

MOVE!



APRIL 2008

YOUR HEALTH AND FITNESS CENTER SINCE

MUCH NEEDED FACILITY UPDATE COMING IN APRIL

March roared out like a lion and hopefully April will arrive like a lamb, I think we are all ready for a little warmer weather, sunshine and spring flowers that aren't being pelted by heavy rain, sleet or snow. So in the spirit of Spring Cleaning we are heading into some major renovations of the main locker room wet areas. After much research we have found a product that we feel confident will solve our hot tub problems. And we are excited to be re-surfacing our Jacuzzis, re-working on all tile surfaces, replacing women's bathroom stalls and fixtures.

Since the scope of this work wouldn't really fit within our usual shutdown parameters, we decided to go ahead and get it done now. So throughout the month of April be aware that portions of the men's and women's locker rooms will be

closed. We will make every effort to minimize the impact on your experiences here, but dust, noise, and closures will take its toll. So please bear with us as we move through the process of updating our facility. Our hope is that the updating of the facility will be well worth the inconveniences for our members.

Demo Bikes to arrive at both clubs

We will be testing two new upright bikes during the month of April. Check out the demo bikes coming in and be sure to give us your feedback. We should have comment forms available.



Respectfully,
Cathy Buckley

IN THIS ISSUE

Maintenance Team
Night

Tai Chi Fundamentals

Kids Club News

Front Desk Tip

Inactivity and Aging

Member of the Month

Employee of the Month

Racquetball News &
Tips

NEW EARLY MORNING TACFIT CLASSES

Free demos for the new 6:00am Monday/ Wednesday TACFIT classes will be held on the 14th, 16th, 21st and 23rd of April. For those that don't know, TACFIT is a high intensity conditioning class based on a number of different training methods including everything from basic calisthenics, to unique Kettlebell and Clubbell exercises. With 4 different skill levels, the class allows both advanced trainees and novices alike to train side-by-side. If you're looking for intense workouts that will seriously kick-start your metabolism, try this class out! Check the Downtown front desk for more information.

EXPANDED GRAVITY CLASSES

As the popularity of Gravity has grown so has the need for more classes. We will be adding some early morning and evening classes to meet the demand for the coming month. If you are a member who has wanted to try the Gravity classes, but have not been able to fit it into your schedule, this may be your chance. Dwnntn. BAC will be holding demo classes from March 31st through April 4th. The next session of classes will start on April 7th and run for 4 weeks. Inquire at the front desk Downtown for more details.

EMPLOYEE OF THE

Early last November we hired Beth Crawford. She came to BAC shortly after completing her degree in Business Marketing at WWU. In the short amount of time that Beth has been here she has made a great impression on our staff and members, so we are very pleased to recognize her as our April employee of the month. Beth has stepped right into working all phases of the front desk at both clubs and is a quick learner. Beginning in April she will be working part time in our business office as well. We appreciate her enthusiasm and willingness to take on any task assigned her. She claims to “like” folding towels.

Outside of BAC Beth enjoys numerous outdoor activities. Playing tennis, camping, and sailing fill a lot of her free time, as well as snow skiing trips to Whistler.

Beth will be getting married, to Jon, this August so wedding plans are starting to take up any extra time she might have had. She does like to go out for coffee, so that should give her a chance to sip a “cuppa jo” and finalize those wedding details.

Last year she added a new member to her life, a 6lb. Maltipoo puppy, named Meesha. Apparently Meesha loves to take trips to the “big dog” park or stroll at Boulevard park.

Thanks Beth for jumping in and making yourself a valuable member of the BAC team!

TAI CHI FUNDAMENTALS CLASS STARTING IN APRIL

Try something new! An introductory 5-week class for learning and practicing Tai Chi principles and fundamental's of movement. Classes will begin with a gentle warm-up followed by traditional Tai Chi form movements taken from different styles of Tai Chi and concludes with a standing meditation. Tai Chi has been shown to create greater focus and agility, increase energy, and has applications for self-defense.

This 5-week class will be on Tuesday mornings from 9:30-10:30 at the downtown club starting April 1st. This class is free to members and \$25 to non-members. Contact Paul Mulholland or Justin White downtown for more details.

MEMBER OF THE MONTH

You hear it often – “by taking good care of yourself, you will be able to take better care of those around you”. This is why it's so important for our member of the month to make it in to BAC at least four mornings a week.

Becky Zender joined BAC about a year ago – just a few months after the birth of her 5th child Gracie, who is 15 months. She is also the mother to Brittany, age 20, Megan – 17, Curtis – 15, and Colton age 9. She and her husband Kelly, also have one granddaughter.

You would think that being a wife and mother to five busy children would be a full-time job in itself – and it is. But Becky also helps her husband with his construction company by managing the bookwork, donates numerous hours to her church and kids school, and is President of the Mt. Baker FFA Booster club. And since all of her children are accomplished athletes, almost every day requires traveling to watch at least one ballgame – and sometimes several. Yet those of us who know Becky – wonder how she “does it all” and keeps her laid-back, easy going attitude.

Becky says it is because she schedules her days to include her morning workouts. The high-energy aerobic classes she loves get her motivated to keep her going all day. Staying fit is an important part of her life, and gives her the energy and strength she needs to keep going when most of us are putting our feet up for the evening. Obviously, she is an outstanding role model to her children as she pursues a healthy balance in her life. Not only do her workouts require precious time on her part, but her drive from east Deming to Bellingham every morning is dedication in itself!

Becky also loves reading and finds the time to garden and landscape around her beautiful home.

We chose Becky as our member of the month because we admire her dedication to taking the time for herself to stay fit. We know how easy it is to put it off when your life is so busy. But because Becky wants what's best for her family, she does what's best for her – and it requires stamina to maintain her schedule day after day.

The kids club at BAC appreciate Becky's kindness, and the instructors enjoy her positive attitude and beauty – on the inside as well as out. All of us agree that she is obviously doing something right – after all, we all have the same 24 hours in a day – and somehow she manages to squeeze in 25!

Congratulations Becky!

RACQUETBALL HAPPENINGS

Special Program:

Womens Racquetball Play Day in Bellingham

Saturday, May 17, 2008

9:00 am - 4:00 pm

Donation: \$25.00

Join us for Rally for the Cure. All donations will go to the Bellingham Cancer Center at St. Joseph's Hospital.

Potluck Lunch

Singles play in the morning; doubles in the afternoon

Two free clinics during the day for all participants

Entry forms available at the club

Ongoing Program:

Junior Racquetball Lessons

Sessions are comprised of 8 lessons: twice a week for 4 weeks.

Classes for beginner through advanced players

Mon/Wed or Tues/Thurs.

Cost: \$35 - BAC members, \$40 - Non Members

Check the desk at Cordata for more info and to sign up

Next Sessions: Week of April 28 - Week of May 19,

Week of May 28 - Week of June 16

— ALL ABOUT KIDS —

KIDS CLUB

Come travel around the world when you step into kids club. As new vibrant flowers start to decorate our outdoors, our kids' club walls are also filled with colorful animation. The walls have changed to give the kids a taste of the world. The energetic staff took it upon themselves to research, paint and assemble different scenes from around the world. Come check it out.

We would also like to ask parents to make reservations for larger families. If you have more than two kids, it would be helpful for our staff to be aware, to make sure we have enough employees on hand. Thanks for your help and consideration.

PARENTS UNABLE TO SEE KID'S WEIGHT PROBLEMS

According to the Centers for Disease Control and Prevention (CDC), 13 percent of 2 to 5 year olds, 19 percent of 6 to 11 year olds and 17 percent of 12 to 19 are overweight or obese. This said, a new study recently published in *Diabetes Care* has found that often times, parents of overweight or obese children do not actually recognize that their children are overweight.

Researchers at the University of North Carolina asked 104 teens and their parents if they thought that these adolescents were very thin, thin, average, overweight or very overweight. Interestingly, while over 87 percent of the participants were considered overweight based on their body mass index, only 41 percent of parents and 35 percent of teens considered the teens to be overweight. In addition, teens were more likely to underestimate their weight when the parents did the same. Researchers stress that recognizing that there is a weight problem is the first step to making lifestyle changes—including diet changes and increased physical activity—which will lead to weight loss.

Skinner, A.C., et al. (2008). Accuracy of perceptions of overweight and relation to self-care behaviors among adolescents with type 2 diabetes and their parents. *Diabetes Care*, 31, 227-9.

COUCH POTATOES BEWARE: INACTIVITY ACCELERATES THE AGING PROCESS!

New research has found that regular exercise not only makes you more fit and reduces your risk for disease, but it also makes you biologically younger. At the same time, a sedentary lifestyle can lead to disease and premature death.

In a new study out of London, researchers studied a group of 2,401 white twins and assessed their levels of physical activity, their smoking habits and their socioeconomic status. In addition, researchers took DNA samples, which help serve as a marker of biological age. The results indicated that study participants who were more physically active had DNA which indicated that they were “younger” than participants who were less active. Those participants who exercised for an average of 199 minutes a week appeared to have similar DNA structures to those less active individuals who were 10 years younger.

Cherkas, L.F., et al. (2008). The association between physical activity in leisure time and leukocyte telomere length. *Archives of Internal Medicine*, 168, 154-8.

MAINTENANCE TEAM NIGHT—"CARDIO ROOM SHUTDOWN"

On March 7th the Maintenance department started a new program in which we will select an area within the club and clean, update, and rejuvenate that space. For our first team night we took on the "Cardio Room" and gave it a much needed face-lift. With some fresh paint, and some thorough cleaning the room is cleaner, brighter, and more cheerful. We installed three new equipment cleaning stations, added two more clocks, and rearranged some of the ellipticals and treadmills creating a walk space through the center of the room, as well as tightening up the cabling and cords that surround them. Within the next week or two, J. Jackson will be bringing in some new photography to liven up the room. All of his artwork is available in prints as well as custom framed so if you're interested in his services please take one of his business cards or just flag him down here in the club.

The overall response to the hard work and attention paid to the area has been met with great reviews. If you have suggestions for the next area of focus on our next team night, please fill out a comment card at the front desk. Address it to: J. Jackson and include specific things you would like to see changed in that area, and I will do my best to see those issues are addressed.

A Special thanks to all of the efforts and dedication of my employees;

Dustin Brittain, Brianna Ho, and Jonathan Workman, as well as the outside help from Marisa Jackson, Kalynda Walker, and Evan Horner.

FRONT DESK

Tired of lugging your gym bag back and forth to the club? BAC has just the answer for you. Rent your own personal locker. The perfect solution to making your gym trip a little easier. We have both men and women's lockers available at both clubs. Stop by the Front Desk and fill out a locker rental application and within 48 hours, or less, your locker will be ready to move into. Rental fees range between \$4.-\$5. for half lockers and \$8.-\$10. for full lockers.