



Bay Area Athletic Club

985 Newmark and inside Pony Village Mall
888-5507 or 751-9505

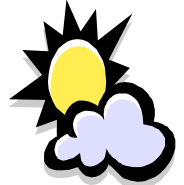
VISIT OUR WEBSITE: [HTTP://WWW.BAACFITNESS.COM!](http://www.baacfitness.com)

Newsletter
April 2006

**Have a question, complaint,
or comment?
email
Bryan,
the manager at
bhead@aol.com**



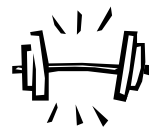
*April Showers
Bring May
Flowers...*



Tip of the Month

A stability ball makes abs work harder – if properly placed... For the best results, crunch with the ball under your back, keeping it under your shoulders is even less effective than crunching on the floor.

Are You Overtraining?



We are all told that exercise is good for us, but is it possible to get too much? Absolutely.

There comes a time while in the quest to become more fit we get a little overzealous in our workouts and our bodies begin to shut down. Whether it stems from hitting the weights too hard, running that extra mile, or taking that extra class over training can have negative and sometimes even chronic affects.

Signs and Symptoms of Overtraining

- * Decreased performance
- * Loss of coordination
- * Prolonged recovery
- * Elevated morning heart rate
- * Elevated resting blood pressure
- * Headaches
- * Loss of appetite
- * Muscle soreness/tenderness
- * Gastrointestinal disturbances
- * Decreased ability to ward off infection
- * Increased incidence of musculoskeletal injuries
- * Disturbed sleep patterns

The key is moderation., and listen to your body! Fitness is achieved through gradual progression and recuperation. Overtraining is a great way to set yourself up for failure.

-ACE Fit Facts 2005



WE NEED EMAILS!!!

BAAC is going to be running an email special. In order to receive this special you must fill out and turn in this form at the front desk.

Full Name: _____

Card Number: _____

Email Address: _____

*The special will be announced in the upcoming newsletter!

FREE ADULT GUEST DAY

(For members of both clubs)
Do you have a friend you'd like to treat to a free visit to the club? Then bring them in on.....

Wednesday April 1st.

For permanent card members only. One adult guest 18+ per member. (Any other guests may pay a guest fee of \$7 at the Newmark location and \$5 at the Mall. Unaccompanied walk-in non-members pay a day use fee of \$10 at Newmark and \$5 at the Mall.)

Donna's Fitness Corner

YOGA

In English, Yoga means to “yoke” or “join” with the root meaning “union”. The practice originated in India over 5000 years ago. The classic language of Yoga is Sanskrit. Many of the asanas or postures have Sanskrit names.

One of the best known types of Yoga is Hatha Yoga, “Ha” meaning Sun and “tha” meaning moon. Hatha Yoga exercises are practiced for their practical benefits to the health of the nervous system, glands and vital organs. The two most widely practiced Yogas in the West are the physiological Yoga, or Hatha Yoga, and the Yoga of mental mastery, called Raja Yoga. Tradition sees Hatha Yoga as a preparation for Yoga which is work on consciousness itself. Such mental discipline can best be affected in a healthy, relaxed body in which the energies have been equalized. The two forms of yoga can be thought of as the Yoga of Posture or **Vitality** and the Yoga of Meditation. The Yogas other than Hatha are mainly meditative. The main Indian Yogas are known as:

Jnana Yoga	Union by knowledge	Laya Yoga	Union by arousal of latent psychic nerve-force
Bhakti Yoga	Union by love and devotion	Tantric Yoga	A general term for the physiological disciplines
Karma Yoga	Union by action and service	Yantra Yoga	Union by vision and form
Mantra Yoga	Union by voice and sound	Raja Yoga	Union by mental mastery
Hatha Yoga	Union by bodily mastery with asanas (principally of breath)		

Yoga practice brings the mind, spirit and body together, promoting increased awareness, vitality and inner peace. Stress reduction is a vital part of wellness. The pace and pressures of living in Western technological society destroys health and happiness through what are known as “stress diseases” and tension within the psyche. Yoga can help the body **counter** stress with its own defenses.

Yoga can help us reconnect our minds and bodies to center us and bring mindfulness in every aspect of our daily lives. Yoga is Holistic Fitness: exercising our minds and bodies.

Donna J. Von Lobedan

ELLIPTICALS:

If you want to use an elliptical, without the arm movement please use one without this option. This way other members who wish to use the arms are able to use these machines!

THANK YOU!!



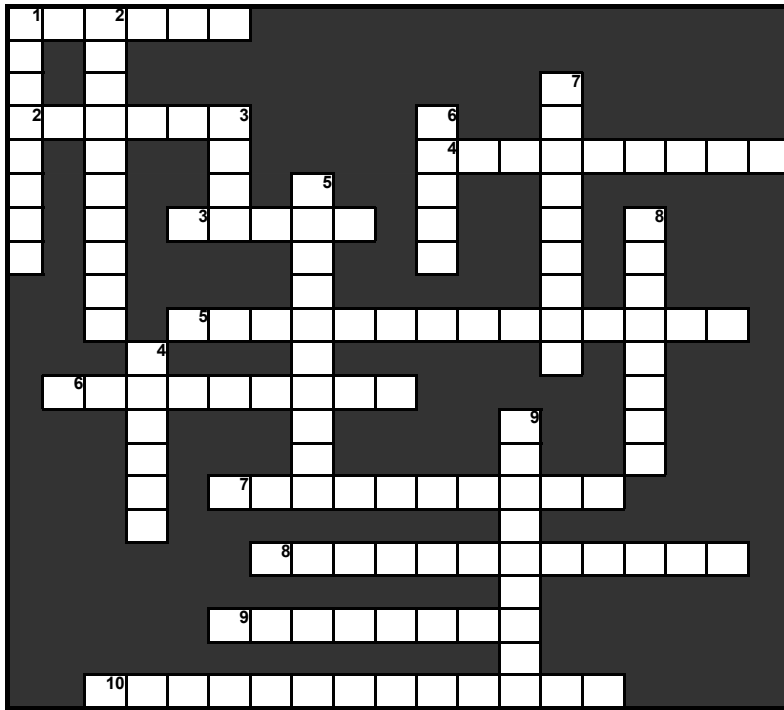
Check out our great Circuit Training classes!
See the BAAC Class Schedule for days and times!



DID YOU KNOW?

It is estimated that 75-90% of medical visits are stress related. The breakdown of the mind/body connection compromises the immune, cardiovascular, and digestive systems. -According to the American Institute of Stress





Across

1. An estimated 70-90% of medical visits are related to this.
2. When it comes to supplements, high _____ drinks can also mean high sugar.
3. This type of exercise is a low impact way to help improve cardiovascular health, overall strength, and flexibility.
4. The three components of the FIT principle are frequency, _____, and time.
5. Doing this type of exercise on a regular basis can strengthen the heart muscle, as well as help lower the risk for heart disease.
6. To find your maximum _____, take 220 – your age.
7. Everything in _____. (The ‘M’ word)
8. Water exercise can improve one’s balance and _____.
9. Doing this regularly can be a great outlet to reduce stress and/or tension.
10. The ACSM says that doing at least _____ of aerobic exercise on most days of the week can improve one’s health.

Down

1. This type of training can make muscles stronger and improve bone density.
2. Name for the number of times and exercise is performed in a set.
3. The name for this exercise means “yoke” or “join”.
4. Taking time to do this before your workout can not only make your workout more effective, but can prevent injury.
5. Thirst is a tell-tale sign of this.
6. A diet high in _____ can aid weight-loss, and lower the risk of both heart disease and colon cancer.
7. The number of times one exercises in a week.
8. Doing this after exercise is necessary to help the body recover from exercise as well as lower the occurrence of soreness and injury.
9. Maintaining proper body _____ throughout your workout can greatly reduce the risk of injury.

Answers will be posted in the May Newsletter.

10 Ways to Poison Your Career

- 1. Possessing poor people skills.**
A little likeability goes a long way.
- 2. Not being a team player.**
No one feels comfortable around a prima donna.
- 3. Missing deadlines.**
Organizations need people they can depend on.
- 4. Conducting personal business on company time.**
Company email and phone systems are for company business.
- 5. Isolating yourself.**
Develop and use relationships with others in your company and profession.
- 6. Starting an office romance.**
Unless you’re in separate locations, office romances are a bad idea.
- 7. Fearing risk or failure.**
If you don’t believe in yourself, no one else will.
- 8. Having no goals.**
Eighty percent of your effectiveness comes from twenty percent of your activities.
- 9. Neglecting your image.**
Fair or not, appearance counts.
- 10. Being Indiscreet.**
Be careful where you hold conversations and what you say to whom.

Lorenz, Karen. Wwww.careerbuilder.com. Online. March 1, 2006.



Denise with her client Lecretia. See the front desk for more personal training information!

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