

# Bay Area Athletic Club

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



Newsletter

December 2005

## New website under construction!

Visit <http://www.baacfitness.com> to see a working preview of our new website featuring downloadable forms, up-to-date rates and policies and even a gallery.

*Feedback is gladly welcome.*

Our previous site at <http://www.baac.us> is still up also.



### Quote of the Month:

"If you don't do what's best for your body, you're the one who comes up on the short end."

-Julius Erving



## Children Home for the Holidays?

Take advantage of BAAC's special for children ages 21 or under. A one-month pass is \$25. Great for children home from school and a perfect way to keep children involved in activities as the days get darker and rainier.



### **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....

**Saturday December 17th**

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.)

*Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.*

*-Norman Vincent Peale*



## Merry Christmas and Happy New Year!

BAAC will close early at 6 p.m. on Saturday, December 24th (Christmas Eve) and on Saturday, December 31st.

**We will be closed on Christmas Day and New Year's Day.**

# Attention Members! New Class! Hip-Hop Dance

Our new instructor, Ciara, will be teaching Hip-Hop Dance class at the Pony Village Mall Club and at the main facility.



Times are Tuesday from 7-8 p.m. at the main facility in Empire and on Saturday from 11 a.m. to noon. At the Pony Village Mall it is Monday, Wednesday and Friday from 9 a.m. to 10 a.m. Come and join!



## *Instructions for Life*

1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three R's:
  - \* Respect for self,
  - \* Respect for other's and
  - \* Respect for all your actions.
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great relationship.
7. When you realize you've made a mistake, take immediate steps to correct it!
8. Spend some time alone every day.
9. Open arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It's a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.
17. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.

## The Seven Deadly Snacks

1. Candy-like “Energy” Bars: Some nutrition bars offer decent amounts of fiber and some protein; others are fortified candy bars.
2. Doughnuts: Avoid these fried-bread-and-sugar concoctions at all costs, as they’ll add pounds to your waistline and nothing to your nutritional tally for the day. And who among us can stop after eating just one?
3. Fat-free cookies, muffins and candy: What these simple carbs lack in fat, they make up for in sugar. Expect them to stoke — rather than suppress— your appetite.
4. Full-fat microwave popcorn: It may not be as sinister as most movie popcorn, but the buttered microwave varieties contain significant amounts of unhealthy saturated and trans fats. Opt instead for the 94 percent fat-free kind.
5. Bakery bagels: Although these oversize bagels pack tons of calories (anywhere from 300-600), they won’t keep you full for long.
6. French Fries: The recipe for this nutritional nightmare: starchy white potatoes cooked up in hot fat and flavored with chemicals and sugar.
7. Pork Rinds: Carbo-phobes have exalted these salty snacks to newfound fame. Rather than preach about why pork rinds are not part of a healthy, balanced diet, we’ll just offer a quick description: slabs of pig skin, deep-fried in lard. Need we say more?



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### December 2005’s Recipe Corner: Mediterranean Turkey Wrap



- 1 avocado, pitted and sliced into 16 wedges
- 1 teaspoon fresh lemon juice
- 4 sun-dried-tomato– or spinach-flavored flour tortillas (10 1/2-inch diameter)
- 12 thin slices deli roast turkey breast (about 8 ounces)
- 1 large tomato, cut into 8 thin slices
- 1/4 cup mild tomato salsa
- 1/4 cup plain nonfat yogurt

**Directions:** In a small bowl, toss avocado and lemon juice to prevent discoloration. Place tortillas on your work surface. Top the right half of each with 3 slices turkey, 2 slices tomato and 4 slices avocado. In a small bowl, combine salsa and yogurt; drizzle on top of avocado. Season with salt and pepper. Roll up tortillas, beginning on the filled side.

Makes 4 wraps.

*Nutritional information per serving: 365 calories, 15 g. protein, 48 g. carbohydrates, 8 g. monounsaturated fat, 2 g. polyunsaturated fat, 2 g. saturated fat, 5 g. fiber.*

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### How to Fix A Stagnant Workout: Your Strategy: Dump the same old routine.

Push through plateaus and you’re likely to break down. Weak supporting muscles or stagnant workout routines can kill strength gains and expose you to injury, says Michael Mejia, C.S.C.S. He recommends switching your workout every 4-6 weeks. “The load is what our bodies adapt to most quickly,” says Mejia. “Altering your rep range can keep things fresh. You might do three sets of eight repetitions of the bench press for 1 month to gain size, and eight sets of three the next month to focus more on strength.”



## Vast Majority of Americans Likely to Become Fat: Continued from November's Newsletter

Susan Bartlett, an assistant professor of medicine and an obesity researcher at the Johns Hopkins School of Medicine, said the study was one of the first to look at the risk of becoming overweight.

“The results are pretty sobering, really,” said Bartlett, who was not involved in the research.

While the health risks of being obese are much more severe than being overweight, those who are overweight are much more likely to go on to become obese, Bartlett said.

The study shows Americans live in an “environment in which it’s hard not to become overweight or obese. Unless people actively work against that, that’s what’s most likely to happen to them.”

Obesity raises the risk of heart disease, some cancers, diabetes and arthritis, and being overweight raises blood pressure and cholesterol, which in turn can raise the risk of heart disease.

The number of deaths linked to obesity has been heavily debated. Earlier this year the U.S. Centers for Disease Control and Prevention said obesity causes only about 25, 814 deaths annually in the United States – far fewer than that 365,000 deaths the agency had earlier reported. Other scientists have disagreed with the revised conclusion, while organizations representing the food and restaurant industry think weight-related ills have been overstated.

As for the Framingham study, Mark Vander Weg, a Mayo Clinic psychologist who researches obesity but was not involved in the study, said it is one of a few to track a group of individuals over an extended period.

“What’s becoming concerning is that these results actually may underestimate the risk of becoming overweight or obese among the general population” because minorities, who are at an increased risk for obesity, were not included in the study, Vander Weg said.

Recent trends also suggest that people currently coming into middle age may be even more likely to become overweight or obese than those who were studied, Vander Weg said.

While more studies that include more diverse populations are needed, he said, the results “add to a growing body of evidence that makes it increasingly apparent that the more effective prevention and treatment strategies are urgently needed.”

Oct. 4, 2005. <http://www.msnbc.com>



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