

MOVE!



FEBRUARY 2011

YOUR HEALTH AND FITNESS CENTER SINCE 1975

MANAGERS REPORT



The winter rains got you down? Life a little boring? Maybe its time to change up your routine, This is a great time of year to add something new, like a yoga or Pilates class, try swimming or racquetball or tanning. There are a lot of new members in the club so it's a wonderful time to pick up an alternative workout. With a lot of novices on the courts, in the pool and on the workout floor, you'll fit right in if you're not exactly sure how to play, lift or swim like a pro. We also have a ton of

staff available to help you over the rough spots. Check out the website and come on in to try a new routine. Also look for our out-of-club opportunities like snowshoe hikes.

Come get fit with a friend, discover something new to help you reach your fitness goals. We have two for one specials offered in most of our departments. Always wanted to learn to swim?

Come in with a friend for swim lessons and split the cost! The best part of this offer is that you are much more likely to follow through when someone else is waiting for you. Racquetball is a wonderful cross training tool. Wanda Collins our excellent racquetball Pro, will help you learn or improve your game. There is nothing like chasing that ball around the court to get the heart pounding! Variety really is the spice of life, if you have reached a plateau, no longer making great improvement, talk to one of our Fitness Professionals and have them help you design a new program, again you can sign up with a friend and split the cost!

February is "Heart Month", maybe you could cover some of the benefits of exercise and tie it in to some of the 2 for 1 specials we have (training/racquetball/semi-private swim lessons).

HANDBALL NEWS

The Marc Rhea Memorial Shootout Saturday, March 5



Long time member Marc Rhea passed away in early January of 2011. He was a great athlete and sports fan, who played racquetball for many years. We will honor Marc with a one day Handball Shootout at BAC. All monies will be donated to the Hospice House in Bellingham. If you'd like more information,

call or email Wanda Collins at 360-676-1800 or racquetball@bellinghamathleticclub.com

Respectfully,
Cathy Buckley



40TH NORTHWEST OPEN



Hard to believe, but we will be hosting the 40th Northwest Open Racquetball Tournament March 17 – 20th here at BAC. This is a big affair in the State, with players travelling from Hawaii, California, Alaska, Oregon and all over Washington. If you would like to be one of our local sponsors of the special 40th gift pack for each participant, contact Wanda Collins at the Cordata Club.

EMPLOYEE OF THE MONTH ANDY LAUGHLIN



BAC would like to congratulate Andy Laughlin for being chosen as February's Employee of the Month! Andy has been with us since March of 2009. He started out at the front desk and working maintenance. He now serves as the maintenance supervisor and loves to help out in Kid's Club.

Andy studies physical education and health at WCC and wants to be a football coach in the future. He plays as a safety for the Bellingham Bulldogs. With such a strong passion about the sport, he is sad that football season is almost over. Unfortunately, his favorite team (the Cowboys) will not be seen again until fall.

In his spare time Andy likes to spend time with his brothers and their kids. He also loves to cook. Some favorites are chicken alfredo and Mexican food.

Andy is a great example of what we look for in our employees, dedicated and hard working. When you see him around be sure to congratulate him! Thank you, Andy for keeping the club in tip top shape!

MEMBER OF THE MONTH RICK BRAUN



Selecting our February member of the month came without hesitation and with much support from the downtown club staff. Rick Braun is the epitome of a member who represents the whole philosophy of BAC. He always has a smile and is especially conscientious of helping the early morning staff. He takes pride in his membership and looks out for the well being of the club.

Rick has lived in Bellingham with his family for over 30 years and has been a member at BAC for 17 years. He and his wife, Maureen, have 2 adult children and 2 grandchildren. Physical fitness is very important to him to combat work related stress and the dark, rainy winters in the Northwest.

Rick is a physician, an avid gardener and wood turner. At 64, he is in good health with very few significant limitations. He enjoys the camaraderie at the club and begins his day most often with a workout before heading to his office. He ends his week, Friday evening, attending his wife's yoga class and on Sunday mornings they enjoy long trail walks.

He feels very fortunate to live in beautiful Bellingham and to be a member of BAC. We are truly honored to recognize his commitment to health and fitness and want to say thanks, Rick, for being a 5 star member!!

ADULT SWIM LESSONS



Two years ago, a woman in her forties came to us at the pool. She and her sisters had had a fear of water from the time they were young, and she had decided to finally do something to overcome her fear. She started taking our adult swimming lesson class twice a week. Initially, she just worked on the basics, learning to blow bubbles and go underwater. Once she felt comfortable, she started learning the strokes. Today, she is happily swimming laps and enjoying the water. Whether you're interested in improving your stroke or you've never learned to swim, it is never too late to take lessons! We offer an adult class Tuesday and Thursday evenings at 8:00 or we can do private lessons to accommodate your schedule. Contact Lindsay in the Aquatics Department if you're curious or interested!

CORDATA | 4191 Meridian St | **DOWNTOWN** | 1616 Cornwall Ave
360.676.1800 | 360.734.1616

www.bellinghamathleticclub.com

FEBRUARY RACQUETBALL CLINICS

Free Beginner Clinics:

For members who want to be introduced to the game and learn the basics at BAC.

1st and 3rd Mondays of the Month: February 7 and February 21. Sign up at the Cordata Facility desk.

Mini Instructional Clinics:

An inexpensive way to work on a skill and get great instruction from the Club Pro.

February 28 – Pinch Shots for A/B Players

\$10 – BAC Members, \$15 – Non Members

Sign up at the Cordata Facility desk

PRO TIP OF THE MONTH

Doubles Etiquette—By Wanda Collins



Doubles is a very different game than singles for obvious reasons (four players on a court, rather than two) but there are other differences that are worth mentioning to help you develop into a good partner.

1. Keep the lines of communication open with your teammate. Pump them up! Recognize their efforts and good shots, and downplay their mistakes. Ask them if they have suggestions of what you can do to help win the match. Let them know where your opponents stand when they are about to shoot from front court or back court to help them make smart shots. Make suggestions and ask for advice between games. Be sure to listen as much as you talk.

2. Respect their space. Once you choose to play with a partner, allow them to cover their side of the court. Nothing is worse than having your partner come to your side and start taking your shots. Not only does it send a message that they are not a good team player, but it also causes one player to get out of the flow of the game and start hesitating when going for the shots on their side. It also draws people from good court coverage. There are always going to be times when you cover for each other, but we all know the typical court hog that can't lay off your shots.

3. Serve to your side of the court – always – not theirs! When you serve to your partner's side of the court, they will feel trapped in the service box and a likely target of the service return. They will also not be able to take their proper court position, causing your team to be off balance and vulnerable.

CONGRATULATIONS TO BAC PLAYERS AT THE WASHINGTON STATE DOUBLES TOURNAMENT!



Sixteen players from BAC travelled to the Washington Athletic Club in Seattle and brought home a lot of hardware. It is a great feeling to have your home club so well represented. Players cheered for each other and met to enjoy the hospitality at the Rock Bottom Brewery! Each of them received a souvenir sweat towel with the tournament logo, compliments of BAC!

Representing Bellingham Athletic Club:

Don Birnel, Jake Birnel, Sharon Chandler, Wanda Collins, Don Cummins, Zach Cummins, Brian Dunbar, Norman Guthrie, Triston Guthrie, Victor Guthrie, Dave Hammers, Joann Johnson, Mike Morones, Les Powers, Keith Turley, and Lori Turley.

Here are some results:

Mens 35/45/55 A

Brian Dunbar and Dave Hammers – Consolation winners

Mens Elite

Don Birnel and Jake Birnel – 1st Place

Mens A

Triston Guthrie and Victor Guthrie – 4th place

Mens B

Mike Morones and Norman Guthrie – 1st Place

Mixed Open

Wanda Collins and Vince Kitely – 1st Place

Mixed Elites

Lori Turley and Daryl Bean – 1st Place

Joann Johnson and Sal Gonzales – 3rd Place

Mixed A

Don Cummins and Sharon Chandler – 3rd Place

Womens Open Doubles

Wanda Collins and Yuni Cobb - 2nd Place

Joann Johnson and Lori Turley - 3rd Place

FEBRUARY IS AMERICAN HEART MONTH



The statistics are staggering. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 785,000 Americans had a new coronary attack, and about 470,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.

The good news is that the chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or stroke in the future.

It is never too late to make changes in your lifestyle to lower your risk factors – and become healthier.

The American Heart Association suggests at least 150 minutes of exercise per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity). Thirty minutes a day five times a week is an easy goal to remember. However you will also experience benefits even if you divide your time into two to three segments of 12 to 15 minutes per day.

Physical activity is anything that makes you move your body and burn calories, such as climbing the stairs or playing sports. Aerobic exercises benefit your heart, such as walking, jogging, swimming or aerobic classes. Strength and stretching exercises are best for overall stamina and flexibility.

The simplest, positive change you can make to effectively improve your heart is to start walking. It's enjoyable, free, easy, social and great exercise. A walking program is flexible and boasts high success rates because people can stick with it – it's easy for walking to become a regular and satisfying part of life. And as a member at BAC, you can walk on the treadmill inside when the inclement weather is looming.

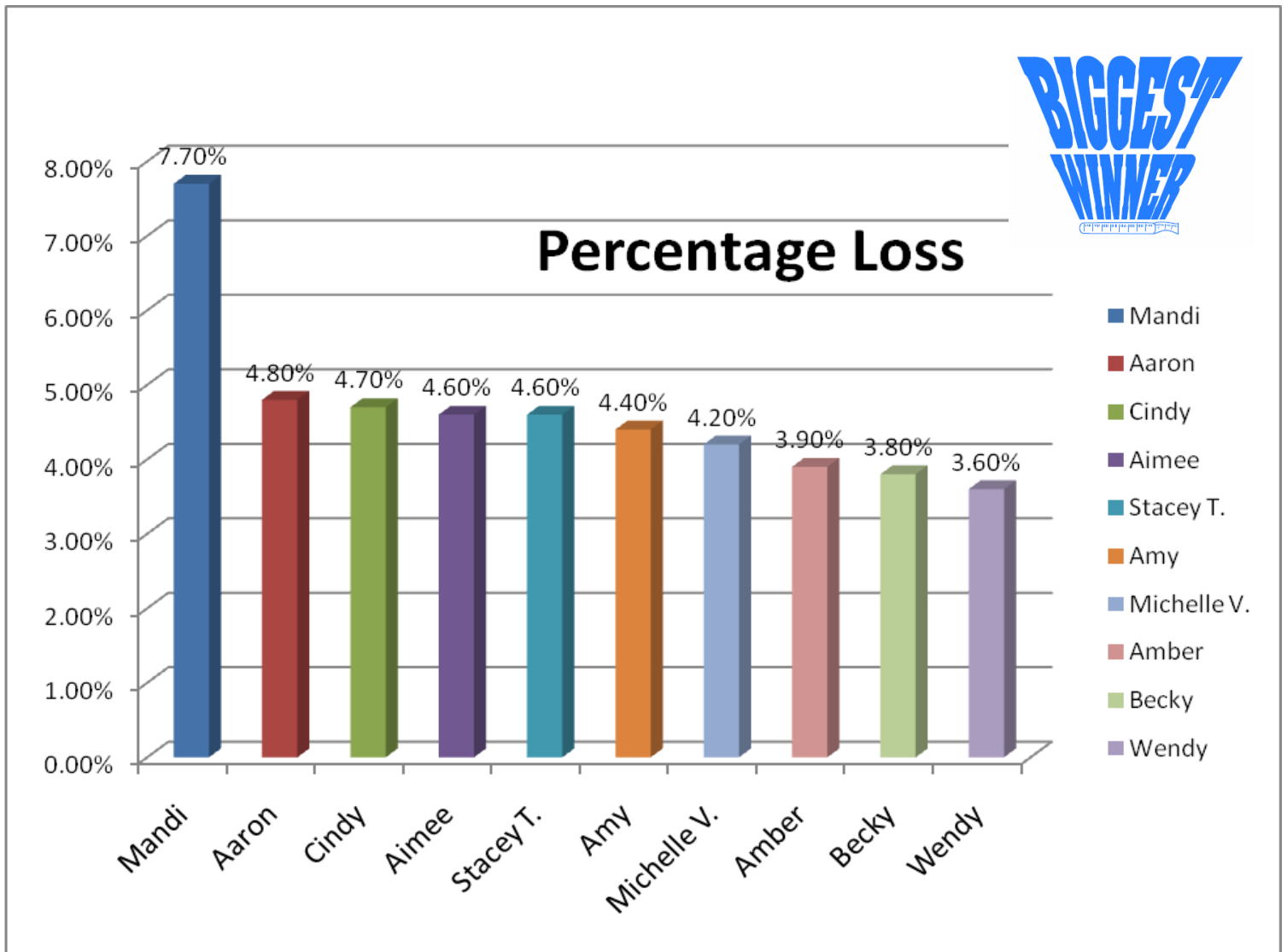
Even if you don't think you can exercise for a full 30 minutes, you have to remember that something is always better than nothing! We all have to start somewhere. Even if you or someone you know has been sedentary for years, today is the day you can begin to make healthy changes in your life. Start with what you *can* do – and go from there. Don't let all-or-nothing thinking rob you of doing what you can every day.

If you need help getting started, be sure to ask a trainer to give you some ideas, or show you how to use the pieces of cardio equipment you aren't familiar with. Get that heart pumping – and show it the love it deserves!



BIGGEST WINNER 2011 WEEK ONE STANDINGS

BAC is kicking off the New Year with our Winter Biggest Winner Contest! At the time of publishing we will have been three weeks in. Here are the current Top Ten Leaders!



Still have 10 weeks to go so everyone needs to continue to work hard. It is any body's to WIN!!