



EFC update

Weekly Newsletter • Dec. 16TH, 2021

Weekly Class Updates

Check out the links below for changes to the schedule and class signups.

- Link for classes Dec. 13th -18th : [Click here](#)
- Link for classes Dec. 20th - 24th : [Click here](#)

Saturday outside youth classes offered Dec. 18th

- Dec. 18th there will be one youth classes offered at 9 am.

Holiday Challenge time!

To sign up [click here](#) or come to the EFC.

Participate in the **Maintain Don't Gain** and/or a 4-week **Simple Season** Challenge shared by Novant Health's Wellness portal. There is more offered in the 'Accountability Motivation' section to help motivate and optimize your health through the Holidays.

Maintain Don't Gain:

- Don't forget to send Sheri your start weight! [Email it](#) or get it turned into the box at the EFC.
- Weekly weigh-ins are encouraged.

Accountability:

- **Simple Season challenge guide** –
 - You make a four-week commitment with the understanding that participants may start their four weeks at different times.
 - Attendance slips are to be filled out and turned in every time you come in.
 - There is a chance for a gift giveaway drawn from the slips turned in to the attendance Holiday Challenge hat.

Check out the Holiday Challenge board at the EFC, sign up for the emails and get the attachments sent weekly to the participants for extra motivation. The Snowman game is currently being played by members so come check it out!

Attendance award will be pulled from the hat December 18th so don't forget to get your slips in.

Good for You 5k & Fun Run



The Good for you 5K & Fun Run was filled with smiles and accomplishments!

Congratulations to everyone who completed their races. Big shoutout to Overall Female racer, Morgan Heffernan with a time of 23:21 and Overall Male racer, Tristan McKenna with a time of 19:42. The results are up and ready for view [on the Go Time website](#).

NEXT Weight Loss Challenge

The next season will return to our team vs. team competition. Our goal is to achieve successful weight loss while practicing healthy habits that encourage long-term success.

Expectations:

- 2 workouts per week with your trainer
- Follow guidance of dietitians
- Participate in weekend challenges and workouts

Next season begins January 14, 2022 with a kickoff meeting at 6 p.m.

Sign up [here](#).

NEXT Virtual and in person 9 to Life

Our 9 to Life is our relaxed program. Our sole focus is to help participants create healthy habits and become physically and mentally stronger in their nine weeks, by meeting with their trainers twice a week for guidance.

Sign up [here](#).

Next season begins in January 22, 2022.

Additional Program & League

- **Bowling League next season begins Jan. 13, 2022 at Cardinal Lanes.** If interested in playing in our 10-week bowling league, [click here](#).
- **RAD a Self-defense program** - 2-day certification course will be offered January 20-21st from 4- 8pm [click here](#).

Fitness Center Offers

- Wednesday 6:30 AM morning walkers' class at The Point. Meet Meghan in front of the movie theatre.
- Private and semiprivate personal trainer sessions are offered by both personal & quiet practice trainers.
- Virtual personal training options available. To request a time/trainer [click here](#).
- Massage therapists
- Functional movement screening sessions offered. Find out how well you move.
- One-on-one consultations with our dietitians

Holiday Hours:

- **Dec. 24** close at noon/ no classes
- **Dec. 25 Christmas Day** closed
- **Dec. 26** open at 5 am
- **Dec. 31** close at 3 pm
- **Jan. 1** open at 10 am

YOUR Testimonial

Please share your success and achievements with us. You never know who you will inspire and encourage with your story. [Email it](#)

December Testimonial

Stephanie Collins



- Lost 85 pounds and getting stronger!
- Improved body composition/ lean body mass

I began my health journey in 2015 by joining Weight Watchers, doing workout videos, and quitting smoking. I worked in the laboratory at NHRMC for 7 years and walked in the EFC for the first time in 2018. I was anxious to go in but when I did, I was greeted by smiling faces and helpful staff teaching me a few machines in my tour of the facility. I started with a few times a week and one night a man in a red shirt, named Ryan, randomly asked me if I liked chickpea salad. That man would soon turn into my trainer, mentor and above all my friend. Without knowing this started me on a path that would change my life. I signed up for the 12 to Life program (now 9 to Life) and became more comfortable working out. I fell in love with the process and lifestyle. I learned to stop focusing on my weight and focus on getting stronger. I will never forget the feeling of empowerment I had when I touched a barbell and bench pressed for the first time, realizing my own strength.

This journey inspired me to help other people find their strength the way **Ryan** helped me find mine. In 2021, I made the decision to take the opportunity to change my career and took the front desk position at the EFC. You will find me working in my favorite place and studying to become a NASM Certified Personal Trainer and plan to pursue my bachelor's degree in exercise science. Blessed to learn from the best team of Certified Personal Trainers in Wilmington.

Stephanie Collins