



# CELEBRATING FITNESS!

Managers Report : October 2016

Spread awareness. Unite in the fight.



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 lie down, and 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 feel helpless and hopeless. Exercise at least shows them they can 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 receptor of all the negatives of 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." Bellingham Athletic Club is proud to be partnering with the St Joe's Cancer Care Center to promote exercise to those diagnosed with this dreaded disease..

"We now know very clearly" continues Bortz, "that people who are going 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."

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



# MEMBER OF THE MONTH:

## JULIE MONTROSE

Congratulations to our member of the month, Julie Montrose! At the end of a long work day, when it is easy to talk yourself out of working out, you will find Julie taking the 6:00 PM water Aerobics class. Even more impressive, you will find Julie back in the pool taking the 9:00am water aerobics class on Saturday. Julie is quick to offer new members to class a friendly greeting and a “I think you will like this class, or, You’ll get through this class; it’s fun!” Her bright smile and cheerful is appreciated by the BAC staff and members.

Besides working full time, Julie loves to garden and travel with her husband David Fischer.



# EMPLOYEE OF THE MONTH:

## MARCIE BERG



Congratulations to Marcie Berg our employee of the month! Marcie has been a great employee in the Kids Club for a whole year now! She can also be seen working the front desk at the Downtown club. She is always there when we need her and works hard as well. Knowing her great work ethic, one would never guess that BAC was her first job! Marcie may not be caught working out in several of the club’s great classes... she is probably just a little tired from commuting on her bike 90 miles a week. Marcie plans to go to school this winter to be an asl translator. She is already pretty great with sign language... Marcie actually has a lot of hidden talents.

**CORDATA** | 4191 Meridian St  
360.676.1800

**DOWNTOWN** | 1616 Cornwall Ave  
360.734.1616

[www.bellinghamathleticclub.com](http://www.bellinghamathleticclub.com)

# COURT SPORTS NEWS

## JESSIE SCOTT - COURT SPORTS DIRECTOR

Mark your calendars for the upcoming tournament season and keep an eye out for one day shootouts in Seattle! I am hoping to be able to attend some of these. BAC's tournament schedule looks like this:

### NOVEMBER 11-13TH - FALL CLASSIC

Everyone's favorite event! We like to bring on Thanksgiving with this event using themed prizes! As always I am open for suggestions on what prizes should be. Also we are looking for sponsors for this years tournaments. If you or anyone you know are interested in promoting your small business, let us know!



### JANUARY 6-8 - INFUSIONS SOLUTIONS WINTER SHOOTOUT

Get rid of that holiday weight & kick off the new year doing something you love! This tournament, sponsored by the Birnel Family, is a great way to swing into 2017.



### MARCH 16-19, 2017 - NORTHWEST OPEN

What better way to celebrate St. Patrick's Day wearing green and playing racquetball?! This is the biggest tournament we host. I love this tournament and the excitement that it brings to the Pacific Northwest. I am hoping to increase numbers again on this one as well.

### LRT IS COMING TO WASHINGTON!

This is exciting news! Bremerton's Rocco Vega is about to finish his trifecta of major racquetball tournaments this year! November 18-20, 2016 the ladies will be taking over Bremerton. In the past Rocco has brought the IRT and WRT to Washington with great success. This should be a fun way to spend the weekend, the professional women are something else!



# WELCOME NEW TRAINERS!

## BY: MIKE LOCKE - FITNESS DIRECTOR

### SETH KOTZMAN

New BAC Personal Trainer, Seth Kotzman grew up in Shawnee, Kansas before coming to Bellingham for school in 2011. While at WWU, Seth studied kinesiology and captained the school's ultimate Frisbee club team for two years. Seth has played ultimate Frisbee at the highest levels for the pro-am team in Seattle and had the chance to compete in Italy at the World Championships in 2014 where they took a silver medal. Outside of working at BAC, Seth is a teaching assistant at Cedar Tree Montessori School, coaching the ultimate Frisbee team at WWU, and planning his return to school to become a chiropractor. Seth currently holds certifications as a Certified Strength and Conditioning Specialist from the NSCA and USA Track and Field Level 1 Coach. In his free time you can typically find Seth playing cards with friend's downtown, playing or watching any sport he can find, or searching the city for the best live music! BAC welcomes Seth to our



### ALEXA THOMPSON

New BAC Personal Trainer, Alexa Thompson is a soon to be graduate of Western Washington University's Kinesiology Department. This past spring Alexa completed her final season as member of WWU's Women's Varsity Crew team. Alexa's Varsity 4 boat finished third in the nation in NCAA Division II Nationals. She and her teammates also successfully defended their third consecutive title as of "Best in the West" for a Varsity 4 boats this past spring. So if you have any questions about how



to get the most out of our Concept II rowing machines Alexa would be happy to give you a lesson. As you can imagine Alexa has logged a significant amount of training miles during her tenure with WWU. Alexa is also an assistant select soccer coach for the FC Rangers program here in Whatcom County and former High School Soccer player. As her rowing career has ended Alexa now fills her athletic time with hiking, running, and weight training. She also tries to get home to Edmonds to see her dog Libby, a black lab/whippet mix, and also spend a little time with her

parents. Alexa is a certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. She is excited to be at BAC and looks forward to helping people set and achieve their goals! Welcome to BAC Alexa!

# TRX CLASSES ARE BACK!



TRX suspension training delivers a systematic approach to enable you to move better and challenge yourself. The TRX suspension trainer is a strap suspended by a single anchor point providing a controlled instability which requires a significantly higher level of core activation than stable surfaces. Through a variety of exercises on and off the TRX straps, you will get a total body workout that is sure to challenge you in a new and exciting way. TRX will provide both cardio and strength training, making you sweat to a stronger you. Come join Melissa at either club! See the front desk to sign up.



**Cordata:** Tuesdays @ 10:45am  
In the gym.

**Downtown:** Thursdays @ 5:30pm  
In studio.

**Cost:** \$10 Per Class

## AQUATICS NEWS BY: LOUIE COHN

Hello BAC! What a fantastic community you have, I am so pleased to be a part of it! My name is Louie Cohn for those of you I haven't met yet. I am the new Aquatics Director. My husband and I have recently moved to Bellingham and we are loving it. Fall lessons have begun. I look forward to meeting those of you I have not met yet. See you around the pool!

**Next Session: October 25th - November 17th**



