

**News from the Hurricanes Gymnastics**

**HPAC Hurricane  
 Jessica Nixon  
 "Rocked the House"**

Congratulations to Level 5 Hurricane Gymnast, Jessica Nixon, with an amazing finish this season. Jessica competed in the Michigan Level 5 State Championships held in Battle Creek, Michigan on May 5th. She placed 2nd overall with a 35.1 and nailed her floor routine with a season best score of 9.025, earning her 1st place. Jessica tied for 2nd place on vault and tied for 5th on beam with an outstanding 8.925. Congrats on a great season here at HPAC!

**Wellness Tips From Coach Holly**

- Try to eat proper portion sizes. Most restaurant portion sizes are twice or more the recommended size.
- Try to drink 6-8 glasses of water a day. It keeps you hydrated and feeling full and doesn't add empty calories like soda.
- Eat 5 a day. Eat at least 2-3 servings of both fruits and vegetables daily.
- Don't skip breakfast. People who do, eat more throughout the day.
- There are ways to eat healthy at fast food restaurants. Avoid "biggie size" items.
- Be adventurous. Try new foods often. Don't get stuck in a routine of eating the same foods everyday.
- Learn to read and understand nutrition labels. It will help you choose foods lower in fat, cholesterol and sodium.
- Be realistic. Make small changes over time in what you eat. After all, small steps often work better than giant leaps.
- Your bones are 95% formed by age 25. Now is the time to be sure to get at least 3-4 servings of milk/dairy a day.
- Stay away from the salt shaker. It can lead to high blood pressure. Use pepper, herbs and spices.

**HPAC Hosting**

**HURRICANE  
 @ CAMP**

(ages 4—up)

*No Couch Potatoes this summer!* Come join the fun at HPAC this summer at our "Hurricane Summer Camp".

**Starting June 18th thru August 10th Mon-Fri**

(You pick the day or days/week or weeks)

**8:00 a.m. until Noon**

**Enjoy...**

- \*Gymnastics \*Arts & Crafts \*Cool Foam Pit
- \*Trampoline Fun \*Water Wars \*Tang Soo Do
- \* Hip Hop Dancing \*Games & Activities
- \*Parachute Games \*Fun Physical Fitness
- \*Free Time Play in the Gym

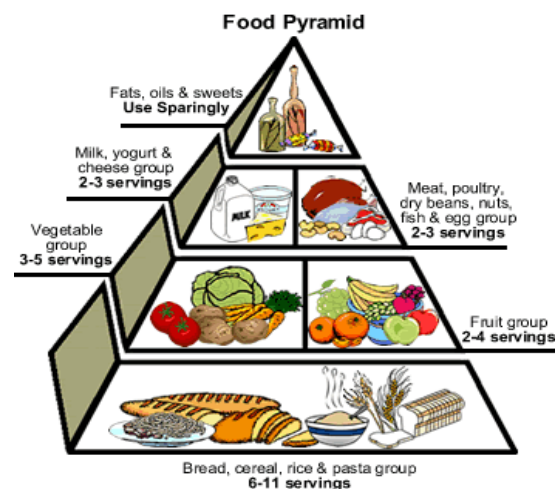
(Bring a sack lunch \*\* We'll provide a snack)

**Cost: \$15/day \*\*\* \$65/week**

Pre-Register 2 weeks in advance & receive 10% off!

**Sign up Today! Call (810) 984-5861**

[www.hpackids.com](http://www.hpackids.com)



**Congratulations Gymnast of the Month**

**Emma White**

**Keep up the good work!**