



EFC update

Weekly Newsletter • Dec. 23rd, 2021

Weekly Class Updates

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

- Link for classes Dec. 27- 31 [click here.](#)

Saturday Youth classes

- No classes this Saturday. Merry Christmas!

Holiday Challenge time!

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:

- One more week! Make sure to weigh before by January 3rd. We can’t wait to see how you maintained throughout this Holiday!!
- Enjoy the Holiday Snowball Throw game currently being played at the EFC. So many prizes already given away. Every time you come to the gym earns you 6 attempts for a prize!

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. Attendance award winners last weekend won a resistance band kit and a gift card to the EFC.

RAD a self-defense course.

- **The EFC offers a 2-day certification course that will be offered January 20-21st from 4- 8pm [click here.](#)**

R.A.D. SYSTEMS

RAPE AVOIDANCE DEFENSE SYSTEMS

R.A.D. Systems Instructional Objective

"To develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked."

The Fitness Center is offering basic self-defense classes for women ages 12 and older, taught by Ryan Howard & Courtlie Whaley. Our next course will be January 20th & 21st. This is offered as a two-day certification course, each day from 4pm -8pm, designed to teach women self-defense tactics as well as how to become more aware of their surroundings by making their everyday life safer.

SCAN THE QR CODE TO SIGN UP AND REVIEW THE FAQ SHEET.

EFC Programs available

CHALLENGER COMPETITION

10 WEEK WEIGHT LOSS COMPETITION
January 14th - March 26th

EMPLOYEE FITNESS CENTER

WEIGHT LOSS CHALLENGE

What to Expect:

- Nutritional Counseling included & team sessions REQUIRED
 - Create or join teams of 5-8 Competitors
 - Teams will work out with their Personal Trainer 2x a week
 - Challenges commit to 20 training sessions at \$30 per person
 - Challenges are given weekly self-care habits to practice.
 - Bonus TRX, special MUI invite into Hantone workouts.
- The team vs. Team weekend challenges to experience. Dates Feb 5th and final challenge along with weigh-ins March 26th.

January 22nd - March 26th
Employee Fitness Center

Employee Stress & Nutritional Services provide the

9 to Life

9 weeks to improve your health and quality of life!

The program is designed to improve movement, strength, energy, mood and decrease BP, A1C's, cholesterol, and stress. This program helps our participants work on obtaining a healthy lifestyle.

What to Expect:

- Teams of 5 or 6 participants per group.
- Meet 2x a week with your team and personal trainer to improve your body's cardiovascular and muscular strength, endurance, stability, and stamina.
- Nutritional Counseling and guidance provided along with a new nutritional habit to focus on for each week.
- Spokes provide support, guidance, encouragement, and accountability, while meeting you at your fitness level. Along with a new self-care practice to focus on for each week.
- Programs focus is to get you healthy with zero stress.

Important Dates and Information:

- Meet your Trainer & Team at the mandatory kickoff meeting at _____

January of 2022 will bring your favorite programs back in action. Allow our trainers and team to help motivate you to become a healthier version of you. Both programs will allow you to reset your focus to improve your health, lower blood pressure, decrease A1C's, lose weight and feel better. Learn more stress management skills, nutritional habits, and safe workouts to keep.

The 9 to Life, although weight loss is a byproduct of the program, it is not the focus. The focus is on the healthy habits that are being asked of you each week. The Weight Loss Challenge provides a fun, competitive environment to help keep you focused on reaching your goals. This program will involve fun team versus team challenges and more.

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 14th, 2022 with a kickoff meeting at 6pm. Sign up [here.](#)



NEXT 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.

Next season begins in January 22nd, 2022.

Sign up [here](#).

Additional fun- EFC Bowling League

- **Bowling League next season begins Jan. 13th, 2022 at Cardinal Lanes.** If interested in playing in our 10-week bowling league, [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

We are looking for your EFC health success journey to share. If you have had success and achievements with your health, please share. 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