



Bay Area Athletic Club

985 Newmark
888-5507

Newsletter
June 2006

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

FREE ADULT GUEST DAY

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

Saturday, June 17th.

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

College Students Tackle Stress Through Exercise:

A recent survey of more than 300 college students found that many college students experience high levels of stress, and to deal with that stress, a quarter of them turn to exercise. Fifty-one percent exercise three or more times a week, with about 40 percent exercising at a fitness club or facility, according to the Experience.com Wellness Poll. When it comes to nutrition, 55 percent reported eating a balanced diet of Protein, carbohy-

fruits, vegetables and dairy three to six times a week, whereas 17 percent eat a balanced diet seven days a week. Forty-six percent said that they eat breakfast everyday.

Summer Special!
Three Month Pass for
\$139
Come in today!

Thanks for making the May the Fourth Be With You BBQ one of our best!



Did You Know?
Cuts and scrapes heal up to 25% faster on people who exercise regularly...





After 17 years Sandy has left to pursue other opportunities...

June 2006 Recipe Corner

Green and White Pasta Salad

- 1/3 cup fat-free cottage cheese
- 1/3 cup fat-free sour cream
- 3 tablespoons commercial pesto
- 3 tablespoons hot water
- 2 teaspoons lemon juice
- 1/4 teaspoon kosher salt
- 1/4 teaspoon coarsely ground black pepper
- 1 cup snow peas, trimmed and thinly cut crosswise (4 cuts per pod)
- 1 1/2 cups (4 oz) uncooked farfalle (bow tie pasta)
- 3/4 cup frozen peas, thawed
- 1 1/2 tablespoons chopped fresh flat-leaf parsley



1. Place the first 7 ingredients (through pepper) in a food processor; process until smooth.
 2. Place snow peas in colander, and set colander in sink.
 3. Cook pasta according to package directions, omitting salt and fat (about 12 minutes). Drain over snow peas; rinse under cold water, and drain well. Combine pasta, snow peas, frozen peas, and pesto mixture in large bowl, and toss to coat. Sprinkle with parsley. Yield: 4 servings (serving size: about 1 1/2 cups)
- Calories: 203 (20% from fat); Fat 5g (sat 1g, mono 1g, poly 2g); Cholesterol 3mg; Protein 9g; Carbohydrate 31g; Sugars 6g; Fiber 3g; Iron 2mg; Sodium 350mg; Calcium 84mg

Congrats
and you will
be missed by
everyone!

A Sense of Alignment

The most important aim in life is to be happy, calm, confident and relaxed and to feel in complete control of every aspect of your life. Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals and values are in alignment. The two major areas of balance that you need to be concerned with on a daily basis are physical and emotional.

Physical Balance

Adjust your behaviors in such a way that you enjoy high levels of physical health and energy most of the time. From the time you get up in the morning to the time you go to bed at night, think about things you can do to assure that you live a long, healthy life.

Seven Healthy Habits

A study was conducted over a period of 20 years on 8,000 men to determine what physical habits they had that caused them to live longer, or to die earlier than their peers. This study, The Alameda County Study,

discovered that there were seven common habits practiced regularly by the people who seemed to be the healthiest, live the longest and have the fewest sick days per year. These habits are:

1. **Eat regularly.** People who eat irregularly, at different times and in different amounts throughout the day, are more likely to be fatigued and have physical ailments than those who eat on a regular basis.
2. **Eat lightly.** Avoid foods high in fat, sugar and salt and incorporate more fruits, vegetables, whole grains and lean sources of protein into your diet to feel better, sleep better and improve your whole life.
3. **Do not snack between meals.** When snacking between meals, the introduction of new food interrupts the ongoing digestive process and leads to drowsiness and improper digestion.
4. **Do not smoke.** Smoking is so detrimental to the entire human system that it alone causes more illnesses than all the other environmental or hereditary factors put together. The very act of quitting smoking can do more to improve a person's overall health than a change in any other single health habit.
5. **Consume alcohol in moderation.** The recommendation is no more than one or two drinks per day, and fewer are desirable.
6. **Sleep seven to eight hours every night.** Getting proper rest is one of the more important things you can do to keep your physical life balanced. If you allow yourself to become overtired, your immune system breaks down, and you become susceptible to illnesses.
7. **Exercise regularly.** The rule with regard to your body is "If you don't use it, you lose it." Exercise can have a tremendous impact in helping you to feel better, digest better, sleep better and be a happier, more positive person.

Adjust your behaviors in a way that you enjoy high levels of physical health and energy most of the time.

Emotional Balance

The second area of balance that is important to you is your emotional life. How you feel emotionally has a dramatic effect on your physical body. When you are emotionally well balanced, you feel calm, confident, relaxed, poised and at peace with yourself and life.

Self-Concept

Your self-concept is made up of all the ideas, experiences, decisions, emotions, knowledge and beliefs that you've developed from infancy. You always behave on the outside in a manner consistent with your self-concept inside. There are three parts to your concept:

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3. Self-esteem: This is how much you like yourself and respect yourself. Your level of self-esteem determines your personality, your level of stress, how much enthusiasm and excitement you have in life how happy you are, how positive you are, and how well you get along with people.


You achieve a greater sense of balance by, first of all, determining your values in each area – in regard to your health, relationships, work, and so on. Next, examine your behaviors and identify the things that you are doing that are not consistent with those values. Then, resolve to change any imbalances, one by one. In bringing your behaviors into alignment with your innermost convictions, you start to feel wonderful about yourself; you feel more balanced as well as happier and healthier.

Just as a car with perfectly aligned and balanced wheels runs more smoothly down the highway, you will also run more smoothly down the highway of your life when you've taken the time and made the effort to bring everything that you do and say into balance and alignment.

- Brian Tracy



Enjoy the Sunshine!



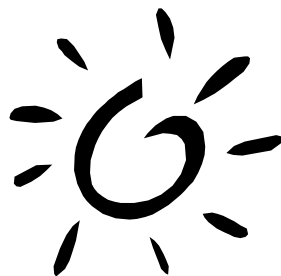
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