

Bay Area Athletic Club

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



Newsletter

February 2006

Visit us on the web at <http://www.baacfitness.com!>

St. Valentines Day Massacre Racquetball Tournament

Dates: February 16th, 17th, 18th, & 19th

Deadline: Sunday February 12th

Entry Fees: \$35 first event - \$10 second event

Hours: Thursday play begins at 6:00pm

THE NEW FOOD GUIDE

<u>Food Group</u>	<u>Adults</u>	<u>Kids</u>	<u>Types of foods</u>
Grains	6 oz	3 oz	1 oz = 1 slice of bread, 1 cup dry cereal, 1/2 cup cooked rice, pasta, cereal
Vegetables	2.5 cups	1 cup	1/2 cup = 1/2 cup cooked veggies, 1/2 cup cut up raw veggies or 1 cup, raw leafy veggies
Fruits	2 cups	1 cup	1/2 cup = 1/2 cup fresh, frozen, or canned fruit, 1 medium sized fruit, 1/4 cup dried fruit
Dairy	3 cups	2 cups	1 cup = 1 cup low-fat/fat free milk or yogurt, 1.5 oz low-fat/fat free natural or 2 oz processed cheese
Protein	5.5 oz	2 oz	1 oz = 1 oz of cooked lean meats, poultry, fish, 1 egg, 1 tbsp. peanut butter, 1/2 oz nuts, 1/4 cup cooked beans
Oils	6 tsp.	4 tsp.	1 tsp. = 1 tsp. vegetable or olive oil, 2 tbsp. light salad dressing, 1 tbsp. low fat mayonnaise

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 February 4th

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.)

Tip of the Month:

The Diabetes Sleep Cure?

A better nights sleep may improve symptoms. A link between sleep apnea and diabetes has long been suspected. Treating sleep apnea can lower blood sugar levels, which may cut the risk of complications such as heart disease or eye and nerve damage. By wearing a CPAP mask (which keeps the nasal passages open, preventing airway collapse) it lowered the glucose as much as other therapies, such as exercise.



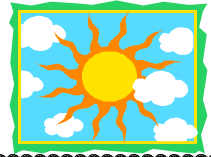
Strength Training for Children

Many parents and physical education teachers have traditionally shied away from strength training with their children /students, and for good reason. Until recently, the research just hadn't been done to support the effectiveness and, more importantly, the safety of children training with weights. But now there is sufficient research to suggest that strength training is a suitable-and safe-option for most youth. Tips to use when a child begins a strength training routine. 1- Children should begin with two, non-consecutive weight training sessions with a personal trainer per week and perform 8-12 strength exercises that work all of the major muscle groups. 2- Using controlled movement speed, children should lift enough weight for 10-15 reps per set. 3- Children should increase their weight loads by 5% to 10% whenever 15 reps can be done easily. 4- Try working with medicine balls and resistance bands in addition to weight machines or weight to add variety to the child's workout.

Look next month for more info on

Cinnamon for high cholesterol

Adding a dash of cinnamon to coffee, cereal, or toast may help control blood sugar and cholesterol.



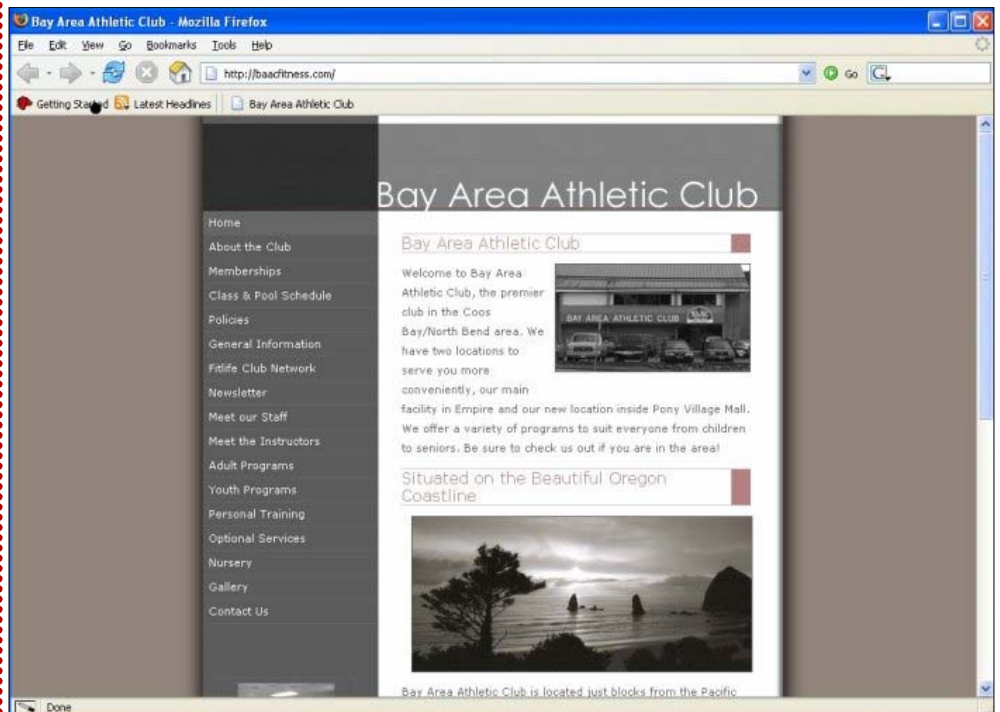
!Wow! You have been working here how long?

Recognizing our long term instructors

<u>Names</u>	<u>Have been here since</u>
<i>Donna</i>	<i>1990</i>
<i>Mary</i>	<i>1990</i>
<i>Angie</i>	<i>1997</i>
<i>Yvonne</i>	<i>1997</i>
<i>Denise</i>	<i>1997</i>
<i>Johanne</i>	<i>1999</i>
<i>Arwin</i>	<i>1999</i>
<i>Deb</i>	<i>2000</i>
<i>Paula</i>	<i>2000</i>
<i>Sherryl</i>	<i>2000</i>
<i>Jason</i>	<i>2000</i>
<i>Sandy</i>	<i>1988</i>

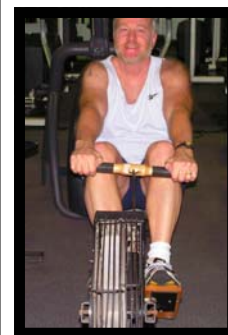


Check out our new website! [Http://www.baacfitness.com](http://www.baacfitness.com)



A New Years Resolution Guide To A Healthy Lifestyle

1. Set the goals that you wish to attain
2. Keep a journal
3. Develop a plan of action
4. Make a list of habits that you absolutely must change
5. Note beliefs that you have associated to these unwanted habits
6. Carefully define your philosophy of life
7. Judge whether it is based
8. Take small daily steps towards making these changes
9. Expect set backs and disappointments
10. Stay focused, learn from your mistakes, and make the needed adjustments
11. Take it one day at a time-and do not rush
12. Take on only what you can handle effectively
13. It takes time and consistent commitment to accomplish your goals
14. Take detailed notes on your progress
15. Visualize your success while practicing your new skills



Fitness Fact: *In 2000, poor diet, obesity and physical inactivity caused 400,000 deaths in the US*

Baby Pool Contest Winners

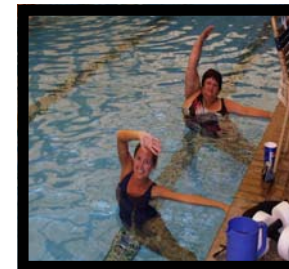
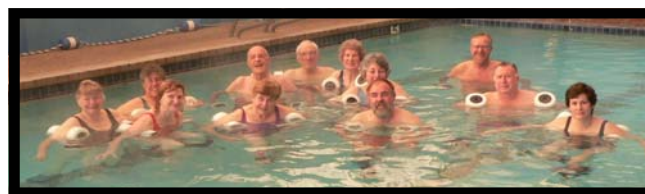
Congratulations

Mary Ann Whitney (Amy's)

And

Debbie Lal (Jessi's)

Come to the front desk to claim your free snack bar item



January 2006's Recipe Corner: Baby-Frisee Salad



salad

- 1/3 cup fig (or strawberry) jam
- 1 tablespoon olive oil
- 1/4 teaspoon ground coriander
- 4 red baby beets, peeled and diced
- 4 golden baby beets, peeled and diced
- 1/2 cup coarsely chopped pecans
- 1 1/2 lb baby frisee
- 4 tablespoons finely crumbled goat cheese

Vinaigrette

- 5 tbsp sherry vinegar
- 1 shallot, finely diced
- 1 tbsp mustard seeds
- 1 tbsp dry mustard
- 1 tbsp honey
- 3 tbsp olive oil

Directions: For salad: heat oven to 375. In a bowl, mix jam, oil and coriander. Add beets; toss to coat. Layer in medium casserole dish. Cover with foil; roast pecans over med-low heat until brown (a few minutes). Combine lettuce, beets and pecans in a bowl. For vinaigrette: In a bowl, mix vinegar, shallot, mustard seeds, dry mustard, honey, and 1/2 tsp water. Slowly whisk in oil. Season with salt and pepper. Toss salad with dressing. Plate each salad; sprinkle with goat cheese.

Nutritional analysis per serving: 204 calories, 3.6 g. protein, 17.4 g. carbohydrates, 14 g. fat, 2.4 g. saturated fat, 3.2 g. fiber.

Quote of the month

“Never, say never, nothing is impossible, put your limits to the test”

Donna's Fitness Corner

Mindful Stretching

For many of us stretching is something we think we are supposed to do after our workout but have you ever really thought about why you should stretch, how you should stretch and what the benefits are? Most of us live in a fast paced high stressed world. Life seems to fly by and technology seems to push forward constantly. It is no wonder our minds and bodies feel so out of sorts. All of us need to take time to settle down and listen to how our minds and bodies feel and how their connection is so important. The next time you stretch allow your minds to quiet by focusing on your breath. As thoughts fill your mind acknowledge them then let them go. Try focusing on each inhale and exhale to center yourself inward.

Notice how your breath creates an effortless expansion and contraction. If you find areas that are tense, Immobile or unresponsive to the flow of your breath try imagining your breath originating deep within these tense places. With each breath allow your muscles to slowly shift from tension to release from density to expansion, from hard to soft.

With continual release of muscle tension you will notice with chronic muscular stress your thoughts cannot be at ease. As release from neck, shoulder and body tension dissipates you will notice that your mind calms as well. Everything you do can be done better with a relaxed and centered body and mind. So not only is stretching important for muscle and joint flexibility, improved circulation, injury prevention and reducing muscle soreness, It is also important for mental clarity and calm throughout. Excess tension tires us, stifles free flow of breath and energy and makes us more vulnerable to injury.

Breath...Stretch...Relax...Enjoy life completely.

Wishing you wellness,
Donna Von Lobedan

Real-Life Weight Loss – Arena Roth – Lost 75 pounds 2 1/2 years ago

Throughout most of my life I was overweight, topping the scales at 200 pounds. In July of 2003 I finally made a choice that I was going to loose it all, once and for all. I started by trashing anything tempting in the house and then ate small meals which I nibbled on around the clock. Within 7-8 months I had lost 50 pounds. I plateaued there at 150 for a few months and then dropped another 15. I honestly believe that you can change your metabolism when you loose weight, as I've gradually added some foods I used to avoid (like the occasional slice of pizza) and my weight doesn't budge. The adage that "nothing tastes as good as skinny feels" is true, but it's also the feeling of being healthy and having extra energy. The one best piece of advice I have is to avoid fast food as much as possible and avoid the center aisles of the grocery store where all the processed foods are. The more healthier food you put in your body, the healthier you will feel, honest!

