

MOVE!



DECEMBER 2008

YOUR HEALTH AND FITNESS CENTER SINCE

DON'T LET YOUR WORKOUTS GO ON HOLIDAY

Well, we've made it through Thanksgiving. The average American ate 5500 calories on Thursday alone. That is enough extra calories to gain 1 pound! One pound, that's nothing to worry about right? Well think of it this way. All year, you exercise, watch your calories and maintain your weight, you just celebrate on the big occasions, Thanksgiving, Christmas, New Years, Easter, Memorial Day, 4th of July, and Labor Day. That's seven holiday splurges. Now every time, you go back to your routine, exercising and watching your calories, but at the end of the year, guess what? You have gained 7 pounds! Seven pounds!

Keep that up and you will have gained 70 pounds in ten years, and it was so easy, just celebrating on the holidays. No wonder Americans have a weight problem. It is so easy to over-eat, and so hard to burn off those excess calories. For example you would need to walk an EXTRA 10 hours over the next month to reverse the 1 pound weight gain from Thanksgiving. Now, we are all extra busy between Thanksgiving and Christmas, it's really tough just try to fit in an extra 10 hours for additional exercise so it is not a surprise then that Americans tend to emerge into the New Year 5 pounds heavier than they were in October. Of course the moral of this story is to not overeat in the

first place, but the second moral should be that this is the worst time of the year to not make it into the club.

Holidays are not only a time for overeating but a time of added stress. Don't let it build up; schedule an extra visit to the club weekly to help handle the excesses of the holiday season. So, instead of losing your routine, add to it. It is a great time to change up your workout, join a class, or start some personal training.

Look for ways to add activity, participate in the Jingle Bell Run (BAC is a registration site and has a team!), park at the far end of any parking lot while you're shopping, and walk briskly wherever you go. Try running up stairs instead of going slowly. Mountain sports are also a great way to enjoy our beautiful scenery in the winter and burn up a ton of calories. Need some help discovering ways to infuse activity into your winter routine, ask any of your BAC employees, they'll have some suggestions for you.

Have a great Holiday season

Respectfully,
Cathy Buckley



TOYS FOR TOTS

The past few years our members have been very generous and have donated over 200 toys to children in Whatcom County. As a club we are one of the biggest contributors in the County. I am proud of our members and their generous spirit of giving.

Both clubs will be collecting toys for needy kids in the area so they can have a Merry Christmas. The toys need to be new, unwrapped and for kids between the ages of 2-14. Toys need to be dropped off by December 18th. When you donate a toy you will be eligible to receive a 10% discount when you prepay for the year. You can check with member services or the business office to find out your rate. Special Toys for Tots discounted rates need to be paid by December 29th.

Happy Holidays,
Bo Wilde, Membership Director



EMPLOYEE OF THE MONTH

Mike Minifie has been an quiet hero in the Maintenance Department since joining our team in late May of this year. Mike grew up in Duval, Washington and attended Cedar Crest High School. Mike was accepted to Western Washington University and is currently in their Sports & Exercise Science Program. He hopes to graduate and go into chiropractic applications for sports related injuries and rehabilitation.

While Mike isn't here working in the trenches he enjoys many activities that the Pacific Northwest offers. During the winters he enjoys snowboarding and will be heading up to our beloved Mt. Baker for the first time this season. He also can be seen in the summers wake tubing catching huge air behind his parents ski boat. Mike is also SCUBA certified and enjoys diving here in the Puget Sound. Mike recently traveled to Hawaii and was able to do some great diving off the coastlines of some of the best snorkel and SCUBA waters in the United States. Back home Mike has his beloved dog "Bear" to keep him company, 130 pound Chocolate Lab!

When asked to tell us something unique about himself he told of a story about his Grandfather being attacked by a Grizzly Bear! This is one you have to hear from Mike himself, believe me.

Mike has been a dependable, hard worker and a positive influence here at the club, as well as a friendly face for our members to be able to easily approach. If you have not met Mike yet, go up and introduce yourself and you'll see what we mean.

MEMBER OF THE MONTH

BAC is pleased to recognize Christa Piel as our December member of the month. Christa was born in Germany where upon finishing high school she attended beautician's college. After completing a very intensive program, she graduated and moved with some friends to New York city.

Her years in New York were spent pursuing a very successful career as a hair stylist. She also met her husband during this time and together they led a very busy and exciting life.

Christa has always found time to exercise and went to Jazzercise classes way back when class participants exercised in bare feet! She also enjoyed jogging and walking. Christa and her husband semi-retired and moved to Arizona, where she added bicycling, tennis and swimming to her weekly routines. Christa joined BAC In February of 2003. Christa has become a very familiar face at both clubs working out 6 days a week. She loves Jazzercise, step classes, Pilates, Power Pump and Power hour classes. Before she heads to class she uses the treadmill and the weight machines. On top of all this she has the energy to take a long afternoon walk outdoors. "Sometimes with an umbrella."

What our members love most about Christa is not only her energy, but her willingness to set someone up in class so they can have their regular spot. She is always encouraging our new members!

Thank you Christa for possessing the determination to be a wonderful role model for all your BAC friends.

ACQUATICS DEPARTMENT

I want to thank all the parents and the swim team for participating in the Jingle Bell Run fundraiser! The swim team did a swim-athon, swimming laps to earn money for the Arthritis Foundation.

We have our kick off swim meet against the Lynden YMCA on December 13th starting 1 P.M. Now is a great time to get involved with our swim team. We will have regular meets on the weekends against other local pools. Don't forget if you tell a friend about our lessons you receive \$3 off your next lesson! Also we are still offering a discount for morning lessons. As the weather gets colder your kids will love the warm water and you get to enjoy the warm air of the pool area! Happy Holidays from the Aquatics staff!

The Monthly Swim Tip

from Coach and Teacher Leah Stevenson,

"Make sure to use your floppy feet!" The purpose of floppy feet is to use your feet like flippers to increase speed and form.

WEIGHT LOSS AND YOGA AT BAC EXPRESS

There have been a lot changes at Express the past few months. While it is still a great place for members to get a fast efficient work out, it is also looking a lot more like a personal training studio offering just about everything a trainer could wish for to give their client a great work-out in a non-intimidating area. If you know anyone who has wanted to try personal training but may be hesitant to go to the gym, point your friend in the direction of BAC Express where we have quality BAC trainers in a quiet private setting.

Winning Weighs

Winning Weighs is off to a great start! Our first session just finished up in November and we are starting a new session in December. It has been fun watching people get smaller before our eyes and hopefully learn a lot along the way. This program is great for people of all types. The groups are small enough to be able to gear things towards each individual, whether it is nursing an injury, figuring out better food choices, or simply figuring out how to challenge yourself to reach your full potential.

It is very similar to personal training but because of the small group setting, we can offer it at a lower price. Having Winning Weighs at the Express club offers a nice private atmosphere and is especially great for those who may be a little uncomfortable in a big gym- no one misses the mirrors! We will be offering limited openings to join the 5pm class as well as a 10am class in January. Please let people know about this great opportunity to get a jump start on their health for the new year.

Yoga

Those who have attended the small group yoga class have really appreciate the individual attention they are receiving. Michal is doing a wonderful job and is obviously passionate and experienced in the Yoga life. If you love yoga, or even if you don't try Michal's class Tuesday's at 9:30. Please sign up at the Cordata front desk. Space is limited.

JOIN THE KIDS CLUB AND GET MOVIN'



Help us kick off 2009 with a resolution for health: Families and kids are invited to attend the Winter Get Movin' Resolution Kick-Off Event Wednesday, December 31, 2008 from 6:00 – 9:00 pm at the Bellingham Sportsplex where all kinds of activities will be offered free!

The program is organized by the Whatcom County Health Department, Bellingham Parks and Recreation, the Whatcom Physical Activity Coalition, and the Whatcom Coalition for Healthy Communities and enjoys the support of dozens of organizations and business helping Whatcom County residents practice healthy lifestyles.

The project's current target audience is youth and their families. The primary objectives of the Whatcom County's Get Movin' program are to promote increased physical activity, inform people of the physical activity options available in Whatcom County, and through our partners increase education about making healthy lifestyle choices.

SHOW YOUR SUPPORT FOR ARTHRITIS FOUNDATION



As most of your know we are fast approaching the annual Jingle Bell Run. Last year BAC took 1st place for the largest team contributor. Our staff is very proud of this accomplishment and our competitive nature is motivating us to keep the trophy at our club, with your help!

The Front Desk is aware that not everyone may have the time to join in the walk/run on Dec.13 so we are selling Jingle Bells. You may make a donation at the front desk and the staff will put your name on a bell recognizing your generosity.

Thank you for your support.



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Arthritis Foundation®

CONGRATS TO GROUP FITNESS INSTRUCTORS

Bellingham Athletic Club hosted a week-end of training and education from the Aerobics & Fitness Association of America (AFAA) this month. Congratulations to Michelle, KJ, Mary and Patty who all got recertified in Group Ex., and to Theresa, KJ, Jennifer, Jeri, Tina and Patty who continued their education by taking a mat Pilates course. There were several instructors from all over the state who came and participated in these workshops.

In an effort to keep from having to raise the dues at BAC, the management team put their heads together to work on ways we can cut back and be fiscally responsible without inconveniencing our members. One of the things we are going to be looking into is the sizes of our scheduled classes. We will continue to keep the classes that are well-attended on our current schedule, but will cut back on the ones that seem to get less than 10 members on an on-going basis. In these times of economic strife, it just doesn't make sense to try to maintain a class that stays on the schedule without proper attendance. We will be monitoring class sizes for the next few months.

Something to look forward to in the New Year are our small group classes. These classes are going to be added for the members that are looking for that "something extra". The classes will be taught by our highly qualified instructors and will offer a wide variety of different types of conditioning and workouts. We will have everything from tri-athlete conditioning to kickboxing, Yoga and kettle bell classes. We will also be offering workshops on a more consistent basis for the members that want to educate themselves on certain types of training and performance. A great way to keep yourself motivated and stave off boredom is to continue to try different ways to shake up your workouts. Our goal at BAC is provide you with the tools you need to be the best you can be.

We appreciate all of you who make group fitness classes a regular part of your workouts. Your comments and feedback are greatly appreciated, and always considered. Keep up the good work!

CROSS TRAIN TO BETTER FITNESS

With the cold and dark winter days ahead, many athletes must look for different ways to stay in shape.

Cross training is a solution that allows the body to recover and work in new ways. According to Zupan, M.F. & Petosa P.S. in the *Strength Conditioning* journal "cross training may reduce the likelihood of overuse injuries because it distributes the physical stress of training to different muscle groups than those used during training." The off season can be used to give your mind and body a much needed break from routine training.

Triathletes often benefit from making a list of their strengths and weaknesses and spending more of their time improving weaknesses. For example, if its flexibility that is limiting a swim stroke, biking, or running form then yoga may be a healthy choice. Or it may be lack of strength on the bike that can be improved by specialized weight training. If it's running speed, then specific running drills may be beneficial to learn and add to workouts.

Joining a new fitness class or finding ways to improve your training from a personal trainer can have a huge impact on your fitness and racing results. Take a break to cross train, get rejuvenated, and stay motivated!

Race Watch:

Fairhaven Frosty 5K and 10K	12/6/08
The Bellingham Jingle Bell Run (4 miles)	12/13/08
Northern Lights Winter Solstice Headlamp Run (5 miles)	12/19/08
Ferndale Flat and Fast 10K	12/20/08
Lake Samish Runs (6.5 & 13.1)	1/3/09



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