

MOVE!



NOVEMBER 2008

YOUR HEALTH AND FITNESS CENTER SINCE

MANAGERS REPORT

Upcoming Events in and around the Club

November brings fall colors, colder temperatures and the opportunity to reflect on all we have and contemplate how we might share with others less fortunate. and so November heralds the season of giving. The clubs are gearing up for the pre Christmas rush, but before all the frenzy starts I'd like to take this opportunity to encourage all the members to support two very important local charity events.

Food Drive

Be looking for bins at each of the clubs as we work hard to support our local Food Bank. This year especially it perhaps will be tough going to meet the needs of those in our community. Clean out your pantry, donate cash (we'll be glad to charge it to your account) or pick up the handy packed bags prepared for you at your local grocers.

BE GREEN AND EARN \$5 CLUB CREDIT

The Front Desk is partnering with the Business Office in an effort to explore ways to make our club "greener." One suggestion that we are acting on is the goal to get our current Platinum members to receive their billing statement via email or to pay electronically. (Visa – MasterCard or Checking account). If you are a Platinum member and would like to participate in our cause, please fill out the Automatic Payment form at the Front Desk or contact the Business Office or Membership Dept.

Any Platinum member, who makes this change, will receive a \$5.00 Deli Card on their account. The Deli Card may be used to purchase any snack or beverage, just let the staff know you are using your Deli Card and enjoy your treat!

Arthritis Foundation Jingle Bell Run

I know it seems too early to be thinking of Jingling Bells but as Chairman of the Jingle Bell Run for Arthritis, I do want BAC to have a high profile in this very important event. This year we are all meeting at the Downtown Club at 8:30am Saturday December 13th. If you have never participated, you are missing out. There is no better way to kick off the holiday season. Most of Bellingham turns out for this great event. Ask any BAC employee about participation. We have a variety of events slated to help the departments raise money, as they are competing with eachother!

This is a call to action, this year our goal is to raise more money per participant. We reached our club goal last year but just like our own fitness goals we need to aim higher. 15% higher, which means we've got our work cut out for us.

Respectfully,
Cathy Buckley



PICKLEBALL IS UP AND RUNNING!

There are some pickleball players out there and they want to play! Besides our league on Thursday evening, there is pickleball in our gym on Thursday mornings from 8am - 9:45 am. Just stop by and join in any Thursday morning. If interest continues to grow, we may add a Tuesday morning program.

Contact Club Pro, Wanda Collins, for more info at the Cordata Location 676-1800 or racquetball@bellinghamathleticclub.com

EMPLOYEE OF THE MONTH

Our employee of the month this month is Kaylee Gardner. She started working at BAC in the end of June and has made a wonderful impact at the club. She works mainly in fitness and with the Winning Weighs program at Express, but you will also find her at the front desk. Kaylee has been busy with many group-training programs like Weights for Women, Winning Weighs, and Super Seniors. She also does quite a bit of personal training.


Kaylee graduated from Bellingham High School and went off to WSU to pursue her degree in kinesiology and psychology. Now she is back with a vengeance working at the club as well as using her WSU track experience to coach track at Western. She will also be coaching BHS track in the spring.

In her spare time, Kaylee may be caught running, playing soccer or volleyball or traveling- or maybe just supporting her fellow Cougs. Go Cougs! Go Kaylee!

EXPERIENCING RACQUETBALL TOURNAMENTS

If you have thought about playing in a racquetball tournament, but have never taken the plunge, you should think about playing in one of our "non sanctioned" events here at BAC. Twice a year, we hold events that will give you a taste of tournament play without great expense or long days and nights of playing. The Fall Classic will be the weekend of November 14-16. You'll play some great people and have a chance to win your Thanksgiving turkey or pumpkin pie. Find an entry form at either of our clubs, or download one from the racquetball site at www.bellinghamathleticclub.com. Do it by November 7. Tournaments are a great step up from casual club play and league competition. We can find you a doubles partner if you need assistance, help you chose the right division(s) to play in, and we'll do our best to keep you fed and entertained over the weekend.

Players are more than happy to help you understand the "system" of a tournament and before you know it, you'll feel like part of the group. Be sure and call on me if you have any questions. Here's some suggestions:

1. Put a note with your entry form if you have any time considerations we need to consider for the weekend. We'll try our best to help you out.
2. Read a rule book before you start the weekend! You can ask for one from the club pro or download the rules at www.usra.org.
3. Bring a water bottle, a healthy snack and a practice ball with you to the tournament. They can come in handy. (4 & 5) 

MEMBER OF THE MONTH

November's Member of the Month, Diane Laveille, came to BAC 13 months ago because heart disease and Type II Diabetes run in her family. "I'm doing everything I can to not walk the road of my father and brother who both died in their 50's of heart attacks and two of my siblings who are both diabetics.

Prior to coming to BAC Diane spent 4 years at another facility but after developing a few injuries, Diane needed to find a facility that offered her more variety and the expertise to help her exercise around her injuries. "I was so scared to go to the "Big Girl Gym" because of pre-conceived ideas of what that would be like. In my 20's I remembered how much I enjoyed water aerobics and thought it was something I would like to do again. I even thought I might venture into the weight room again at some point.

At BAC I found the staff to be warm, friendly, and extremely knowledgeable, and the members to be absolutely delightful to interact with. It's one of the best decisions I've made in my journey to be healthier!

While she is at BAC Diane takes advantage of many of BAC's facilities and programs, participating in our ActivTrax, Aqua Aerobics and Biggest Winner programs as well as utilizing the Cardio and Spa areas of the club. Diane says, "I absolutely love my time at BAC and how much better I feel!"

"Regular exercise really affects my life and those around me in a positive way". "It's great to come to BAC and be able to just turn off whatever else is going on in my life and enjoy the privilege of moving without pain and being healthy."

Diane you are an inspiration to us all! Congratulations for being selected November Member of the Month!

4. Be on time! The tournament will have set times for your matches. Arriving at the last minute can make you more nervous and ill prepared. Sometimes, they are a little ahead of schedule, so you want to allow a half an hour before your scheduled time.

5. Have fun! You'll probably win some points and lose some points. That never changes. But remembering to play each point can help you focus and play better than worrying about a bad shot from a previous rally or dwelling on the score.

Wanda Collins
Club Pro/Racquetball Programs & Court Sports

KIDS CLUB NEWSLETTER

October was a great month filled with ghosts, goblins, spider webs and pumpkins. Along with our Kids Club hallway being filled with spooky decorations, the entire club looked fantastic with all the kids' costumes as they trick or treated their way through the departments. Good work on all the great costumes.

As the color of the leaves change, so do a few policies in Kids Club. We would like to remind all parents to make sure and make a baby reservation 24 hours prior and also to be on time to the appointment. A new five dollar fee will be applied to all those without reservations or are late to their scheduled time. It is also important that parents are aware that there is a two hour limit per day in kids club, unless a child is enrolled in a program. If this is exceeded, a fee of 10 dollars for every 15 minutes will be charged. Thank you for understanding.

One final note, in our attempt to keep kids club clean and germ free during this cold season, we require all diapers being left in Kids Club to be put in a zip-loc bag with the child's name on it. Thank you for understanding. We look forward to seeing all of you in Kids Club.

FITNESS PROGRAM SIGN-UPS

The sign-ups are out for the November Gravity and Weights for Women classes that will be starting November 3rd. Both of these classes have been wildly successful and have required expanded hours to meet the demand. Downtown now offers four Weights for Women classes a week. Tuesdays and Thursdays at 8:00am, 9:15am, and 5:30pm, as well as Mondays and Wednesdays at 6pm. At the Cordata location we have morning classes at 8:15am on Mondays and Wednesdays and in the evenings on Mondays and Thursdays at 5:30pm.

Gravity has also geared up for the fall. We now offer 10 evening classes per week. Our newest times are Thursdays at 6:20pm with Mark and Fridays at 5:30pm with Courtenay.

Space is very limited so pre-registration is required for both classes. Contact the Front Desk Downtown for Gravity sign-ups and either club for Weights for Women. Downtown: 676-1800, Cordata: 734-1616.

NEW CARDIO EQUIPMENT AND DOWNTOWN REPAIRS

As many of you may have noticed, the Downtown shut-down was larger than usual this year and many of the smaller fixes that were supposed to happen that weekend spilled over to the last few weeks. In all we were able to replace carpets in both locker rooms, repair water damage to several walls in the men's hot tub area, remove the old juice bar area, do extensive painting and cleaning, as well as rearrange the Cybex equipment.

We still have several small fixes that are being addressed such as leaky faucets and rusty shower curtain rods. The vast majority of the larger fixes however, are now done. Thank you to all members for your patience as we have been doing all of these projects and please inform us if there are things in the building that have been overlooked or in need of repair.

Newest editions to the Downtown club are the Precor AMT's (Adaptive Motion Trainer). These machines are the latest in cardiovascular training. The AMT does more than customize a workout, it customizes a movement—adapting to your motion -- which means you can completely change the motion and paths of your steps without so much as the push of the button. The AMT provides a challenging alternative to any exerciser looking for variety and the chance to experience freedom of movement.



Precor AMT

CB FIT

Are you looking for that program that improves mobility, strength and flexibility throughout the entire body?

We have the program for you!

CBFit incorporates joint mobility and yoga exercises created by Scott Sonnon with a total body Clubbell strengthening and shaping routine developed by Mike Locke. *This 60 minute program mobilizes the joints of the body from head to toe then transitions into strengthening and toning with Clubbells before culminating with a rejuvenating yoga session. CBFit sessions will be limited in size and be guided by one of BAC Personal Training staff.* Be on the look out for details on Demo Classes coming soon! So come give it a try and see how much better you feel and move.

WINNING WEIGHS TESTIMONIAL

I'm sad to think that Winning Weighs is coming to an end next month, but I'd like to be among the first to let you know that I'd like to participate in the next session. Tiffany, Tara, and Kaylee have provided just-right workouts that have me stronger all around. Each session I leave feeling very much pushed to the limit physically and satisfied that I'm making progress. I like that I can come early for my cardio warm-up and also use the computer to enter my food diary information. Recently, Kaylee helped me realize that I had a major error in my food choices that was slowing my weight loss. Together we analyzed the calories that I consumed in the record that I had entered and had been collected while wearing my BodyBugg. The personal attention is the best part of the program and the trainers are generous with their fitness training information. I learn something new every visit about core strength and the creative ways they show us how to use the equipment. Kelly's nutrition goal setting sessions every other week are an extra conditioning 'layer' that has not only given us a chance to discuss common eating habit issues, but allowed our group to bond through sharing our life fitness histories and current challenges. This was an unexpected bonus that I haven't experienced with any other weight loss program.

I am thankful to Tiffany, Tara, Kaylee, and Kelly for their contribution to making me feel healthier and getting me to set goals for weight loss. -Tari, Winning Weighs Participant

→ We are well into the Winning Weighs program and have seen some great successes! It has been great fun watching everyone get so much stronger and smaller at the same time. Everyone has been working hard and seeing the payoffs!

We are taking new enrollments for the month of November. This may be just the thing to help get you through the holidays.

EAT MORE WEIGH LESS!

With the holiday season approaching, eating healthy often becomes increasingly difficult. Being healthy does not mean you can't enjoy holiday treats, it just means practicing moderation and staying active. Eating a variety of foods and staying hydrated will help balance your food and nutrient intake. Yet, staying active is your main route to a healthy holiday season.

Dr. William McArdle and colleagues wrote in *Sports and Exercise Nutrition 2nd Edition*: "Physically active people maintain a lighter, leaner body and a more healthful disease risk profile, despite increased intake of the typical American diet". Believe it or not, regular exercise is more effective than cutting calories and strict diets when it comes to losing weight. Activity increases your metabolism and will help you lose weight regardless of your typical diet. In fact, being active rather than sedentary will allow you to eat more and weigh less.

If you were wondering, the recommended amount of activity is one hour everyday. So stop wasting hours of your time counting calories and get moving!

At BAC, trainers can make you a personalized plan to help you stay active and enjoy your holidays! Train for a race, join a fitness class, or watch your favorite TV show while getting your exercise on an elliptical or treadmill.



David's Race Watch:

Padden Mudfest 12k @ Lake Padden	November 9
Turkey Trot 5k @ BarkelyVillage	November 22
Seattle Half Marathon @ Seattle	November 30
Fairhaven Frosty 5k and 10k @ Fairhaven Park	December 6
Jingle Bell Run 4 miles @ Cornwall Avenue	December 13

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