

MOVE!



MARCH 2008

YOUR HEALTH AND FITNESS CENTER SINCE

MARCH IS REFERRAL MONTH PASS ALONG THE GIFT OF FITNESS!

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 Weight In, an effort prompted by a growing amount of research that links obesity to a wide range of cancers. Thought 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

Bellingham Athletic Club wants to give you, our active members a collective "pat on the back" for doing the best possible thing for your health. 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 when it comes to 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 probably 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! This month you will be receiving a referral to help your friends mend their inactive ways, so be sure to pass the referral along and come see membership if you need any additional referral slips.



Respectfully,
Cathy Buckley

THE NORTHWEST OPEN TOURNAMENT IS COMING!

March 14 - 16, 2008

Our club is proud to host the largest racquetball tournament in the state, with players coming from Alaska, Hawaii, British Columbia, Colorado, Washington and Oregon. One hundred and sixty players will fill our courts and three courts in Ferndale over the weekend, competing for trophies and money, and we will have national champions participating in the top Open levels of competition.

The main floor of our Cordata facility is extremely busy and the basketball court becomes part of the tournament activities. We would love to have as many members as possible enter and participate. Or stop by and watch a match to see what racquetball is all about. If you're looking for a quieter workout that weekend, we suggest you visit our downtown facility Friday - Sunday. Childcare at Cordata has limited hours on Friday and is not available on Saturday, so plan accordingly. This tournament is a fundraiser for the State Junior Racquetball Committee. If you have an item you could donate for our silent auction, contact Wanda Collins at the club. Entry forms for the event are available at both facilities NOW!

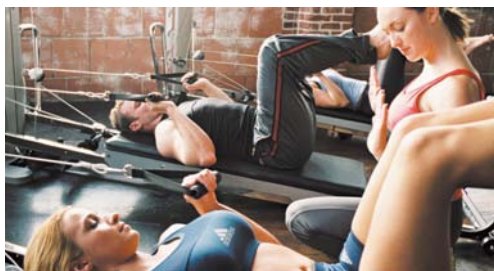


EMPLOYEE OF THE MONTH

Congratulations to Krissy Victor our Employee of the Month for March 2008. We would like to thank Krissy for the good work she does in the Kids Club, attending to the kids and parents. Krissy has been with us since March 2007. She works in the Kids Club part time while going to school at Whatcom Community College and playing on the girls Basketball team. She just finished her second year on the team and now plans to finish her Associates degree following some traveling and then back to school attending a four year college. During her free time Krissy enjoys spending time with her boyfriend Steve. Krissy likes to get outside engaging herself in activities like hiking, camping, and swimming. Thank you again Krissy for the wonderful job you do.

GRAVITY CLASSES

Gravity Strength Training Classes (GST) are currently being held Downtown. Classes range in time from 8:00am to 6:30pm and are geared to meet the needs of all fitness levels. Sessions are limited to 4 people at a time and start at the beginning of each month. Classes are \$12 a piece. Space is limited so sign-up soon.



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 without a commitment. This may be just the occasion for you to start swimming, playing racquetball or working out with a friend. It's always easier and more fun to come to the club with a friend. 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.**

EVERYBODY UPSIDEDOWN—YOGA INVERSION WORKSHOP

March 30th 1:00—3:00 pm



Please join Stacey Williams and Maria Bacher in a workshop on Yoga Inversions. The class will be taught by Maria Bacher, who is a certified Iyengar teacher. Maria studies regularly with world renowned senior teachers and has been blessed to study with the Iyengars in India and the U.S. She used the precision of Iyengar Yoga to guide students to develop strength, flexibility and alignment. Stacey Williams will be assisting Maria in helping students, safely and with personal attention go upside down!!

Please sign up at the Front Desk at the Downtown BAC location. The class will be limited to 20 students, so your early sign up insures you will have a space. 1 year of yoga REQUIRED. Please make checks out to Stacey Williams.

\$30 for BAC Members \$40 for Non-Members

Feel free to email Stacey Williams at StaceyWilliams@clearwire.net or call at #201-1302

MEMBER OF THE MONTH

Congratulations to Marilyn Morrissey! Marilyn has been a member of BAC since early 2006. She was relatively new to exercising in a gym atmosphere so she enlisted a trainer to get her going in the right direction. First beginning with weight equipment and some cardio pieces, she then began working with Tara, a personal trainer, who got her started on full body functional training and multi-joint movements to improve strength, balance, and coordination. She attributes that training with Tara is what really jumpstarted her workouts and her willingness to try new things, which led her to Gravity classes. Marilyn began training on the Gravity equipment with Lisa Strong, and has been an avid participant since the first session offered in July 2007. She loves the workout and how it allows her to work at her own capacity. Outside of the club, Marilyn enjoys spending time with her husband Richard, traveling, and is currently house hunting. She has a full time job and enjoys not one but two teaching jobs at both Bellingham Technical College and Whatcom Community College where she teaches career development, etiquette, and "stepping up to manager" courses. Due to her enthusiasm and commitment to health and fitness, we congratulate Marilyn. Keep up the good work!

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360.676.1800

DOWNTOWN | 1616 Cornwall Ave
360.734.1616

www.bellinghamathleticclub.com

BOUNCING BACK

A BAC SPONSORED ATHLETE'S STORY

For athletes, injury is just a fact of life - sooner or later, you get hurt - whether it's a traumatic injury suffered while you were competing, some freak accident on icy stairs, overuse, or something completely unrelated. In October, just as winter storm season was ramping up, I suffered my first serious windsurfing injury in the 28 years I've been sailing. In the windsurfing equivalent of a lift line injury (you know those stories - skied steep and deep for hours, then got hurt when tripping in the lift line while talking to someone), I ran into a piece of kelp on my way back to shore after 2 hours of playing on



Bellingham Bay in 45mph winds. Because I was just moseying along, I didn't get thrown clear of my gear and hit my left shoulder on the mast while my arm was being wrenched back. I had a heck of a time getting back to shore and required two guys helping me to get out of my wetsuit, but what was the worst was the knowledge that I'd done some real damage - and the instant thought of how long that might keep me off the water (I'm sure that sinking feeling I experienced in my gut is familiar to every athlete who's gotten hurt). The result of this little accident was a mild shoulder separation, an interstitial tear of one of the tendons of the rotator cuff (meaning there were some small tears in the interior of the tendon, but it was still mostly intact), and a massive amount of contusion (meaning swelling and inflammation all around the shoulder joint)..

Taking stock after the initial shock wore off, I was glad that this had happened after racing season had wound down - I was pretty confident that I'd be back on the water in time for next season. In the meantime, though, I'd be missing prime winter storm season (Bellingham Bay sure makes a nice playground with the big winter winds), and rehabilitating my shoulder would take some serious effort. After a bit more than three months (which seemed like an eternity), I was back on the water, but even now I'm still working on some leftovers from the injury. - Andreas Mackie, Professional Windsurfer (For more on Andreas and his tips for injury recovery, visit our website)

RACQUETBALL PRO TIP

If there is one thing that bears repeating in the strategy of a racquetball game, it's to remember to follow up your shot during a match. What does that mean? Good game strategy tells us to keep the ball out of the center of the court. Hit down the wall, or crosscourt to the opposite corner to force your opponent to retrieve from the back corners of the court. Most of us forget that once we have accomplished that, we need to immediately MOVE after making the shot and get ourselves centered in the back half of the court floor. This will allow us to maintain control of the rally and more easily retrieve the next ball we need to hit. So remember, MOVE after you shoot. Don't stay in the far back, against a wall or in a corner. Position yourself for the next shot and give yourself a better opportunity to score the point.



TIPS FROM THE KIDS CLUB

As we move forward into spring we would like to remind you of a few things. Please remember that snacks are not allowed in Kids Club due to the risk of allergies, germs, and choking. Also it would be a huge help to all staff if diaper bags and backpacks were all labeled with your child's name.

Don't forget to take advantage of some of our great programs! If you would like a night to yourself or a night out on the town, make sure to take advantage of our Friday and Saturday night out programs. It's a fun filled evening of movies, snacks swimming and crafts. Inquire at the front desk for more details.

SPRING PICKLEBALL LEAGUE

March 27 - May 29

We will be running a spring pickleball league on Thursday evenings at the Cordata facility. This is a doubles league. If you'd like to participate, contact the front desk and give them your name.

FRONT DESK INFO

Just a reminder, now that we are all settled into our winter work out routines, that we would appreciate everyone bringing their BAC membership card to check in. If you have lost your card it only takes a minute to take a picture for a replacement card. You may have a card that is currently in our Front Desk lost card box, just ask and we can check.

Knowing who is in the club at all times provides a safe and secure environment for all of our members. We appreciate everyone's commitment to adhering to this policy.

HOW TO DO THE PERFECT SQUAT

At BAC we have a variety of classes that use hand weights, body bars or in Power Pump, barbells. However, as with all resistance-related exercise, we often sacrifice our form to squeak out a few extra repetitions. No other exercise is done more incorrectly than the basic “squat”.



Called the King of Exercises

by many, the squat is one of the most productive exercises out there. So if you are going to do them, take the time to do them correctly by using the following advice;

Before you even discuss your foot position, take a look at proper trunk position. Straighten up and pull your head and shoulders back – don’t hunch forward! This is the proper spine position – Head back, chest raised, and a slight arch in your lower back. At no time should you bend over at the low back or look down.

When you are holding a barbell, your feet should be positioned under your knees. Take a deep breath, contract your abs and descend. It should feel like you are sitting back on a chair behind you, not going straight down. **DO NOT LET YOUR KNEES BOW IN** anytime during the lift. Try to keep your knees from going out past your toes. A lot of people can descend till their thighs are parallel to the ground. However, this is actually quite low and if just starting you should work on proper form first, and add the depth to your squat when this is accomplished.

Remember, you should always be more upright than bent over.

When you push up from the squat, push through the heels, and finish at the top with a tight squeeze through the glut.

As with anything, practice makes perfect. Take your time, think about executing the exercise from start to finish correctly – every time.—Jeri Winterburn, Group Aerobics Coordinator

CONGRATUATIONS DAVE MAURO!

A hearty congratulations go out to BAC resident Mountain Climber, Dave Mauro who just recently returned from Africa where he and his group summited Mt. Kilimanjaro! Dave said the view from the summit was incredible! Crystal clear skies with a panoramic 360-degree view of the African landscape as far as you could see! After completing their climbing expedition Dave capped off his trip with a four day Safari in the African Savannah, getting up close with the flora and fauna. As soon as Dave gets through all his photo’s we hope to be able to post some of them on the BAC website. This was Dave’s second major mountain in the last two years. In 2007 he and his group summited Mt. McKinley. Rumor has it, he may be attempting a climb in South America next year! Welcome home Dave and congratulations on your Mt. Kilimanjaro expedition. We are glad BAC could play a part in your climbing success!

LAP SWIMMER

ALERT

As the pool continues to be busier we are trying to accommodate the influx by allowing lap swimming during Family Swim, and **morning** lesson times Tuesdays and Thursdays from 10:00am - 12:00pm.

But you need to know that **this time is a “kid time” with priority given to families and children.** It may be too crowded to do any lap swimming during Family Swim, so adults can’t count on the lane being available.

A few reminders are in order if you are planning to get some laps in during these times.

- Check with the Lifeguard/Lesson supervisor to ask if lap lane is available
 - Swim at your own risk (balls and kids flying) during Family Swim/morning lesson times
- Sharing the lap lane is required during Family Swims/morning lesson times
Thanks so much for your cooperation in this matter; it is great to see the pool being fully used!

Alyse Wabaunsee
Aquatics Director