

# Three Dragon wins over Lebanon Middle



Parker Curry scores a two-point basket during Tuesday night's sixth-grade victory over Lebanon Middle School.



Collin Walker plays defense during Monday night's eighth-grade victory over Lebanon Middle.



Alex Gonzalez grabs the rebound and puts it back up for a basket during Monday night's seventh-grade win over Lebanon Middle.

Photos by Abbey Griffiths



King Anderson makes a layup during Monday night's triumph over the Lebanon Middle Knights.



Honor Murphy makes a basket down low during Monday night's seventh-grade win over the Knights.



Kohlter Froggett grabs the rebound and dribbles the ball up the court during Monday night's eighth-grade win against the Knights.

## I don't like the gym. Now what?

Exercise is an important component of overall health. Experts say that adults should aim for at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity aerobic exercise each week, along with muscle-strengthening activities at least two days a week. Some people believe heading to the gym is the best way to get the exercise they need, and it very well may be... unless it's not. Some people don't like going to a gym and are therefore unlikely to do so with enough consistency to benefit from a membership. However, the gym is not the only place where individuals can meet fitness requirements. Those who are not necessarily enamored with the idea of exercising at a gym for a variety of reasons can rest assured that it's still possible to be fit and healthy. In 2023, Civic Science polled thousands of Americans on how they chose to exercise and found that exercising at home is more popular than heading to the gym. Fifty-two percent

of respondents said they exercised regularly at home, while 28 percent exercised regularly at a gym. At-home exercisers also were 21 percent more likely than gym-goers to say they worked out once a week or more. People who want to find ways to stay fit without a fitness club membership have plenty of options.

- Get at-home equipment. Setting up gym equipment in a spare room, the basement or the garage can help at-home fitness fans exercise. All it takes is some compact weights, perhaps a treadmill or elliptical and a few additional items to exercise effectively at home.
- Tune into streaming services. Many content providers upload exercise videos online so people can follow along at home or elsewhere. A quick search of YouTube offers a variety of options that fit with the type of exercise one desires. From 30-minute aerobic walking workouts to rebounding to yoga videos, content is there and also may be free to watch.
- Head outdoors.

### Did you know?

Regular physical activity is often associated with immediate effects, and rightfully so. According to the Centers for Disease Control and Prevention, physical activity can improve cognition and thinking, reduce short-term feelings of anxiety, and make it easier for people to manage their weight. But physical activity also boasts some notable long-term benefits, particularly in regard to disease prevention. The CDC notes that regular exercise can reduce risk for cardiovascular disease, type 2 diabetes and metabolic syndrome, infectious diseases like COVID-19 and pneumonia, and various forms of cancer, including cancers of the breast, colon, kidneys, and lungs.

Walking or jogging around the neighborhood or on local trails can be effective. Plus, it exposes a person to sunlight and fresh air, and provides an opportunity to see people in the community.

- Play a sport and/or join a club. Individuals may want to take up a physical activity, like joining a sports team or participating in a club that has physical activity, such as a hiking club. The Better Health Channel says exercising with a friend is a great way to stay motivated, as each person can spur on the other.
- Turn on some tunes. Dancing around to favorite songs is a fun way to engage in physical activity. If other exercise ideas seem uninspiring, upbeat songs that get a person moving can help. Union Health says keeping one's heart rate between roughly 114 to 135 beats per minute is a good workout. Search for songs that will help achieve that rate.

If heading to the gym isn't a person's first choice for exercise, there are several other ways to exercise.

### First Deer



Oliver Riggall of Summersville shot his first deer with a 308 during youth season.

### BASKETBALL CONTEST RULES

To enter the contest, contestants may use either this page or an identical page obtained at no charge at the Record-Herald office, 102 West Court Street, Greensburg. You do not have to purchase a paper or anything else to be eligible to win. Only one entry per person. Contestants must circle their winning teams on the page. Should contestants get the same number of games correct the tie will be broken by the tie-breaker. All entries must be MAILED to the Greensburg Record-Herald, P.O. Box 130, Greensburg, KY 42743. All entries must have an automated postmark no later than FRIDAY, 5 p.m., of this week. To be eligible for the Grand Prize and bonus, an entry must be received by Saturday morning. Mark all envelopes BASKETBALL CONTEST. NO ENTRIES WILL BE ACCEPTED IN PERSON at any participating stores or at the Record-Herald. The grand prize will be awarded when a contestant picks the winners of 26 different games. For each week that no one wins, the amount will increase by \$25.

## Curry wins January 7 basketball contest

Robert Loy and Toby Curry tied in the January 7 contest, each missing 4 of the games played in the contest. The tie-breaker, the score

of the UK vs. Mississippi State game, determined the winner. Loy picked UK to win by 8; Curry picked UK to win by 12. UK won 92-68 (24

points), making Toby Curry the winner. The winner each week receives the following prizes: two games of bowling and

shoe rental at The Alley, two tickets to Green River Cinema 6, a Creekside buffet, and a sandwich and side from Longhunters Coffee & Tea Co.