

## Staying Active in Winter - It's Not as Hard as You Think

With the start of the new year, many people make a personal commitment to watching their health, to eating better or dieting, and to trying to be more active and physically fit. And yet, it's the time of year when the weather in Oregon just doesn't want to cooperate with those good intentions. Want to walk for exercise in the morning before heading to work? Not really-- when it's cold, wet, damp and dark outside. (Or there's two feet of snow!) How about some yard work to get the heart rate up? Not this time of year, when it's muddy out there. A game of catch with the kid, or shooting some hoops in the driveway with some friends? Not a chance! Head out for a run around town or the lake? Only if you're really, really dedicated!

But there are some great indoor activities here in Vernonia that will give you a chance to work up a good sweat, stay active and work your muscles, and maybe even shed a few of those extra pounds you rounded up over the holidays.

Vernonians have more than their share of classes and groups that they can join that provide incentive, camaraderie, and expert advice, and can help encourage even the most dedicated couch potato to get up and get moving. You can dance, lift weights, do circuit training, practice yoga, even join a weight loss competition, and get healthy-- all without leaving town. And stay warm and dry in the process.

The Vernonia Grange at 375 North Street has become a sort of fitness central, hosting Jazzercise classes at all hours of the day and evening to fit your schedule. With five instructors, over fourteen classes a week, seven days a week, and lots of enthusiasm, you'll get a healthy dose of cardio, strength and stretch moves and finish up feeling energized and refreshed at your convenience. "Exercise is a great way to beat the winter blahs, in fact it

has been shown that cardiovascular exercise is particularly effective for elevating mood and relieving stress; and exercising as part of a group can provide valuable social interaction and a boost to your immune system!" said Penny Costley, Vernonia's lead Jazzercise instructor. You can reach Costley at 503-429-0196 or visit jazzercise.com.

Also taking place at the Vernonia Grange are Total Body Conditioning classes with Theresa Williams, which meet on Mondays, Wednesdays and Fridays from 8:30- 9:30. This class features cardio, strength and conditioning exercises that Williams changes monthly to help keep things interesting. "There's no need to spend an extra fifteen minutes putting on layers of clothes for your morning work-out just to avoid frostbite," says Williams. "Total Body Conditioning offers a challenging work-out in a fun and warm environment. Don't let the cold weather stop you from working on your health and fitness goals."

For those looking to work-out their minds as well as their bodies, Cedar Mist Studios offers yoga classes on Tuesdays and Thursdays, starting 8:15 AM and on Tuesdays, Wednesdays and Thursdays at 5:15 PM. Located at 20960 Scappoose-Vernonia Highway, Owner Deb Steffen says all levels of students are welcome. She also offers Ayurveda Consultations, and hypnotherapy. You can contact Cedar Mist Studios at 503-429-2103.

Another active group that offers accountability, incentive and camaraderie is the "Vernonia's Biggest Loser" group. Meeting every Monday at 5:30 PM at the Vernonia Christian Church on North Street, the group is a quarterly competition that offers cash and other prizes for the first and second place finishers who lose the highest percentage of their body weight. Organized by Trish Maldonado, the group has become an inspiration for many locals to make

lifestyle changes, eat healthier, and examine health issues, together with others in the community who have similar goals. "Typically, our eating patterns change, we eat more in the winter months, and our choices tend to be less healthy," says Trish. "I would say the most important thing is to have a plan in place. Find a work-out buddy for accountability. Keeping a food journal is helpful; this allows you to really see what you're eating. And be honest with yourself-- you deserve it." For more information, call Trish at 503-866-7362. A new group will start meeting February 16th, so now is a great chance to join up and try to be Vernonia's Biggest Loser.

And, last but not least, if a regular gym work-out is what you are looking for, Vernonia has that as well. Terry 's Gym at 16720 Noakes Road is a full service gym that is open from 7:00 AM to 9:00 PM, Monday through Friday and 8:00 AM to 5:00 PM on Saturdays, that offers weights, machines and circuit training. Terry Fultz, the owner, is a regional body building champion who offers reasonable rates, a friendly atmosphere, and expert advice on strength training, diet and nutritional supplements. "I provide an open door and enjoy helping anybody reach their health goals," says Fultz. You can't find a better deal on a gym membership anywhere, and the opportunity to train with someone with Terry's knowledge and years of experience is priceless. And in these hard economic times, Terry's is a good deal. "I offer affordability and think you can't afford not to have a membership. People shouldn't sacrifice their health, and consider the cost of my memberships versus the cost of an office visit to the doctor." Call Terry's Gym at 503-429-0501.

So, as you can see, there are lots of opportunities to get healthy and fit and stay active in Vernonia, even during the worst winter weather. And when spring rolls around, you'll be ready to get outdoors again!

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## The Legend Grows!

Vernonia's own Terry Fultz, known in Northwest bodybuilding circles as the "The Legend," completed another successful season this past fall.

Competing in the Over 60 division, Fultz took first place at both the Seven Feathers 2008 NPC Bodybuilding Classic, and the NPC Northwest Bodybuilding Fitness and Figure Championship in Olympia this past October. Fultz also competed in the Open Men's Middleweight competition, taking second place at both competitions, where he was judged against all aged competitors.



Terry "The Legend" Fultz, second from left, poses in a competition this past fall

"I continue to consistently finish at the top of each class I compete in," said Fultz while reviewing his season. "A lot of people don't think I belong competing against guys half my age, or less. But I keep showing them I still have what it takes."



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The two competitions Fultz attended were a week apart which is a very difficult schedule for a bodybuilder to maintain, according to Fultz. Adding to Fultz's challenge, his trainer-- son Kelly-- was unable to travel with him to the second meet in Olympia. "Traveling and competing alone added to the stress and makes the task more difficult," said Fultz. "It really made for a long, tough week."

Even against the odds, "The Legend" returned home to Vernonia with two gorgeous trophies he displays with pride.

Fultz is the owner of Terry's Gym on Noakes Road in Vernonia, where he shares his knowledge of bodybuilding, health, fitness, and diet with members of the club.