

# The Buckeye Buzz

Weekly Newsletter Detailing Upcoming Programs, Events, Activities and Health Tips from the Buckeye Recreation Center

## Fitness & Wellness

### Weekly Wellness Tip

This weeks Weekly Wellness provides you with valuable information regarding balance in your life. Use the enclosed exercise to help determine how important certain daily activities are to you and how well you balance your priorities with what is important to you. Keep reading [here](#).

### Healthy Meal of the Week

This weeks Healthy Meal of the Week is a delicious meal of Chicken and mushroom marsala with farfalle pasta and side salad.. All under 500 calories! For the recipe, cooking instructions and nutrition facts please click [here](#).

### Group Fitness Schedule

Click [here](#) for the Buckeye Recreation Center March Fitness Schedule.

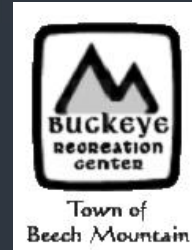
### [Jump Start 2010 Fitness Program—CHECK IT OUT!](#)

**For Additional Information on Fitness & Wellness Programs at the Buckeye Recreation Center, please Contact:**

Daniel Scagnelli  
Fitness/Wellness Coordinator  
828.387.3003  
dscagnelli@townofbeechmountain.com  
OR VISIT:  
[www.townofbeechmountain.com](http://www.townofbeechmountain.com)



Town of Beech Mountain Parks & Recreation



Buckeye Recreation Center

206 Grassy Gap Creek Road.

Beech Mountain, NC 28604

Phone: 828.387.3003

Fax: 828.387.4103

Follow the hyperlinks below for full details on each feature of this weeks Buckeye Buzz

## Upcoming Programs, Events and News

### Jump Start 2010 Fitness Program Phase 3

Congratulations on making it through the first 8 weeks of the Jump Start 2010 Program. Phase 3 of the Jump Start 2010 Fitness Program is now available on our website. Phase 3, weeks 9-12, focus on resistance training with aerobic efficiency and include all new exercises and activities to spice up your workout. The intensity is stepped up in phase 3 and aims to burn fat, build lean muscle mass, and increase strength. Follow this [link](#) to get started with phase 3 of the program now.

### Spring/Summer Program Guide Released!

The new Beech Mountain Parks & Recreations Spring/Summer Program Guide has been released. Follow this [link](#) to view a .pdf version or pick up a physical copy at the Buckeye Recreation Center!

### Beech Mountain Bike Club Resurrection

On Wednesday, March 24th, 2010 an interest meeting for resurrecting the Beech Mountain Bike Club will be held at the Buckeye Recreation Center at 6PM. If are you a beginner, recreational, or advanced cyclists that has often wondered about coordinated group rides, route/trail signage, being part of a local club for USAC sanctioned races, advocating for bike safety, stressing the benefit of bike commuting, helping develop and implement new trail networks, hosting new races, or just being part of a caring, community focused group looking to give back to cycling in the high country, then the BMBC interest meeting is a place for you! For more information, follow this [link](#) or call Daniel Scagnelli at 828.387.3003.

### March Madness Medallion Hunt!

Week 2 Clue:

You know it's a park,  
but let's narrow it down,  
Does "row 8" mean anything  
to the people in town?

For More Information Click [Here](#)

For Rules and Regulations Click [Here](#)

### Spring Into Shape Launched!

The Spring into Shape Program is an initiative to improve the health of our community and those throughout the high country. Spring Into Shape is a personalized six week program designed to provide guidance, encouragement, coaching, and education to help participants achieve a healthier lifestyle and better quality of life. Anyone who needs assistance with making health and fitness decisions to help get on a path to leading a healthier life can benefit from this program. For more information or to register, please call 828.387.3003 and ask for Daniel.



Town of  
Beech Mountain  
Parks & Recreation