



# EFC update

Weekly Newsletter • Dec. 2, 2021

## Weekly Class Updates

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

- Link for classes Nov 29- Dec 4: [click here](#)
- Link for classes Dec 6<sup>th</sup>-10<sup>th</sup>: [Click here](#)
- Link for classes Dec 13<sup>th</sup>-18<sup>th</sup>: [Click here](#)

## Saturday outside youth classes offered Dec 4<sup>th</sup> & 18<sup>th</sup>

- 9 a.m. Family Workout (parents and child)
- 10 a.m. Youth Sports Bootcamp (ages 10-14)

## 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.

## EFC Class instructors give shoutouts to their class participants



Our amazing instructors, Garnett, Melissa, and Colby want to shoutout and thank all their class participants. A class is always motivating and more fun when it is filled with the participants who have health goals to accomplish. Their great attitudes encourage others and excite the instructors to bring their A games to each class. Thank you to all who have continued to attend and support our classes.

## Weight Loss Challenge

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

### Expectations:

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

Sign up beginning in mid-December.

**Next season begins in January 2022.**

## 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 9 weeks, by meeting with their trainers twice a week for guidance. Sign up beginning in mid-December. **Next season begins in January 2022.**

## 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

## December Good for You 5K

Sign-ups are open for the Good for You 5K, scheduled for 8 a.m. Saturday, Dec. 11 at Long Leaf Park in Wilmington.

We want to see you there!! Bonus attendance slips in the Holiday Challenge if you sign up!! Feel free to walk/jog/run. Friends and family are welcome!

[Register here!](#)

### 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 Victory Triangle

The EFC has put up an area for members to share their successes for 2021. Take time to share any positive health victories that you have accomplished.

## 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*