

Bay Area Athletic Club

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

Newsletter



VISIT OUR WEBSITE: [HTTP://WWW.BAACFITNESS.COM!](http://www.baacfitness.com) March 2006

Tip of the Month

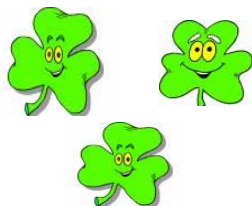
A stability ball makes abs work harder – if properly placed... For the best results, crunch with the ball under your back, keeping it under your shoulders is even less effective than crunching on the floor.

DID YOU KNOW?

To find the right shoe, run barefoot in moist, flat sand. If your footprints indent more deeply on the inside, choose a pair with pronation control... If they are deeper on the outside with no hollow under the arch, pick a neutral shoe.



Happy St. Patty Day!!



FACT
Most people mistake hunger for thirst.
Keep Hydrated!



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.....

Wednesday March 15th

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.)

Keep on Truckin'!

It's that time of year again! The tanning beds are warming up, the pool is sparkling, and the treadmills are hummin'. We're still working hard on that New Year resolution. Let's keep it going! Don't let yourself get burnt out. Keeping that routine can be one of the hardest things to do as Spring starts to grab hold and we start getting busier.

A great way to conserve your time working out is *interval training*! Interval training involves short bursts of intense activity followed by and active recovery. For example increasing the resistance on your elliptical for 2 minutes and then turning it down for one minute. Other ways would be to do a series of strength training exercises followed by 5-10 minutes of moderate cardiovascular exercise. Varying your workout will keep you from getting bored. If you are still having trouble staying motivated join one of our great aerobics classes or check out our personal training packages. The summer months will be upon us quickly so keeping coming so you can continue to look and feel great!



Members Dick & Pam Haines attended the Body For Life EXPO in Denver, Colorado Jan 13th & 14th. Dick would like to present the Body For Life Video a short introduction March 27, 2006 @ 7 PM. He would also like to share with members of BAAC the

2006 Body-for-LIFE Challenge \$50,000 Prize

Questions and Answers about the Body-for-LIFE Challenge

Q: What is the Challenge all about?

A: When EAS created the Challenge concept and held their first event 11 years ago, they hoped it would inspire people to make exercise and proper nutrition a top priority in their lives. Many people know what to do, but they discovered that they need an incentive to help them focus. The idea worked, and now the **Body-for-Life Challenge** has become internationally known as the worlds most prestigious fitness championship. But to many, it signifies much more than building a better body... the Challenge is a celebration of what is best about the human spirit. It's about growth and goodness we can all experience when we harness our untapped potential to change-to move forward and improve all aspects of our lives.

Mr. Haines Winner of the Coos County Challenge will answer all of your questions and assist you in accepting the **Body-for-Life Challenge**.

For more information you may call him at 541-888-8790



Donna's Fitness Corner

**One of the most commonly asked questions is "how can I lose this?" referring to what is known as spot reducing.*

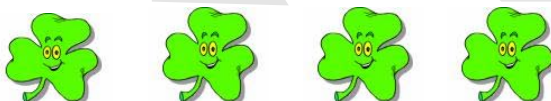
The only way to lose fat deposits (cellulite or subcutaneous fat that has dimpled) is through diet and exercise. Even localized muscle groups get energy for exercise from fat stores throughout the entire body. We can not reduce particular fat deposits in the area being worked.

For example, doing abdominal work will tone the muscles in the abdomen, but will not burn off the belly bulge. Doing leg lifts will tone the leg muscles, but will not burn off the fat in that area. However, don't count these out! Toned abdominal will help protect the back and create a strong core for other activities. Toned legs or arms will protect your joints.

Here are just a few sound guidelines:

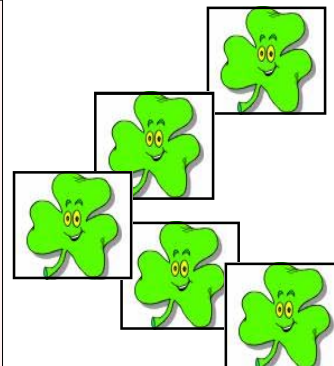
- Calorie intake should not be less than 1,200 calories per day. Try to stay away from sugar, white breads and pastries, creams...all of those simple carbohydrates and fats.
- Get 20-30 minutes of cardiovascular exercise at least 3 days a week to help burn fat and strengthen the heart and lungs.
- Weight train to help build and tone muscle to rev up the body's metabolism.
- Drink water and other fluids. Water positively effects weight loss by aiding the use of fat as fuel!

Join a group fitness lass to help keep you motivated. Remember that there are different body types and that although we can lose excess body fat and strengthen our muscles, heart, and lungs the most important thing is health and



Top 10 Mistakes Made in the Gym

1. Not stretching enough—the best time to stretch is after a warm-up and during warm-down.
2. Lifting too much weight—keeping progression gradual is far more effective and safe.
3. Not warming up prior to work-out—take a few minutes to gradually increase intensity.
4. Not cooling down—take a few minutes to lower heart rate and stretch after workout.
5. Exercising too intensely—extending *moderate* exercise longer is more effective for weight loss.
6. Not drinking enough water—water is all you need if you are exercising under 2 hours.
7. Leaning heavily on the Stairstepper—using poor posture totally defeats the purpose of this machine. Lower the intensity and stand up straight!
8. Not exercising intensely enough—work hard enough to work up a light sweat and feel satisfied with your workout.
9. Jerking while lifting—if you have to jerk to lift the weight you are lifting way too much. Remember...slow and controlled movements.
10. Consuming energy bars and sports drinks during moderate workouts—high energy is often a code for high calorie. These supplements are intended for workouts 2 hours or more in duration.



Amy and Jessi's Babies



We'll Miss You!

As you may have noticed here at BAAC, **two faces are missing. Angie Kemp has left to pursue a position with the athletic department in a local school district and Amy Gaudette has left to work on her family's new business and be at home with her baby. We wish them the best of luck with their endeavors!**



Sensational Substitutions

By: *The American Institute for Cancer*



Instead of...	Try this...
Cream	Evaporated Skim Milk
Cream to thicken Soups	Pureed potatoes or veggies
Oil base for marinade	Citrus juice/ flavored vinegar
Stick margarine	Broth/Small amt. Of olive or canola oil
Mild cheddar cheese	Reduced-fat sharp or extra sharp cheddar cheese
High-fat sauces over Meat/poultry	Veggie puree/fruit salsa
Wine	Broth/Apple juice
White Rice	Brown rice/bulgur/ kasha/quinoa/whole wheat couscous
Bread crumbs	Toasted wheat germ/ Whole wheat crumbs
Meat/poultry for Stir-fry	Extra firm tofu, cubed/ more veggies

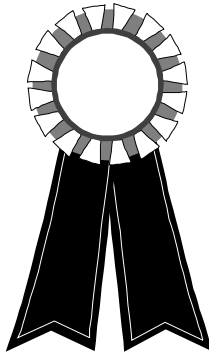
Get Fit with Denise!!




Denise Olsen is now available for personal training! At the age of 18 Denise began training and competing in body building making fitness a major part of her life. Denise has been teaching water and floor classes as well as orientations for nine years. Now she wants to give the members some personal attention. If you need a little help meeting those goals or are looking for some specific training then a personal trainer is what you need! Stop by the front desk her special—buy six one-hour sessions get one free!



Thanks to all who participated in 2006's St. Valentine's Day Massacre Racquetball Tournament!




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