

# MOVE!



JANUARY 2011

YOUR HEALTH AND FITNESS CENTER SINCE 1975

## GET FIT WITH A FRIEND

### 2 for 1 Lessons and Training Programs available in January



As we welcome in the New Year (which came way too fast!) I thought we should address the issue of New Year's resolutions, making them and successfully keeping them.

The first part to any successful resolution is to set an appropriate and achievable goal. Setting goals can be a little tricky. Reach too far and you are doomed before you start, not far enough, and there's not enough challenge to keep you interested.

The second key to successfully achieving a goal is to tell someone "out-loud" about it and enlist their help in keeping you on track. This public "outing" of your goal, really determines whether this resolution fades quietly away or becomes a reality this year. Find a friend who shares your goal, come participate in any number of our "2for1" specials, you'll have more fun, and be able to make the behavioral changes necessary!

That's why we have designed our whole January campaign on the premise of **2 for 1**. Whether it's swimming semi-private lessons for the price of a single, or racquetball semi private lessons (for the price of a single) or personal training along the same lines, each department has designed various specials to highlight "the get fit with a friend, utilizing the **"2 for 1"** theme.



Most importantly, after you and your friend or co-worker have set your goals; spend some quality time designing an action plan to achieve them. What do you need to put in place to help the two of you be successful; time, energy, sleep, work schedule, putting in place appropriate foods,

removing inappropriate food etc? Set out a timetable, breaking the larger goals into attainable parts, clear the pre-arranged schedule with each other, then commit to it. Be accountable to that partner for these achievements. Be sure to review with your partner monthly, and quarterly on these steps toward your end goals.



If a new level of fitness is part of your New Years resolution, let us help you! Hiring a personal trainer is a great way to build in accountability, so maybe now is the time to invest in one of our expert personal coaches. We also have a program called Activtrax which is a terrific and affordable option. You meet with a trainer; go over your goals, and do a base-line fitness test. After the assessment you receive your workout. Record each workout, as indicated, turn it in, and a new routine is available every time you come into the club. The cycles in the routines really test and stretch your abilities. The best part is, you really see and feel results. This program will also be priced at the **2 for 1** price! Give us a call to set up either Activtrax or any of our personal or group fitness training programs.

Best of all I'll see you in the clubs this year, way past the crowded days of January and February.

Respectfully,  
**Cathy Buckley**



## EMPLOYEE OF THE MONTH LYNNETTE REILLY



January's Employee of the Month, Lynnette Reilly, is the consummate professional. She arrives early in the morning at BAC Downtown to work with her clients and then motors across town to teach her Personal Training classes and clients at BAC Cordata before heading back to Downtown. No matter which club Lynnette is at you will always see her boundless dynamic energy. Around the club Lynnette is affectionately known as the "energizer bunny" because she is constantly on the go and always seems to have a huge reserve of energy. Above all else Lynnette is a caring seasoned professional who gets her clients the results they are looking for. Congratulations Lynnette we are proud of you and the job you do for BAC and more importantly your clients!!

## MEMBER OF THE MONTH TARI MATHEWS



Our January member of the month is Tari Mathews. Tari has been an amazing member for the past several years. She has been participating in the Winning Weighs program for a little over a year now and has made some great changes. Tari is quite active in other ways too. She seems to golf all summer long and also has time to fit Zumba into her schedule as part of her work out regime.

As Tari's trainer and the person who elected to write about her in the first place. I was supposed to dig up all kinds of facts... like she has been in Bellingham for a very long time, she works for the school district, she is married to Bob Mathews and has two sons, one who is getting married in the summer of 2011. That is all well and good and I would love to know more about Tari. What I do know is she makes a perfect member of the month. She is active in several areas of the club; she takes part in contests and programs that we offer and has made the most of her membership at BAC. It has really shown! Tari looks great and feels great. She is an example of how we would love all of our members to be. I feel so fortunate that I have been able to get to know Tari over the past few years. She is a fun, compassionate person who is not afraid to dive into things and it really shows. Thanks, Tari, for being such a great member!

## CROWDED TIMES AT THE CLUBS



As we all know this is the busiest time of the year at the clubs, hopefully everyone will do better at sticking to their program all year round, and so even-out the usage. But January and February are a time when everybody ups their visits.

Please have patience and be courteous to other members. Put bags and personal items away, in or on top of lockers, shower with soap as all our bodies of water have increased usage, and this will help us reduce the amount of chemicals needed to keep them clean. Take an extra minute to make reservations where needed (racquetball and kids club) so you are not disappointed with availability. Check our schedules online, most of what we do is listed there.

But most of all come on in work hard and have some fun!

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## TO OUR CURRENT MEMBERS

**OOPS!** We recently sent you a holiday gift package. Included in that package is a voucher for a \$30 joining fee, this membership does require a 12-month contract. We hope that your selected recipient enjoys the discount and we apologize for not noting this on the voucher.

## 2 FOR 1 JANUARY SEPCIALS!



### MEMBERSHIP

January we will be running a 2 for 1 special for **new memberships**. Our current members will be able to take advantage of this through the month as well. Members on a single membership may add their spouse without an additional joining fee and change their dues to the couple's rate. Normally members would pay the difference of the joining fee, a \$27-\$50 value. This is a great opportunity to add your spouse as a workout partner to help keep each other accountable to your fitness regime. Contact the business office or member services to find out how to get your spouse started.

### FITNESS

A Personal Trainer offers you the guidance and resources you need to meet your active lifestyle goals. Add training with a friend or family member and you increase the effectiveness but also the level of enjoyment of your workout. Because BAC wants you to be successful in meeting and exceeding your goals we are offering a 2 for 1 Personal Training. **This month you can train with a good friend or family member with one of our Personal Training staff for the price of one. Train for 60 minutes for \$60 or 30 minutes for \$40 for the two of you!!** If you would like to buy a package of sessions we offer a 5% discount for six or more and a 10% discount for twelve or more sessions. Please contact one of our Personal Training Staff to get started on your way to your fitness goals!



### RACQUETBALL

#### TWO FOR ONE RACQUETBALL LESSONS

Improve your game and a friend's game at the same time. You pick the topics that both of you would like to work on! Taught by Club Pro, Wanda Collins. **Four 1 hour lessons for two players.**

Cost: \$80.00 each player

## EQUIPMENT SPOTLIGHT OF THE MONTH



This month's Equipment spotlight focuses on another locally made piece of equipment called the "Shuttle MVP". The Shuttle MVP is made right here in Whatcom County by Shuttle Systems based in Glacier. Shuttle founder, Gary Graham, designed the first Shuttle prototype while working for NASA. NASA was looking for a piece of equipment that could train astronauts while in space. With zero gravity NASA found that astronauts lost significant amounts of muscle and bone mass on extended space missions. Due to zero gravity traditional strength equipment was ineffective so Gary invented a piece of equipment that uses an array of tubing to provide resistance. Since

that time the shuttle has evolved in its applications to now include Physical Therapy, General Fitness, and Sports Performance. With 8 adjustable tubes for resistance and a padded strike plate the Shuttle offers users an effective low-impact piece of equipment that can be used for a variety of applications from rehabilitation, to increasing strength and power. If you would like to learn more about how the Shuttle could be incorporated into your workout regiment please contact one of the BAC Personal Training Staff. They would be happy to show you some of the varied applications!

# WELCOME TO 2011 RACQUETBALL PLAYERS!

I have a great idea for your Racquetball New Year's Resolution!

There are some key factors that help to improve your game:

- Practicing correct form for your strokes so that your shots become more consistent.
  - Learning a new serve every now and then to keep your game growing and less predictable.
  - Becoming more strategic in understanding what shot is best for each situation during a game.
- These are just a few improvement factors. But the one I'd like you to focus on in the coming year is:

## **PLAY OUTSIDE YOUR "COMFORT ZONE". THIS MEANS FINDING NEW PEOPLE TO PLAY.**



If you play the same people on a regular basis, you will get to know their game all too well (and they will know yours). It allows you to get away with things you can't with a different opponent, and it sets you in a trap of using the same shots too often because they work against your usual playing partner. Playing different people forces you to think about your game and expand your shot selection and serves. It also allows you to see different game styles and shots that you may not see playing your "regular" opponent. You can also get a better workout when you play people who hit unexpected shots. So don't stop playing with those favorite people, but find a way to add a new opponent to your circle of racquetball friends. Here are some simple suggestions that work!

1. Sign up for Wednesday racquetball league. We do the work – you just show up, and you'll have new faces to play each week. Winter league starts Jan. 5. There are divisions for all levels of play.
2. Come to singles challenge court nights at the club: Friday evenings from 4 – 7:30, and Wednesday evenings at the same time when we're between leagues.
3. Enter a tournament. If you don't want to travel, we have tourneys here at the club that are a great way to step up your game and meet new players. The next tourney will be the Winter Shootout sponsored by Donette Studios, January 28-30, 2011. Entry forms will be out by January 1. Our biggest event is the Northwest Open March 18-20 here at BAC. Elite Electrical and Waddell & Reed are our primary sponsors and they make it possible for this to remain one of the best tournaments in the state.

Travel to a tournament. There are some great tournaments in Washington State and some further away that can be a great road trip! Here's a few:

Washington State Doubles: At the Washington Athletic Club in downtown Seattle – January 21-23.

National Doubles: At the Rec Center of ASU in Tempe, Arizona – February 9-13. Get away from our winter and feel the sun again!

Washington State Singles: At the Pro Club in Bellevue – April 8-10. This is a tourney for adults and juniors at a great facility.

Northwest Regionals: At Cascade Athletic Club in Gresham, Oregon.

National Singles: May 25-31 in Fullerton, California.

Contact your club pro and get suggestions of players at your level that would like to play a new opponent.

I guarantee your game will improve and you might make a new friend in the process. I see friends from all across the state and the country when I travel to events. It's great fun and it has made my game much better in the process.

-Wanda Collins, BAC Racquetball Pro

# COURT SPORT WINTER EVENTS



## ADULT WINTER RACQUETBALL LEAGUE

Starts January 5.

If you missed the sign up, but would like to play, put your name on the interest list with the front desk, and we'll try to fit you in.



## JUNIOR WINTER RACQUETBALL LEAGUE

Starts January 9.

Play is on Sunday afternoon between 3:00 and 5:30 pm. Open to junior players between 6 and 16. Divisions for multi bounce through competitive one bounce play.

## THE WINTER SHOOTOUT

Sponsored by Donette Studios, Inc.

January 28 - 30, 2011

Entry forms are out! A great racquetball event with a souvenir shirt, dinner at Billy McHale's on Saturday and a lot of good competition.



## WINTER HANDBALL LEAGUE

Starts January 10.

If you play handball, join us on Monday evenings for team league play. Sign up on the bulletin board behind Court 3 at Cordata.



## MASTER CLASS SUCCESS!

A huge THANK YOU to all of you that took part in our 3<sup>rd</sup> annual master class held in the gym at Cordata on Dec. 4<sup>th</sup>. The class raised over \$1000 to benefit the Arthritis foundation. This is \$200 more than last years event! The class consisted of small portions of individual classes – Zumba, Jazzercise, kickboxing, step, strength, Abs, Yoga, Pilates and stretching were all included in the 2-hour class. BAC's fabulous instructors donated their time, as well as door prizes to make the master class successful. We appreciate all of you that spent the morning with us during this busy time of year. We are already planning and looking forward to next year!

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# BEST KEPT SECRETS AT BAC

BAC has a lot of opportunities that members may not know about. We want to give you the chance to take advantage of them!

## Monday Night Mini Racquetball Clinics



Twice a month, club pro Wanda Collins offers a mini clinic for current players on a subject that will give you the tools to add a new dimension to your game and make you a better player! For \$10, you get 1 ½ hours of instruction in an intimate setting with a few other players. Clinics target ability levels. Check out the fliers and sign up at the front desk!

A steal of a deal!

## JINGLE BELL SHOOTOUT

Thanks to all of the racquetball players who participated in our Shootout to raise money for the Arthritis Foundation in conjunction with the Jingle Bell Run. We had 30 players and raised \$660 from entry fees and raffle tickets, as well as the generosity of all the players collecting over 120 pounds of food for the Food Bank this holiday season. Results of the Shootout were:

Elite Division:

1<sup>st</sup> Place: Mark Smith

2<sup>nd</sup> Place: George Willet

3<sup>rd</sup> Place: Taylor Disch

Consolation: Tracy Drury

A Division:

1<sup>st</sup> Place: Andy Andrewson

2<sup>nd</sup> Place: Ryan Lawson

3<sup>rd</sup> Place: Brett DeVries

Consolation: Bo Wilde

B Division:

1<sup>st</sup> Place: Theron Brackinreed

2<sup>nd</sup> Place: Mike Morones

3<sup>rd</sup> Place: Nick Gallaher

4<sup>th</sup> Place: Pat Stevenson

C/D Division:

1<sup>st</sup> Place: Olivia Nicholes

2<sup>nd</sup> Place: Bob Cofer

3<sup>rd</sup> Place: Hollie Scott

4<sup>th</sup> Place: David Butler

Consolation: Geliza Hoes



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# FALL 2010 WINNERS!



Biggest Winner 2010 Prize Winners  
Left, 2<sup>nd</sup> Place Becky Zender, Middle, 1<sup>st</sup> Place Kalli Baklund, Right, 4<sup>th</sup> Place Rita Blair.



1<sup>st</sup> Place  
Kalli Baklund



2<sup>nd</sup> Place  
Becky Zender



4<sup>th</sup> Place  
Rita Blair

## WINTER SWIM LESSONS



2011 is here! And before you know it, summer will be here as well. Now is a great time to get your kids into swimming lessons and have them ready for fun in the sun this summer. Lessons in our indoor, heated pool is a great activity during the cold, wet winter. We offer classes in the morning, afternoon and evening to suit your family's lifestyle. We offer lessons from all ages 6 months and up. Don't miss our two for one special: We are offering private lessons for two kids at the cost for one! Contact our aquatics director, Lindsay Williams at 360-676-1800 for more information.

## BAC ON FACEBOOK AND TWITTER

Get program news and info from our fitness professionals between newsletters! If you're already a member of these social networking sites then you can take part in our updates and tips by becoming our fan and following our tweets.

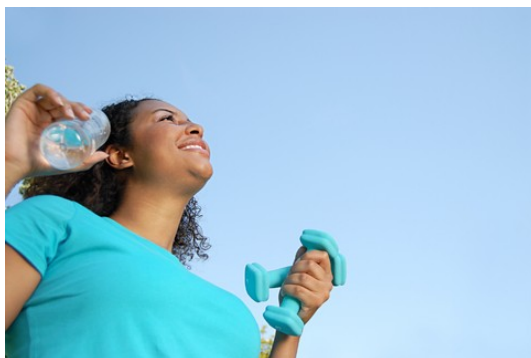


You can find us on Facebook by searching for "Bellingham Athletic Club"



On Twitter our username is: 2GETFITTER

# HOW TO MAKE YOUR RESOLUTION REALITY THIS YEAR



If you're like most people, you've made a decision (resolution) to begin 2011 by starting a fitness program. This is probably one of the most made, resolutions, and one of the toughest to fulfill. And although you probably already know this already, sometimes re-reading these tips can motivate you stay on track when life gets crazy.

One of the most difficult things about exercise is just getting started – walking in those gym doors! It's so easy to come up with reasons to put exercise off by just another week or two. But your body will thank you if you just do it! Here's some help to get you going.

## **MEET WITH A PERSONAL TRAINER, OR PHYSICAL THERAPIST**

Often, a person wants to start working out, but just doesn't know how to begin. For example, going to a gym for the first time can be somewhat intimidating if you don't know your way around all the machines and weights. A trainer can get you comfortable with the various apparatus. More importantly, they can help to design a program that's suits your needs, is attainable and will help you meet your goals. You can also learn the proper form and technique that is appropriate for any issues you might have, like back pain, or knee problems.

## **STICK TO IT – NO EXCUSES ALLOWED!**

To get true benefits from all your hard work and exercise, it has to be performed on a regular basis. That usually means some form of activity of a minimum of 30 minutes a day, three to five times a week.

## **MAKE EXERCISE PART OF YOUR NORMAL ROUTINE**

Design an exercise regimen that fits with your unique lifestyle. If you need outside motivation, work out with a friend or join a class. This is truly one of the biggest motivators for most people. If someone is depending on you to meet them to work out, you won't let them down. If you have kids, be sure to use the kids club – and if your children are old enough, initiate good habits early on and enroll them in programs offered to keep them active.

Also be sure to choose a time of day that you know you'll be able to stick to. A lot of members come in on their lunch breaks to take a class, or squeeze in a 40-minute cardio session. This takes the stress out of worrying about when you'll get home after work. It also helps you re-energize for the 2<sup>nd</sup> half of your day.

## **USE YOUR GOALS FOR MOTIVATION**

When you feel a slump coming on, it can be helpful to remind yourself why you started in the first place.

To lose weight: Overweight individuals often are at a greater risk for back pain, joint pain and muscle strain than those aren't. Weight loss is usually best achieved through a combination of exercise and diet. Take the steps needed to educate yourself about proper nutrition to get the most out of your exercise program.

To get muscle tone: Be sure you're including strength training! Not only does a toned body look better (and boost self-confidence) it has true therapeutic benefits. For instance, if you suffer from back pain, lack of exercise can worsen back pain by contributing to stiffness, weakness and de-conditioning of specific muscles, ligaments and joints. Movement distributes needed nutrients into the disc space and soft tissues – so get in here and get moving.

