

# MOVE!



AUGUST 2011

YOUR HEALTH AND FITNESS CENTER SINCE 1975

## STAY THE COURSE!



As we head toward the heart of the summer, (maybe, we'll get some heat?) don't let all the hard work of cooler seasons wither and wilt away. Remember we have a cool, air-conditioned club (hopefully we'll need the AC all of August). Come in early, come in often, and keep active over the summer.

In the Fall, I can't tell you how often I hear "I hate starting all over again after taking the summer off." Our bodies need to be continually challenged to keep the gains we have made. The problem is that though we may be outside, we aren't necessarily active enough to maintain our strength gains. So try to get in at least twice a week to maintain your weight workout, if you haven't tried our Activtrax program, what a wonderful way to add some zip to your summer! Ask any of our trainers or the Front Desk.

August is a great time to change up your routine and try something different. Jeri Winterburn our Group-

Exercise Director and her staff have revamped our schedule for the summer, I encourage you to check out the new classes online and see if there is something there to keep you going during the summer months. If you haven't tried Zumba yet the summer classes are sizzling! Be on the look out for a new class starting in the Fall; RIPPED is a high energy, calorie burning extravaganza with cardio and weights. Our Director and instructors are currently investigating and signing up for certification courses.



Parents, remember the pool, gym and racquetball courts are available rain or shine so when you are at your wits end with rambunctious kids bring them on in to the club, be sure to check out the website [bellinghamathleticclub.com](http://bellinghamathleticclub.com) for schedules.

Respectfully,  
Cathy Buckley



## GET A FRIEND TO JOIN THE BAC FAMILY AND SAVE SOME CASH!

When you refer a friend or family member who joins the club you could receive 1/2 off your following month's dues. Everyone enjoys company when they work out and it also helps with accountability. Share the Health! Check with member services for details and to pick-up a pass to bring in a friend to try out the club today.

## EMPLOYEE OF THE MONTH DOUG SALMON



Doug is one of BAC's most dependable and hardest working employees. Doug has been a member of the BAC Personal Training Staff since 2002, as well as working maintenance and helping out wherever he is needed. Doug also teaches part time at Whatcom Community College, where he is currently teaching this summer. He has his Masters degree in Physical Education, his NSCA-CSCS certification, and is always looking to further his knowledge. He recently returned from the strength and conditioning conference in Las Vegas. For long term success Doug believes you must continually challenge and motivate yourself if you wish to improve your commitment to excellent health, wellness, and fitness.

## MEMBER OF THE MONTH ERIC CAFFI



When we notified Eric Caffi that he was the August member of the month we found out that he caught some teasing; his wife referred to him as "teacher's pet" and a fellow member said he was a "brown noser". Eric's good nature in taking this in stride is just one of the reasons we felt he represents our appreciation of "fun loving" members. Eric has a passion for watching horse races and can give you a good tip on who might be winning the next Kentucky Derby. He is an avid fan of watching baseball and will not say no to doing a little wine tasting. Apparently he cooks up some pretty tasty meals on his "big green egg". (If your not sure what that is just track him down for an explanation)

Eric joined BAC in 1996 and can usually be found 4-5 days a week working out downtown. He admits that besides the health benefits he likes our "friendly staff" and chatting with friends he has met at the club. We appreciate Eric's commitment to staying fit while also taking time to stop, smile and make a person feel welcome in "his" club.

## KIDS CLUB STUFF

We had a total of 8 kids sign up for **Adventure Zone** this summer. They had a great week of games, outdoor activities and a couple of field trips!



This fall we will be continuing our **Homeschool P.E.** program, we are looking to add a couple more classes and possibly split it up into younger and older kids. Keep your eyes and ears open for changes on the schedule!

**Friday Night Out:** Remember that this program runs through the summer and it is an awesome opportunity to have date night or even just run errands.



## MOMMY & ME FITNESS



BAC is proud to be offering a new class called “Mommy & Me” in the fall.

This fitness class will be for moms and their babies from newborn up to 5 months of age.

This will be a great opportunity for new moms to get out, get back into shape and meet other moms, while including their babies in their fitness routine.

Elizabeth Thorndike, a Pregnancy-Fitness specialist, will teach the class. Elizabeth has several years of experience and training

in the pre and post-natal field of exercise. She is excited to be offering this class at BAC for both members, and non-members.

If you have any questions, please feel free to contact BAC Group Ex. Director Jeri Winterburn at [jwgetfit1@msn.com](mailto:jwgetfit1@msn.com) for more information.

**Mommy & Me classes begin September 28<sup>th</sup>, and will run every Wed. from 10:30 – 11:30 a.m. at the Cordata club.**

**The cost of the class is \$10 for members and \$12 for non-members.**

## CORE STRENGTHENING WITHOUT MOVEMENT

In any given moment in athletic clubs and gyms around the country you will see patrons doing bending and twisting type exercises to strengthen their core muscles and try to trim their waists. Are all these types of exercises contributing to strengthening the core or are these exercises in fact increasing the chances of injury to your spine? Shirley Sahrman, a highly respected doctor of physical therapy, writes, “During most daily activities, the primary role of the abdominal muscles is to provide isometric or “static” support and limit the degree of rotation of the trunk.....” She goes on to state, “A large percentage of lower back problems occur because the abdominal muscles are not maintaining tight control over the rotation between the pelvis and the spine at the L5 – S1 level” Experts agree that you need to be able to prevent rotation before we can produce it. Their recommendation for exercise is to work on static isometric exercises prior to doing exercises that require movement. By working on stabilizing first you are able to control the spine when movement is required.

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Static core stabilization exercises are ones that are held for time and work on maintaining the alignment of

the spine. Examples of these types of exercise are: forward planks, backward planks, and side planks to name a few. Recently many fitness experts have been utilizing anti-movement type exercise, for example anti-rotation using the cable machine or torso rotation machine, anti-forward and lateral flexion on the abdominal crunch machine, and anti-extension on the low back machine. While all these exercises are intended to resist motion and maintain alignment they also strengthen the entire core unit of muscles. Keep in mind that this group of muscles provides the foundation for all the other movements of the body. Try integrating into your program today. If you have questions on how to make them a part of your routine please contact one of our personal training staff they would be glad to help.



