Performing & Creative Arts Center will not just provide classes for training, but will also provide many opportunities to perform in our new 155 seat theatre!

Music Production and DJ  
Classes/ Recording Studio  
CONTACT: SEAN SLAUGHTER  
757-913-1745  
SEAN@SLAUGHTERMUSIC.COM

THE PERFORMING & CREATIVE ARTS CENTER  
300 BUTLER FARM ROAD  
HAMPTON, VA  
FRONT DESK: 757-766-1510

# Hampton Parks & Recreation Fitness Class Schedule

Winter 2015

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9:00-10:00 A.M. <b>Walk Away Pounds</b> WHCC & HSC FREE*	9:00-10:00 A.M. <b>Fitness Yoga</b> FMCC \$15/month	9:00-10:00 A.M. <b>Walk Away Pounds</b> WHCC & HSC FREE*		9:00-10:00 A.M. <b>Walk Away Pounds</b> WHCC & HSC FREE*	9:00-10:00 AM <b>Cycle</b> WHCC \$15/month
10:00-11:00 A.M. <b>Senior Fitness</b> WHCC FREE*	10:00-11:00 A.M. <b>Senior Fitness</b> NHCC FREE*		10:00-11:00 A.M. <b>Senior Fitness</b> WHCC FREE*	10:00-11:00 A.M. <b>Senior Fitness</b> NHCC FREE*	
10:00-11:00 A.M. <b>Gentle Yoga</b> NHCC \$15/month	10:00-11:00 A.M. <b>Zumba Gold</b> WHCC \$5/class	10:00-11:00 A.M. <b>Gentle Yoga</b> NHCC \$15/month		10:00-11:00 A.M. <b>Zumba Gold</b> WHCC \$5/class	
11:00-12:00 P.M. <b>Senior Fitness</b> HSC FREE*	11:00-12:00 P.M. <b>Senior Fitness</b> HSC FREE*		11:00-12:00 P.M. <b>Senior Fitness</b> HSC FREE*		
5:00-6:00 P.M. <b>Walk Away Pounds</b> HSC FREE*	5:30-6:30 P.M. <b>Belly Dancing</b> FMCC \$40/month	5:00-6:00 P.M. <b>Walk Away Pounds</b> HSC FREE*			
5:30-6:30 P.M. <b>Kettlebells</b> WHCC \$20/month	5:45-6:45 P.M. <b>Walk Away Pounds</b> WHCC FREE*	5:30-6:30 P.M. <b>Kettlebells</b> WHCC \$20/month	5:45-6:45 P.M. <b>Walk Away Pounds</b> WHCC FREE*		
6:00-7:00 P.M. <b>Basic Strength</b> NHCC \$20/month	6:00-8:00 P.M. <b>Line Dancing</b> NHCC FREE*	6:00-7:00 P.M. <b>Basic Strength</b> NHCC \$20/month	6:30-7:30 P.M. <b>Fitness Yoga</b> FMCC \$15/month	6:00-7:00 P.M. <b>Line Dancing</b> <b>Couples</b> FMCC \$8/couple \$5/single	
7:00-8:00 P.M. <b>Zumba</b> WHCC \$5/class	7:00-8:00 P.M. <b>Zumba</b> WHCC \$5/class		6:00-8:00 P.M. <b>Line Dancing</b> NHCC FREE*		
7:00-8:00 P.M. <b>Fitness Yoga</b> NHCC \$15/month			7:00-8:00 P.M. <b>Zumba</b> WHCC \$5/class		

**FMCC**  
Fort Monroe  
100 Stilwell Rd.  
727-6833

**HSC**  
Senior Center  
3501  
Kecoughtan Rd.  
727-1601

**NHCC**  
Northampton  
1435 Todd's Ln  
825-4805

**WHCC**  
West Hampton  
1638 Briarfield  
Rd. 896-4687

\*FREE=must  
have HPR ID

Classes for ages  
16 and up. Or  
ages 10 and up  
with a paid  
parent/adult.

Contact Ashley  
Denney  
Program  
Coordinator  
with questions  
757-825-4805  
ajdenney@  
hampton.gov



## **HAMPTON PARKS & RECREATION**

Fort Monroe Center

727-6831

100 Stillwell Road

Newtown Center

728-1710

4315 Kecoughtan Road

North Phoebus Center

727-1160

249 W. Chamberlain Ave.

Northampton Center

825-4805

1435-A Todd's Lane

Old Hampton Center

727-1123

201 Lincoln Street

Performing Arts Center

766-1510

300 Butler Farm Road

Senior Services Center

727-1601

3501 Kecoughtan Road

West Hampton Center

896-4687

1638 Briarfield Road

YH Thomas Center

727-1200

1300 Thomas Street

## *Upcoming Fun For All*

- \* ALL JANUARY! Learn to Swim classes beginning now at ALL HPR Aquatic Centers. Call 727-1150 for details.
- \* January 15th, 7pm to 9pm; Music & Poetry Open Mic Night; Performing Arts Center, call 766-1150 for details.
- \* January 17th, Teen Hot Spot; 4pm to 6pm; Performing Arts Center, call 766-1150 for details.
- \* January 24th, 8am to 5pm; NETA Group Fitness Workshop; West Hampton Community Center, call 1-800-237-6242.
- \* January 25th, 8am to 2pm; NETA CEC Workshop; West Hampton Community Center, call 1-800-237-6242.
- \* January 28th, 10am to 11:30am; Breakfast Bingo at West Hampton Community Center; call 896-4694 for details.

Check us out on the web at [www.hampton.gov/parks](http://www.hampton.gov/parks)