

# MOVE!



JULY 2011

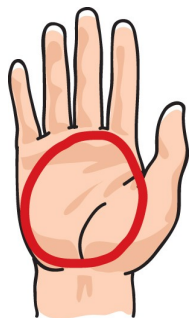
YOUR HEALTH AND FITNESS CENTER SINCE 1975

## MANAGERS REPORT

Summer is right around the corner (isn't it?) Whenever the nice weather arrives, we tend to abandon our fitness routines at the club. This year don't let your fitness level go on vacation when you do. You might have to adjust your club schedule to accommodate the afternoons outside. We can help you with a number of strategies to maintain the gains you've made throughout the year.

### On the consumables side:

- Order a low or no calorie beverage with your meal, this helps fill you up.
- If you choose an alcoholic beverage remember to count it as a starch or carbohydrate, so skip the starchy sides; substitute a vegetable instead.
- This summer order or cook the simplest foods; summer is a great time to streamline and simplify the menu. Raw or slightly cooked fresh fruits and vegetables are available in abundance. Avoid those heavier sauces.



- Here are some helpful portion control ideas: Use the size of half of your fist for your starch or carb portion. Use the palm of your hand for your lean protein portion. Use your thumb for the measure of cheese or fats. Pretty simple but this should help you control the amount of food you eat at each meal.

### On the exercise front:

- Choose to take the stairs, walk or run whenever or wherever you can, poor weather is not an excuse during our beautiful summer months.
- Plan your trips to the club for early in the morning before warmth really hits. Check our Group exercise schedule for those early classes and try something new. Don't forget we are fully air-conditioned so on those super hot days; come to the club to move in a cool environment.
- Plan opportunities to move throughout the day. When playing with the kids, make it physical, surprise the family with a water-balloon/squirt gun fight. Play kick the can or capture the flag. If you are traveling, plan ahead, pop some equipment (stretch bands, jump rope etc.) into your suitcase. Use the lag time between arrival at the airport and flight departure to get a few laps in. If you have a pedometer you will be surprised how quickly you can reach your 10,000 steps per day.



Most of all, appreciate each day you have your health and fitness. The work you've done throughout the year really pays dividends in the summer when you get to experience all the Great Northwest has to offer; actively savor all the sunny days of summer.

Respectfully,  
Cathy Buckley



## EMPLOYEE OF THE MONTH VALERI LOGUE



Sometimes we have a fairly new member of our staff who really catches our attention. Six months ago Valeri Logue joined our crew at the Front Desk and since then has proven to be a stellar employee.

Valeri graduated from Bellingham High and Whatcom Community College in 2009. She just completed her second year at Western Washington University where she is majoring in American Cultural studies as well as a double minor in Dance and Psychology. Wow that sounds like a lot of homework! She works on campus at the Center for Education, Equity and Diversity as a program assistant. Outside of school she loves to dance and is currently developing Hip-Hop classes for anyone who is interested. Besides her ambitious education goals she volunteers for the A.R.C. of Whatcom County, loves to cook and read and during the summer ride her jet ski.

Valeri's enthusiasm and commitment to a good work ethic are qualities we greatly appreciate.

## MEMBER OF THE MONTH KIM FILIPPINI & DANIELLE KOKER



BAC would like to recognize Kim and Danielle as July's Members of the Month. We decided it would be a good idea to give it to both of them because they kind of come as a pair. They have both been members since March of 2010. They come in almost 5 days a week and play racquetball, and they have each played in our racquetball league! Kim and Danielle are the perfect example of how great it is to have a workout partner and hold one another accountable. Thank you ladies for being such wonderful members at BAC!

## BAC MOURNS HAROLD "BUD" BLANK

Longtime member Bud Blank passed away this past weekend. The entire staff knew and enjoyed Bud. The Blanks joined the club in 1994. Jean passed away sometime later and he became part our BAC extended family. Grant Nelson, Jani Adderly, and Ken Collins all took turns bringing him here as his health was failing. We loved having Bud in the club, always cheerful, and faithful in his exercise routine. He will be sorely missed.

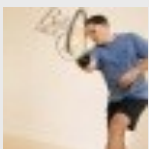
## BASKETBALL LEAGUE RESULTS



Second Place: Tom Hayes, Nick Bryngelson, Chris Stacey and Brian Porter  
First Place: Nathan Zoerink, Paul Hafford, Kyle Boon, and Grant Dykstra

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**Bellingham Athletic Club** Be sure to become a fan of BAC on Facebook and keep up to date on what is going on in the club!

## KIDS CLUB STUFF



**Friday Night Out** has been really busy lately! Be sure to sign up as soon as possible. Take advantage of this opportunity every Friday Night! The kids get to play, swim and settle down with popcorn and a movie!

Be sure to check out our **calendar of events** posted outside of kids club. Activities range from soccer to water games to all sorts of tag! Our goal is to make it fun for the 6-10yr olds too!



**Adventure Zone Summer Camp:** July 11-15. Sign up at the front desk, or contact Jessie at 676-1800 with questions!

## SPRING RACQUETBALL LEAGUE RESULTS

Congratulations to our winners from Spring League!

### Division 1

1<sup>st</sup> Place Favian Elmore  
2<sup>nd</sup> Place Don Birnel

### Division 2

1<sup>st</sup> Place: Jeff Feemster  
2<sup>nd</sup> Place: Mike Finley

### Division 3

1<sup>st</sup> Place: Dick Cathell  
2<sup>nd</sup> Place: Rowena Birnel

### Division 4

1<sup>st</sup> Place: David Butler  
2<sup>nd</sup> Place: Leah DeVries

### Division 5

1<sup>st</sup> Place: Jason Pugh  
2<sup>nd</sup> Place: Nick Birnel

### Division 6

1<sup>st</sup> Place: Denise Doezma  
2<sup>nd</sup> Place: Kathy Peterson



## JUNIOR RACQUETBALL CAMP



Hurry and sign up for racquetball camp! Deadline is July 17<sup>th</sup>. There is a session for every level of play. Club Pros Wanda Collins and Olivia Nicholes will be teaching you the game with hitting and foot drills and plenty of playing time. We'll have a mini tournament on Friday to close out the week. There will be prizes and camp shirts for you to decorate. Check out the flier on our website or at either club location.

## JUNIOR RACQUETBALL SUMMER LESSONS

If there is an interest, we may be able to hold a few lesson classes this summer for juniors while you work out! Leave a message for Olivia Nicholes at the front desk of Cordata and she'll try to work up a class schedule.

## SUMMER RACQUETBALL CHALLENGE COURTS

Don't forget to join us for:

Singles Challenge on Wed/Fri from 4:00 – 7:00 pm on Courts 3 and 4

Doubles Challenge on Tues/Thurs from 4:00 – 7:00 pm on Courts 3 and 4



## SUMMER HANDBALL CHALLENGE COURTS

Tues/Thurs 2:30 – 4:30 pm

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

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

## GROUP EXERCISE “AEROBICS” CLASSES

Summer's arrived (supposedly!) and with it comes everyone's summer vacations.

A lot of our members take time away during the summer months, as do our Group Exercise instructors.

This is just a reminder that you might come in to a class expecting your usual instructor, and see a sub instead. What a great opportunity to try something different – as most of our teachers have their own personalities and style of teaching, you can benefit by working your body a different way.

Change is hard – especially when it comes to exercise! But change is what will help you get the results you are looking for.

Our body adapts quite quickly to anything that is repeated day after day. But when you try a new exercise or workout, it is forced to utilize different muscles, which will be more beneficial.

All of the instructors at BAC are trained to show modifications to help you adapt to your different workouts. They are also available after before and after class to answer questions and go over anything you might not understand.

We want your classes to be productive *and* fun. Our Mission Statement is **"to be the best part of your day...every day – every class- every member – every time!"**

If you haven't signed up as a member of BAC's Facebook page yet, be sure to do so. We are trying to send out notices when we know of a sub for a class beforehand.

Thanks for attending the Group Exercise classes at BAC. We LOVE having you show up to dance, step, lift, stretch and strengthen with us. And remember... when summer's here and it's too hot outside – you can always come *inside* to workout in the studio...the more, the merrier!



## QUADRUPLED HIP EXTENSION—OVER A BENCH



Glute activation and strengthening is being shown to be extremely important to lower back health and stability. For many of us our normal day consists of an inordinate amount of time in the seated position, from commuting to and from work, sitting at our desks, to sitting at the computer to watching TV. As with any muscle that is not used the glutes will lose strength and stability due to non-use. Research now suggests that a loss of strength to the glutes can contribute to lower back issues and /or pain. To counteract this trend it is important to include glute activation type exercises to your exercise regiment. A very effective exercise for glute activation is the quadrupled hip extension on a bench. To perform the exercise kneel down on the floor and lay your torso over a bench. Slide forward until your hip bones touch the edge of the bench. While performing the exercise your goal is to maintain hip contact with the bench the entire time. This will keep your lumbar spine and pelvis in alignment during the exercise. Bend the leg you are going to work at the knee so that the hamstring is in a shortened position. This places a greater demand on the glutes to extend the hip. Lift the thigh toward the ceiling contracting the glutes. Maintain hip contact during the entire motion. Lift the thigh as high as you can without losing contact with the bench then hold and squeeze for five seconds then lower. Perform 5-8 reps then repeat on opposite leg. As you become stronger you can place a dumbbell behind the knee to provide more resistance. If you have questions on how to perform this exercise correctly please contact one of our Personal Training Staff.