



Join your friends!

Improve your quality of life!



*The Oregon Coast's
Most Complete
Athletic Club
Facility*

*August
2006
Newsletter*

What is the latest information on health?

Drinking water for health- how much water do you need

You need a minimum 8 to 12 cups of water per day and even more to replace the fluid you lose during exercise. Depending on your size and perspiration rate, you lose about four cups of water per hour of exercise.

If you are working out in a mild climate, you are probably losing about 4 to 8 cups of water through perspiration.

Drink at least two cups of water upon awaking. Your body is in a dehydrated state after a long sleep and needs water. To ensure that you are getting enough fluids throughout the day, drink 8 to 12 cups of water throughout the day.

Drinking water for health-Before exercise

Drink at least 2 cups of water two to three hours before exercise and 1 cup of water immediately before exercise. In very hot or cold temperatures, you will need even more water, usually 2 cups immediately before exercise.

Drinking water for health-During exercise

Drink one cup of water for every 15 minutes of exercise and more in extreme temperatures. Make regular water breaks a part of your training.

Drinking water for health-After exercise

Drink 2 to 3 cups of water within two hours after exercise. Continue to drink and additional 30 to 50 percent more fluid for the next 3 to 4 hours. It is very important that drink water for health and that you keep your body well hydrated. Even a small, temporary shortage of water can impair your body's functions.

Coffee Health Risks: For the moderate drinker, coffee is safe says Harvard Women's Health Watch

(Boston , MA) Despite 20 years of reassuring research, many people still avoid caffeinated coffee because they worry about its health effects. However, current research reveals that in moderation—a few cups a day—coffee is a safe beverage that may even offer some health benefits. The September issue of *Harvard Women's Health Watch* weighs the pros and cons of this popular beverage and eases the concerns of moderate coffee drinkers.

The latest research has not only confirmed that moderate coffee consumption doesn't cause harm, it's also uncovered possible benefits. Studies show that the risk for type 2 diabetes is lower among regular coffee drinkers than among those who don't drink it. Also, coffee may reduce the risk of developing gallstones, discourage the development of colon cancer, improve cognitive function, reduce the risk of liver damage in people at high risk for liver disease, and reduce the risk of Parkinson's disease. Coffee has also been shown to improve endurance performance in long-duration physical activities.

Popcorn for a Healthy Snack?

Many Americans who are trying to eat more healthfully switched to popcorn for snack time. Then came reports that the popcorn sold at movie theaters can contain as much fat as three to five Big Macs. Confusion now reigns: "Is popcorn a health food, or is it as bad as chips and cookies? Will popcorn help me lose weight or make me gain it?"

Popcorn itself is a nutritious snack choice, containing more fiber than snacks made with refined flour. In the standard three-cup serving (the size of a small mixing bowl), air-popped popcorn contains just 93 calories and less than 1.5 grams of fat. But don't be fooled by pre-popped products labeled "air-popped." Although they aren't cooked with fat, they may be sprayed with fat afterwards, bumping up a three-cup serving to about 170 calories and more than 10 grams of fat.

Do you know that men need to eat more fruits and vegetables than women?

The National 5 A Day program is encouraging men, who have greater health risks than women for some diseases, to shoot for nine servings of fruits and vegetables each day and women to aim for seven servings a day.

Fruits and vegetables contain many powerful and important nutrients such as vitamins, minerals, fiber and disease-fighting phytochemicals, and that helps reduce the risk of many cancers, heart disease, high blood pressure and diabetes.

Why do men need more than women?

The recommended servings are greater for men because more than two-thirds of men are overweight or obese, and men have a higher death rate for certain diseases than women.

Those diseases include:

- 1 Cardiovascular disease (1 times greater)
- 2 Lung cancer (About two times as high)
- 3 Colorectal cancer (1 times greater)

What is the future going to be like?

I can tell you what the future is going to be like! It's going to be pretty much like it has been in the past... The people of this community will continue to demand quality services with all the businesses they deal with; and Bay Area Athletic Club is going to continue to strive to offer our member's the finest family health club on the Oregon coast.

We will continue to improve our staff to serve you, and to improve and expand our facility with the latest in exercise equipment, information and technology.

We have been improving steadily over the past 27 years and have reliably provided the best programs and family health club services that have been possible and at the same time made great contributions as a long time successful employer in the community.

Thank you both members & staff for the suggestions that have helped us improve. Thank you for your patiences and understanding when we have setbacks. And most of all thank you for sticking with us for these many years of growth.

Many local businesses have gone by the wayside and businesses will continue to come & go. But we are committed to be solid and continue to grow and improve in the future. We hope you are with us for a long time to come!

We have the strength to stay in business and continue that commitment to quality in all that we do, bringing you the best possible experience every time you visit us.

What is the truth?

We all want the truth, "*the truth and only the truth*", right? We I'll tell you the truth. We are here to serve and we are here to have fun. "Work hard & play hard"... It's a good philosophy of life and it encompasses many things... many goals that rely on a complete and fulfilled life including those that you serve, your peace of mind, your body and nourishment, your relationship with loved ones, your community, your work and your education and the things in life you want to do and places you want to go.

So what's all that have to do with the truth? The truth is you have to stay healthy to serve or to have fun.

You can serve no one, not even yourself, unless you take care of your health.

And for some, taking care of their health isn't all that fun. So Bay Area Athletic Club tries to make exercise something you look forward to doing because you enjoy how it makes you feel, not something you have to do.

We try to offer a lot of entertainment value to our members; it is an active place to see old friends and make new friends. Families, kids, students and seniors all have quality activities to keep their minds on the fun part of staying in shape.

We at Bay Area Athletic Club want to serve the community by providing an affordable, fun & safe place to exercise with your family and your friends. We are the only place like it on the Oregon coast! Nobody else has or even comes close to what we offer. And that my friends, is the truth!

Bryan – B.A.A.C. Manager



New
SPINNING GROUP CYCLING CLASSES

Join Elizabeth on Tuesday & Thursday at 6am & 7pm
for B.A.A.C. newest class.
More classes to come!!!

Aug 2006 07.13.2006



Our suntan cards are on sale for half price!
50 fifteen-minute tans
for just \$50.

And, you may share this card with a friend!

B.A.A.C.
has been
servicing the
Bay Area
for over 27
years!

**Dancing
 Thru
 the Core**



Join Kūshlin in an
 aerobic journey of
 Body/Mind connection.

Exploring the 5 Rhythms of life, we will soar on music from around the world.

Pilates toning exercises will center, strengthen, & ground us back home.

*We can make exercising
 and getting in-shape
 about as fun as it can get.*

**Have Fun, Exercise, Relax &
 Relieve Stress, and Have a Great
 Summer... at B.A.A.C.**
 Tell your friends about our
“Summer Special”
3 months for \$139

When: Tuesdays @ 4:20 PM
Where: Bay Area Athletic Club
Bring: Your Sense of Adventure

Visit our great website
(designed by Arena!)....
WWW.BAACFITNESS.COM

*We offer something for
 the whole family...
 all under one roof!*

Have a friend that needs exercise?

Then bring them on a "Free Adult Guest Day"!

For computer picture card members only to bring one Adult guest to the club for free!!



Friday July 21th
Wednesday August 9th
Saturday August 19th

Don't miss this opportunity to bring a friend or family member with you to the club at no charge!

Swim, play racquetball, work-out, sauna - steam - hot tub; do what ever you like! Bring a friend that you think needs more exercise in their life. Maybe they will get hooked!

DINE IN ~ TAKE OUT ~ DELIVERY
 Big Screen TV/VCR
 Game Room
 Thin or Pan Crust
 Over 20 Toppings
 Over 30 Item Salad Bar
 Sandwiches, Spaghetti & Appetizers

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