



CELEBRATING FITNESS!

Managers Report : May 2017

Friay, May 26th 11th Annual BAC Charity Golf Tournament

Sign up your team for a fun day of golf at Sudden Valley and help raise money for Relay for Life sponsored by the American Cancer Society. Contact Brian Porter for more information.



Cancer and Exercise -- BAC sponsors patients in need

New research out of Stanford University reveals that cancer patients who exercise feel better and are better able to cope with the demands of the disease and the effects of the treatment. Think of increasing fitness as improving your body's "armor". Doing any movement improves your armor. In the past when we got sick, we were told to rest. But think of what happens when you put your leg in a cast? What happens when you put your brain at rest? Everything withers when you don't use it, and the same thing happens at an accelerated rate with cancer. Exercise fosters a "can do" attitude, cancer patients are in an endless loop of doctors prodding, chemicals infiltrating their bodies, a total loss of control over their lives. No wonder they can feel helpless and hopeless. Exercise at least allows them to gain control over their body in a physical way. Setting and achieving goals is very positive thing. If I can climb these stairs, lift this weight I am bettering my body, my armor against disease and depression. Exercise allows a patient to move from being a passive participant in all the negatives of this disease to a body actively fighting for its survival.

Stanford University's Dr. Walter Bortz, Senior Physician at the Palo Alto Medical Clinic, recently discussed how and why regular exercise helps cancer patients. Says Bortz: "When you learn you have cancer, your initial response is to lie down. But we've now found that one should do exactly the opposite. Exercise is wonderfully good not only for biologic markers, such as strength, pain tolerance, and sleep, but for all the right psychological reasons as well."

"We now know very clearly" continues Bortz, "that people who are gong through this double burden of cancer and its treatment. . . do remarkably well with an exercise program. Rather than making them feel more tired, they feel refreshed and invigorated."

Not only do we support the Cancer Society with direct funding, BAC has a wonderful program which sponsors those in need who have been diagnosed with cancer. Our member Carol Brumet at the Cancer Center screens and forwards patients to us. It has been a great thing to be able to offer a program to those who have so recently had such devastating news. . . So spread the word, and help those you love dealing with this debilitating disease to keep moving. All of our trainers can develop individual programs to help patients through this difficult time.

Respectfully,
Cathy Buckley



COURT SPORTS NEWS: NW OPEN RECAP

Jessie Scott - Court Sports Director

Spring is finally (I think) here, and our season is coming to an end! Hopefully summer is just around the corner. As most of us know, the racquetball hallway slows down during the next few months. Use these quieter weeks to continue your fitness routine on the courts! Racquetball is a great cross-training tool, and the least boring form of cardio I've come across!

Have you ever played outdoor racquetball?!...I haven't! It looks like fun, it takes away the back wall AND the ceiling, sounds like a game changer to me! If you're looking to try something new this summer, this could be it! There are two or three outdoor tournaments that should be posted and taking sign ups before too long!

DOUBLES CHALLENGE COURTS

When: Tuesday / Thursday
Time: 5:00pm - 8:00pm

*If you win you can stay on the court and play the next person waiting

*Win two in a row and if there are more than one or two people waiting, give up your spot and let them play

*Remember to rotate and include everyone

*We can label courts by level of play if necessary

SINGLES CHALLENGE COURTS

When: Wednesday/Friday
Time: 5:00pm - 8:00pm

*If you win you can stay on the court and play the next person waiting

*Win two in a row and if there are more than one or two people waiting, give up your spot and let them play

*Remember to rotate and include everyone

*We can label courts by level of play if necessary

Our annual WRA meeting will be held on May 20 in Bellevue. Please let me know if you have any questions, comments or concerns that you would like me to take to the meeting. Also, if any of you are interested in being a member of the WRA board, let me know and come to the meeting. There will probably be some rearranging in the future.



ATTENTION MEMBERS:

By: Bo Wilde - Membership Director

Providing your membership card is beneficial to our staff and you. It allows our staff to learn your name and check you in accurately, protecting your membership. Safety is a big factor as well. If one of our members requires medical attention we will be able to identify them by their picture card and take appropriate action.



We have a new card printing system which gives us the ability to post your picture on your membership profile. It will be quicker and more efficient than ever! **Through May, we will be taking pictures and making cards at no additional cost to our members.** (normally \$5 replacement fee) The front desk will be happy to help you out with this.

UPCOMING SCHEDULE CHANGES

Bellingham's "Ski to Sea Parades make it almost impossible to get to the Downtown club. For this reason, please be aware of some of the schedule changes for May.

Downtown Club:

Friday, May 19 th	Closing 6 pm – Junior Ski to Sea Parade
Saturday, May 27 th	Closing 12pm – Ski to Sea Parade
Monday, May 29 th	Closing 2pm – Memorial Day (No classes)

Cordata:

Monday, May 29 th	Closing 7pm – Memorial Day (No classes)
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SKI TO SEA
CONTINUE THE LEGACY

AQUATICS NEWS

By: Brittany McIntosh

Our pool isn't just for kids! Swimming can be a great addition to any workout regimen, especially if you're feeling some joint pain. Swimming is an excellent low-impact sport which also provides a full-body workout! For a break from your usual cardio, try out the workout below:

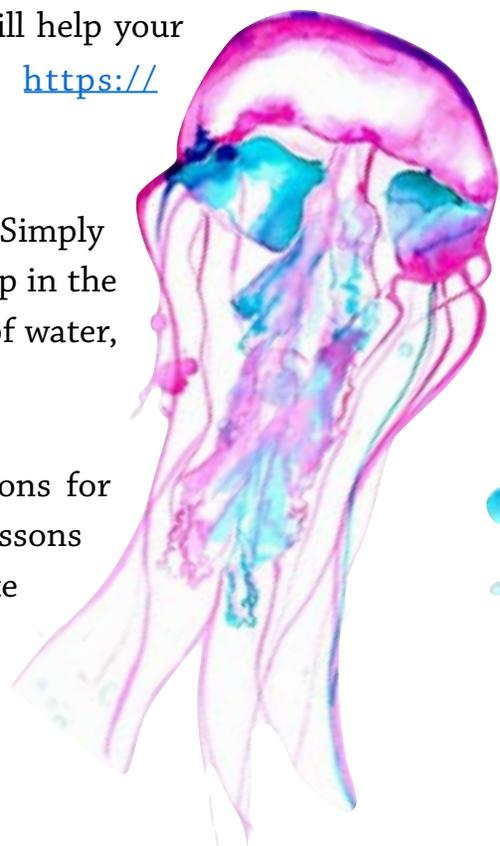
- 6 Lengths Kick with board
- 4 Lengths crawl stroke swim
- 4 Lengths crawl stroke drill
 - Drill: 6-Kick Switch
- 4 Lengths freestyle swim - SPRINT!
- 6 Lengths backstroke**
- 6 Lengths swim with pull buoy
- 6 Lengths cool down - any stroke



*Drills are used to isolate a part of your stroke and improve it. 6-kick switch is exactly what it sounds like! While swimming crawl stroke, roll fully onto your side for 6 kicks with one arm extended in front and one arm at your side. Then switch! The purpose of this drill is to focus on rotation, which will help your breathing technique. For a video tutorial, visit <https://www.youtube.com/watch?v=HWrAYcmexqQ>

Pro-tip: You can bring this workout with you to the pool! Simply clip this article, then grab a spare kickboard before you hop in the pool and stick your workout to the board. Add a little bit of water, and your workout is now portable!

Lookin' for more? We offer both private and group lessons for adults to help improve technique & endurance! Group lessons take place on Tuesday and Thursday evenings, and private lessons can be scheduled at a time of your choosing. For rates, please see the front desk!



MEMBER OF THE MONTH: **BRIDGET & RICHARD GORDON**

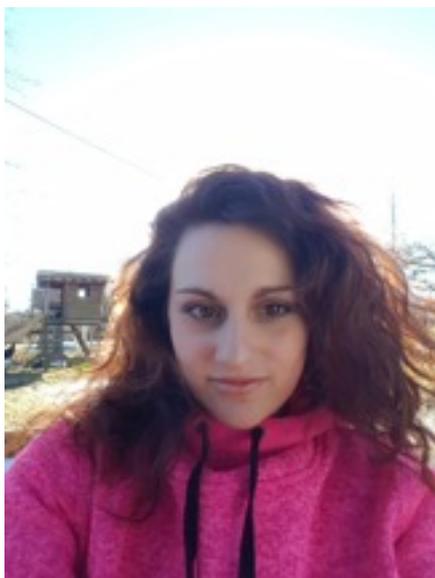
Fifteen years ago Richard and Bridget Gordon left Northern Virginia and moved to Bellingham. Shortly after arriving they joined BAC and have been faithful members over the years. Bridget is seen at either club on a daily basis and Richard will be returning soon to begin recovery from surgery.

Their daily regime at the club keeps them fit and ready for their numerous extracurricular activities. Hiking with their two dogs, snowshoeing and tandem kayaking are just a start. When the snow flies Richard hits the slope on skis and Bridget cross country skis. They recently purchased stand up paddle boards and are determined to get on the water this summer. Bridget was taking horseback riding lessons and is recovering from an injury but plans to be “back in the saddle” soon. Although it may look like they have no time for R & R, Bridget is an avid reader and Richard plays guitar and loves live music especially the Blues. Travel rounds out their active life style with their next trip being Costa Rica. This picture was taken in Portugal celebrating their 20th wedding anniversary.

It is easy to see why the Gordon’s are our May Members of the Month. We are amazed by their many accomplishments and proud of their dedication to health and exercise. They are an inspiration to everyone who makes fitness a lifestyle.



EMPLOYEE OF THE MONTH: **RENEE MILLER**



Congratulations to Renee Miller our Employee of the Month for May! Renee works in the Maintenance Department. Every day Renee comes to work she gives 100% with every task she is asked to do. Renee is a joyful, kind and hardworking person. When Renee is not at work she enjoys spending time with her 8 year old son Dylan, watching him play racquetball. Renee also loves teaching painting and hosting painting parties. We appreciate Renee because any time she is asked to step in and help she is here with a smile and great attitude. We are so thankful to have Renee as part of the Bellingham Athletic Club team.

BEACH BODY BOOTCAMP

By: Mikayla Douglas, CPT & BS Kinesiology

Days: Tuesday/Thursday

Time: 4:15pm-5:00pm

Place: Downtown: Studio B(T) & Cordata Gym (TH)

Cost: \$10^{+tax} members/\$12^{+tax} nonmembers

With spring HERE it is time to pull out those shorts, skirts, and short sleeve shirts (if it ever stops raining)!

Come join me in my small group training class: **Beach Body w/ Mikayla**. I will help prepare you for a long spring/summer where you can show off your body with pride. I had so much fun with my 4 week workshop that I decided to turn this into a class. You can expect High Intensity Interval Training that will leave you with a head full of exercises that you can do practically anywhere! I will also provide you with a free Body Fat Analysis. I am looking forward to helping you end your day in a fun and exciting way while targeting those trouble areas.



Classes start Tuesday April 11th, 2017.

PICKLEBALL AT BAC!

Pickleball is now offered on Tuesdays and Thursdays!



Our Pickleball participation has increased steadily and we've tried to accommodate the demand. Now you can play 5 days a week! Come on out and join the fun! Stop by the Front Desk for more information.

Monday - 2:00pm -4:00pm

Tuesday - 1:00pm-3:00pm

Wednesday - 2:00pm-4:00pm

Thursday - 1:00pm-3:00pm

Friday - 2:00pm -4:00pm

HIIT: HIGH INTENSITY INTERVAL TRAINING

By: Mike Locke - Fitness Director

Aerobic Training, which many people refer to as “**Cardio**”, has innumerable benefits.

- Increases Endurance
- Strengthens Cardiovascular System
- Burns Body Fat
- Makes your Metabolism more Efficient and Effective
- Lowers Blood Pressure

Even with **Aerobic Exercises** many benefits what barriers do we often need to overcome to participate on a regular basis?

- Time consuming
- Boring and tedious
- Not sure what to do or how long to do it



Many people fail to succeed because of the reasons mentioned above. What we call “Continuous” Aerobic Training, where you elevate your heart rate for a prescribed number of minutes, anywhere between 30-60 minutes can be time consuming, boring, and tedious. Especially since we live in a world where everything is about instant and quick.

The concept of Interval Training has been around for decades. Interval Training differs from Continuous Training in that instead of holding a steady work load for the entire duration of your exercise session you vary the intensity. Increasing the load for a short duration followed by total rest or active rest. Over the past few years HIIT training has become very popular. HIIT is an acronym for HIGH INTENSITY INTERVAL TRAINING. What defines HIIT Training over standard Interval Training is the higher intensity levels. Work in a HIIT Training session is at a level of 85-95% effort or Training Heart Rate at 85-95%.

What’s the benefit of this amount of work and effort?

- Able to perform more work than you would be able to do continuously
- Total workout time is half as much
- Keeps you mentally engaged
- Increases Endurance
- Burns more calories and metabolizes fat not only during the workout but for hours after the workout is completed