

MOVE!



MARCH 2009

YOUR HEALTH AND FITNESS CENTER SINCE

GIVE YOURSELF A HEARTY PAT ON THE BACK!

I wanted to let you know of a program started here in conjunction with the St Joseph Cancer Care Center. Carol Brumet who is the outreach specialist for the center (and an avid BAC member) contacted us regarding the need for many of the cancer patients she counsels. So she came to us and Bo and Carol put together a program to not only allow but to encourage cancer patients to exercise. We set them up with consultations and exercise plans.

And thanks to BAC and its trainers, many cancer patients have been able to feel better and reduce the crushing effects of the stress caused by a cancer diagnosis. So not only are you preventing yourselves from having to deal with this disease, you are helping those who have been diagnosed to cope.

Recent studies are finding a conclusive link between an inactive lifestyle and increased risk of cancer. The research into this link is ongoing, but the effort to define this link is being aided by the American Cancer Society.

For nearly three decades, the American Cancer Society has championed the Great American Smokeout, part of its crusade to publicize the cancer risks of smoking. This week the venerable nonprofit urged Americans to shed another habit – overeating – during its new Great American Weigh In, an effort prompted by a growing amount of research that links obesity to a wide range of cancers. Though the link between obesity and cancer is well established, the American Cancer Society’s adoption of the cause marks an escalation of the war on obesity, which many physicians consider the nation’s top public health problem. The organization has funded a considerable amount of the research on the topic and is now embarking on an aggressive campaign to publicize the data. Raja Mishara, Globe Staff March 5, 2005

Additionally a recent study by Dr Charles Fuchs a gastro-intestinal oncologist at the Dana Farber Cancer Institute in Boston, note: **“We found that people who exercised regularly were 50% less likely to have pancreatic cancer.”**

So Bellingham Athletic Club wants to pause, and take the time to give you, our active members a collective “pat on the back” for doing the best possible thing for your health and the

health of others. Evidence is mounting as to how important exercise and active living is to prolonging your life, and most importantly prolonging it in away that you and your families can enjoy the extra years you’ve earned. So keep it up, we are so proud of you for your efforts. Compared to nationally collected data, our membership outstrips all comers in actively using their memberships! As we all look to the future and trying to wrestle with the skyrocketing costs of health care, you are actually making a difference.

Be sure to share the health risks associated with “couch-potatoism” with your friends, but more importantly share how much fun it is to make such a positive change in how you look, think and feel. It is never too late to reap the benefits of regular exercise, so send us the tragically inactive in your life, and we’ll get ‘em moving!



Respectfully,
Cathy Buckley

THE NORTHWEST OPEN TOURNAMENT IS COMING!

March 19 - 22 is the weekend of the 38th Annual Northwest Open Racquetball Tournament here at BAC. We will be joined by a draw of approximately 160 players from Alaska, Oregon, British Columbia, California, Idaho, New York, and Washington for a long weekend of excellent racquetball play and our famous hospitality. This event is known as one of the premier racquetball events in our state.

Because of its size and scope, the tournament DOES affect our membership quite a bit. If you are a racquetball player, think about joining us! We pride ourselves on the number of women players that participate – from beginners to advanced players – and this year, we have a group of senior men players aged 65 and 75 that will be adding to the draws. You’ll also get to see some of the best Open players in the Northwest. Entry forms are available at both clubs and on our website. **If you like a quieter facility for your workout, this would be a good weekend to visit our Downtown club. The Kid’s Club will be closed on Friday at noon and all day Saturday, as we move everything out to make room for another racquetball court.**

EMPLOYEE OF THE MONTH – JON NICHOLS

Jon started working here as a swim instructor in August of last year. The parents and kids have nothing but accolades for his teaching ability. A kid at heart himself, he is a very active guy, taking up racquetball, riding his bike everywhere, and he loves rock climbing and playing soccer.

Jon started with us just in time for our annual maintenance shutdown. He proved his work ethic, by working long hours, diligently performing whatever task he was asked. During the fall he added maintenance shifts to his swim instructor hours. He has always been willing to do whatever necessary to get the job done well and on time.

Way to go Jon, we are proud to have you here!

Congratulations to Jon Nichols our March Employee of the month!

THANK YOU NORTHWEST OPEN SPONSERS!

We want to thank our major sponsors: Tim Goering of Waddell and Reed Financial Services, and Don Cummins of Elite Electrical Contractors for their continued support of amateur racquetball at its best!



BRING A FRIEND

Enclosed in your March bill you will find a coupon good for a two-week pass for a friend, coworker, or family member. It's a great time to give someone the opportunity to try BAC on for size. This may be just the occasion for you to start swimming, playing racquetball or working out with a friend. It's always more fun to exercise with a friend and easier to come into the club when you know you're going to see a friendly face (besides our terrific staff of course). Keeping it fun is a major factor in maintaining an active lifestyle. If your guest joins, you will receive a **credit worth half a month's dues**.

RACQUETBALL HAPPENINGS

State Singles Racquetball in Bellevue

There is a plot afoot to take the biggest contingency ever from BAC to State Singles the weekend of April 3-5 in Bellevue at the Pro Sports Club. This is the state championships for both adults and juniors. BAC has the largest team of juniors in the state and we want them to have a chance to participate! If you need more information, contact Club Pro Wanda Collins at the Cordata facility.

Racquetball Doubles Clinic

Monday, March 16 7:00 – 8:00 pm

Cost: \$10

Limited to 10 players. Sign up at the front desk of Cordata today!

Need help figuring out where to stand when you're playing doubles? Wonder what shots work well in the game of doubles, but not in singles? Do you know the rules that apply to doubles? Join Wanda Collins in a short, informative doubles clinic before you play in the Northwest Open, or to feel more confident during doubles challenge hours at the club.

MEMBER OF THE MONTH-DICK STARK

Dick has been an avid member of BAC for more than 20 years. Staying in shape has been a priority for him and BAC has been a good fit. He enjoys the numerous activities in the club, including swimming, weight training, cardio training and basketball. It is very common to find Dick playing basketball with the noon time crew.

Dick works for Cascade Radio Group as a sports announcer. He has announced high school and college sports for 45 years and is considered by many to be the sports voice of Whatcom County.

When Dick isn't announcing games, he enjoys zipping around in his 32' Bayliner. He also loves to travel with his wife Ardith. Dick and Ardith have been married for 45 years and have four grown children (two boys and two girls). A member at Birchwood Presbyterian Church for 20 years, Dick is one of the nicest members at BAC and always has a good word for the staff and members. Congratulations Dick and thank you for making BAC great.

CORDATA | 4191 Meridian St
360.676.1800

DOWNTOWN | 1616 Cornwall Ave
360.734.1616

www.bellinghamathleticclub.com

GROUP FITNESS

I'm sure those of you that take the Power Pump classes have noticed a few of the classes have been PACKED! We have put a lot of thought into figuring out the best way to fairly get everyone signed in to take this class. Here is what we came up with:

*15 minutes before the start of every Power Pump class, the front desk will put the sign-up sheet out.

*You may sign up for yourself only. You can not sign up for a friend that is "on their way".

*The Cordata club will now allow 24 members to sign up. For your safety – there will not be any exceptions – *ever*.

*If you don't make the sign-up list, you may ask the front desk person to sign you up for the next class you will be attending – your name will be written down, and your spot for that class will be guaranteed.

*The instructor will have the sign-up sheet before each class begins – and if your name isn't on the list, and the class is full, you will have to sign up for another class.

Also – remember that you should never take the Power Pump class 2 days in a row. For optimum muscle growth and repair, you should wait 48 hours between classes.

Please realize that although this only affects a few of our Power Pump classes, we are enforcing these rules to make safety a number one priority. With all the equipment involved, there has to be adequate area for each individual to move.

It will be up to the instructor to enforce the sign-up and keep the class safe. Please understand that the front desk person is there to help check you in, but once the sign-up list goes to the studio, the instructor will help you sign in and set up.

It is the time of year when we see some of the classes at capacity. This makes for great motivation and energy. But if you have the option, be sure to pick up a current schedule and participate in something new and different once in awhile. Any exercise is good exercise – but the body requires a change in its fitness routine from time to time to keep from reaching a plateau. It craves new and different exercise to stimulate growth and change.

Keep your eyes open for some new smaller group classes coming to the schedule in the Spring.

Jeri Winterburn
Group Ex-Supervisor

BALANCE TRAINING TO IMPROVE STABILITY, MOBILITY, AND FOR FALL PREVENTION

More than one third of adults 65 and older fall each year in the United States. Falls are also the most common cause of non-fatal injuries and hospital admissions for trauma. More than 90% of hip fractures among adults ages 65 and older are caused by falls.¹ These injuries can cause severe health problems and lead to a reduced quality of life.

Contemporary research indicates by exercising regularly and staying in good physical condition, along with balance training, falling can be significantly reduced and/or prevented. Important considerations in maintaining good balance include cognition, vision, hearing, footwear and care, gait, medical conditions, medications, and maintaining safe living and work environments.

Staying steady on our feet allows us to carry out our daily activities in a comfortable and confident way, helps prevent falls, and allows us to continue our active and fulfilling lifestyles. The most effective way to prevent fall-related injuries, including hip fractures, is to combine exercise with other fall prevention strategies.

Take the time to improve your balance and overall physical conditioning – it will have an immediate and direct positive impact on your life and lifestyle.

Paul Mulholland
Certified Personal Trainer
Class & Workshop Facilitator

SPRING AHEAD

March is here and spring is just around the corner. That means warmer temperatures and longer days. Take this time now to do specific strength training to get in shape for outdoor sports and activities this spring and summer. Have you ever thought about trying a new outdoor activity such as mountain biking, rock climbing, kayaking, road biking, hiking, or trail running?

Ask a personal trainer at BAC to help you get started towards reaching any fitness goals you may have. Don't be afraid to try something new. Keeping a strength training program along with outdoor activities is an important component to maintaining functional strength and core stability. Find out ways to develop strength in major muscle groups involved in an exercise, in order to improve performance

and reduce fatigue
and injury.

David Larpenteur
B.S., Personal Trainer
Endurance Sports Specialist
Competitive Runner and Triathlete

WHY PRACTICE TAI CHI?

A better question might be : *what* Tai Chi is.

My first comment usually is, “If you are walking about and flapping your arms, you’re doing Tai Chi”, this bears some truth. Additionally, I view Tai Chi as 1. physical training, a full-body workout; 2. a practice of gentle self-defense; and 3. an Art developed and practiced for hundreds of years for health and rejuvenation.

Coordinated movements and moving slowly allows us to *feel* the movement while focusing the mind at the same time. The primary element in any style of Tai Chi is relaxation (sung). Allowing the muscles and mind to relax allows us to further coordinate our movements, use less energy, and movements become more fluid and graceful. For strength and high-intensive training, it’s a way to increase range-of-motion and for cool-downs.

In the classes I instruct people come for various reasons. Many have either viewed or had a direct experience watching hundreds of people in China practicing this art at a park in the early morning, and then wishing to better understand what it’s about. Curiosity is oftentimes where a Tai Chi practice begins!

Tai Chi can be used for pre-operation conditioning, e.g., hip/knee replacements, and in the post-op rehabilitation process. Tai Chi movement is also an aid for balance/fall-prevention. Athletes utilize Tai Chi to exact their training programs and performance. Overall, it’s an enjoyable way to enrich anyone’s style and approach in their personal conditioning and development.

The beauty of Tai Chi, regardless of age, physical afflictions, having balance issues, or just wishing to experiment with something new, anyone can do Tai Chi. It’s a gentle conditioning art.

There are many books and videos on Tai Chi, and I encourage people to utilize these resources, and websites such as a YouTube to view different approaches, styles, and Tai Chi techniques.

It’s a gentle way to begin the day!

FREE TO MOVE - JOINT MOBILITY TRAINING

Would you like to move better?

In as little as 30 minutes see how you can improve your joint function. Inactive joints are less likely to move efficiently. Movement lubricates and bathes the joints with the nutrients they need to stay healthy. 30-minute sessions can be scheduled with Aaron, Lynnette, Mike, or Tiffany.. All three are certified Circular Strength Training instructors and coaches who utilize Coach Scott Sonnon’s Intu-Flow program. Cost per 30-minute private session is \$35. Contact Aaron, Lynnette, Mike, or Tiffany to schedule your session to Move and Feel Better!

CBFIT

Would you like to..... be stronger and achieve maximum success with minimal time?

CBFit incorporates a joint mobility (Intu-Flow) and yoga (Prasara) with a total body Clubbell strengthening and shaping routine.

This 60 minute program mobilizes the joints of the body from head to toe then transitions into strengthening and toning then finishes with a rejuvenating yoga session.

Classes Begin March 3rd

Tuesdays and Thursdays at 9:00 – 10:00 am

BAC Cordata Gym

Open to Members and Non-members

Classes will be taught by Debbie Fish and Lynnette Reilly. For more information or to register for stop by the front desk at BACCordata to reserve you spot!