

Bay Area Athletic Club

985 Newmark, Coos Bay
888-5507

Newsletter June 2007

Visit our website: <http://www.baacfitness.com>

Free Adult Guest

Do you have a friend you'd like to treat to a free visit to the club? Then bring them in on...

June 15th.

For permanent picture card members only.
One adult guest 18+ per member contract. (any other guests may pay a guest fee of \$7.
unaccompanied walk-in non-members pay a day use fee of \$10.



Meet Whitney!!

New Spinning Instructor



Join her Mondays/Wednesdays/
Fridays
At 5:30pm

Hatha-Yoga

w/ Donna

Mondays and Wednesdays

5:50pm



NURSERY HOURS:

Monday-Friday 9am-11am

Monday-Thursday 5pm-8pm

w/ Trinity, Jessica, and Angie



Tanning

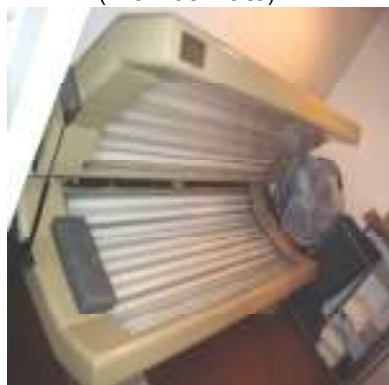
50 Tans for \$50

OR

1 15 minute Tan \$2.50

1 30 minute Tan \$4.50

(member rate)



Special points of interest:

- Quick tips to get ready for summer.
- SPF 15 + + +.
- Foods that help your mental state.
- After workout snacks.



Last-minute look-good tips



Think you can pump iron just before hitting the beach to magically look more buff? Forget it, say fitness experts, who note that any effect is very short-lived (as in 10 minutes). But there are some steps you can take within a day or two of donning that swimsuit to look more svelte, says Cynthia Sass, a registered dietitian and personal trainer in Tampa, Fla. To help avoid bloating (caused by air or food in the digestive tract), she recommends:

Avoiding carbonated beverages—Not using straws or chewing gum—eating slowly because gulping food traps air—Avoiding gas-producing foods such as beans and broccoli—Drinking water and eating juicy fruits to clean out your system—Skipping salty foods, which cause you to retain water.

*Snacks
Post
Work-out!*



Protein Shake with Banana

"After a workout, you want ample protein combined with a carbohydrate," says Reisinger. A protein shake made from whey protein, water, and half a banana is a great choice, since your body quickly turns it into energy.

Peanut Butter & Banana on Rice Cakes

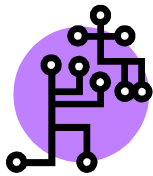
If you're craving something more substantial after a workout, a healthy peanut butter and banana sandwich will fit the bill. Instead of bread, smooth your peanut butter onto two brown rice cakes for extra fiber (without empty carbs). And while you may usually avoid bananas because they're too full of sugar, eating one after a workout is just fine. "This is one of the only times I recommend a high-glycemic carbohydrate source such as banana, because the uptake will be rapid," says Reisinger. Translation: It'll replenish your energy quickly.

Hummus and Pita

Another great carb/protein combo: Hummus and whole wheat pita. Hummus, a dip made from pureed chickpeas, gives you both carbs and protein. Coupled with the slow-release energy from the whole wheat pita, it makes for a snack that'll keep you fueled for hours.

Yogurt and Fresh Berries

Protein makes sense after a workout, since it contains amino acids that help build muscle. "Your muscles are depleted of amino acids after a workout, so you need an adequate supply of protein to help build them up," says Reisinger. Low-fat yogurt can pack nearly 15 grams of protein; add some berries for carbohydrate-driven energy.



Lemon Ricotta Granita

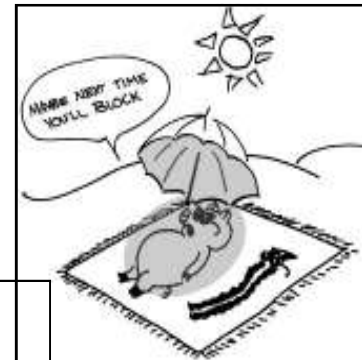
- 1 cup water
- 3/4 cup plus 1 tablespoon sugar
- 2/3 cup strained fresh lemon juice
- 3/4 cup whole milk ricotta cheese
- Pinch salt
- 1 lemon, for zesting

Stir the water and 3/4 cup of sugar in a medium saucepan over high heat just until the sugar dissolves. Whisk in the lemon juice. Pour the lemon mixture into an 8-inch square glass dish. Cover and freeze, stirring occasionally, until the liquid just becomes slushy, about 2 hours. Using a fork, scrape the granita every 30 minutes until it is completely made up of ice crystals. (The granita can be prepared up to 2 days ahead. Cover and keep frozen, and scrape every so often so that the crystals stay loose.)



← Check out our awesome BAAC clothing!

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- Sports Bras
- An assortment of colors and styles!

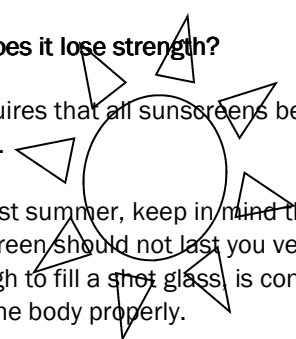


Can I use the sunscreen I bought last summer..

or do I need to purchase a new bottle each year? Does it lose strength?

Unless indicated by an expiration date, the FDA requires that all sunscreens be stable and at their original strength for at least three years.

While you can use the sunscreen that you bought last summer, keep in mind that if you are using the appropriate amount, a bottle of sunscreen should not last you very long. Approximately one ounce of sunscreen, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body properly.



"..Melanoma will cause 79% of skin cancer deaths.."

Corn, Avocado, and Tomato Salad

RECIPE INGREDIENTS: ■ 2 tablespoons olive oil ■ 1 tablespoon fresh lime juice ■ 1/4 cup chopped cilantro ■ 1/4 teaspoon salt ■ 1/4 teaspoon freshly ground pepper ■ 2 1/2 cups fresh corn kernels (from about 5 ears) ■ 1 1/2 cups diced avocado (1/2-inch pieces) ■ 1 pint cherry tomatoes, quartered ■ 1/2 cup finely diced red onion

1. In a large bowl, whisk together the olive oil, lime juice, cilantro, salt, and pepper.
2. Add the corn, avocado, tomatoes, and onion and toss to mix. Serve at room temperature. Serves 4 to 6.



Bay Area Athletic Club

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Your Mood: Anxious
 You need to stay sharp through a grueling job interview.
 Your Meal: Half a grilled-chicken wrap at lunch, hold the mayo
 Here's Why: Eating between 4 and 5 ounces of protein helps your brain create dopamine and norepinephrine, neurochemicals that keep you alert, says Judith Wurtman, Ph.D., author of The Serotonin Power Diet.

Your Mood: Stressed
 You have to meet a deadline without being overwhelmed.
 Your Meal: A handful of sesame seeds while you're working
 Here's Why: Stress hormones can deplete your body's supply of magnesium, reducing your stress-coping abilities and increasing your risk of developing high blood pressure, says Elizabeth Somer, R.D., author of Food & Mood.

Your Mood: Restless
 You need some serious shut-eye before the big day.
 Your Meal: Nonfat popcorn half an hour before you go to bed
 Here's Why: The carbs will induce your body to create serotonin, a neurochemical that makes you feel relaxed. "Make sure it's fat-free, because fat will slow the process of boosting serotonin levels," says Somer.

Your Mood: Depressed
 Problems at home are doing you in.
 Your Meal: Grilled salmon or sushi for dinner
 Here's Why: A study in Finland found that people who eat more fish are 31 percent less likely to suffer from depression. And skip sweet, simple carbs the inevitable sugar crash can actually deepen depression.

Your Mood: Insecure
 Your confidence is waning as the night wears on.
 Your Meal: A snack-size chocolate bar when she's in the bathroom
 Here's Why: Chocolate contains a host of chemicals to brighten your mood, Somer says, including anadamine, which targets the same receptors as THC, and phenylethylamine, which produces a cozy, euphoric feeling.

Your Mood: Flummoxed
 You've forgotten your last two deadlines.
 Your Meal: Pineapple chunks for a snack or a cup of berries in your oatmeal
 Here's Why: Antioxidants from the most-colorful fruits and vegetables help pick off the free radicals that wear away at your memory. "Because your brain consumes so much oxygen, oxidants do heavy damage there," says Somer.

Starting your day with coffee can help you lose weight by suppressing your appetite! Don't drink a cup with a meal, instead opt to drink it an hour or more after breakfast!



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