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# Bay Area Athletic Club

985 Newmark,  
Coos Bay  
888-5507

Newsletter May 2007



### 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...

May 5, Saturday

May 18, Friday

For permanent 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.



**Aqua**



**Wallyball**



**Circuit**

### SATURDAY CLASSES

**Aqua & Aerobics at 9:00am**

Instructor's Choice

Get a workout over your weekend!



**spinning**



Wally Ball every Mon/Wed/Fri evening! Join the fun!

Summer is creeping.....

Keep up the hard work!

# Spring is here!!



## Ways to Beat Those Allergies this Spring

\* **STAY IN.** Pollen season usually starts in March or early April, but it January in warmer climates. When the pollen count is high or winds ties. Keep the windows in your home and car closed and crank up the which can provide hay fever relief.

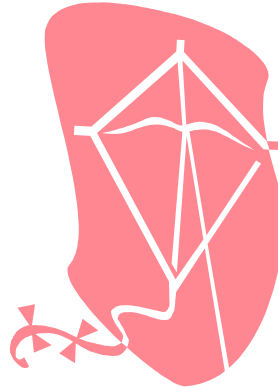
\* **WEAR PROTECTION.** Wear a dust mask while mowing the lawn or haling pollen or mold. Better yet, give the yard work to someone else.

\* **BATHE.** When you've been outside for prolonged periods, take a indoors and change your clothing and shoes to prevent further con-

\* **HANG IT 'IN' TO DRY.** Pollen and mold spores can build up on clothesline. Dry your linens and things inside and get that spring-

\* **SEE YOUR M.D.** Your doctor may be able to prescribe oral medica- ease allergy symptoms, or recommend over-the-counter treatments. lieve sneezing, stuffy or runny nose and itchy eyes and throat. Decongestants reduce congestion or nasal swelling.

\* **VACATE.** Escape the pollen at the height of allergy season with an excursion. Health experts say that places near large bodies of water



can begin as soon as December or are strong, limit outdoor activi- air conditioner and air purifier,

pruning hedges to keep from in-

shower or bath when you come tact with any residual pollen.

laundry hanging outside on a fresh scent from fabric softener.

tions, nasal sprays or eye drops to Antihistamines, for instance, re-

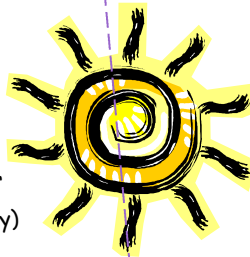
### Vegan Blueberry Banana Muffins

#### Ingredients

- 2 very ripe bananas, mashed
- 1/2 cup white sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup all-purpose flour
- 1/2 cup whole wheat pastry flour
- 1 1/2 teaspoons egg replacer (dry)
- 2 tablespoons water
- 1/2 cup blueberries

#### Cooking Instructions

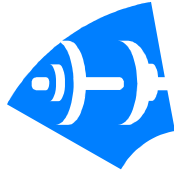
1. Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper muffin liners.
2. In a large bowl combine mashed bananas, sugar, baking powder, salt and flours; mix until smooth. In a small bowl or cup combine egg replacer and water; stir into banana mixture. Fold in blueberries.
3. Spoon batter evenly, about 1/4 cup each, into muffin cups.
4. Bake in preheated oven for 20 to 25 minutes, or until



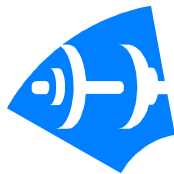
Tip: If sensitive to chlorine or if skin is easily irritated, please make sure to shower well after using the pool!

### Top 10 Reasons to Exercise in the Morning

1. Over 90% of people who exercise \*consistently\*, exercise in the morning. If you want to exercise consistently, odds are in your favor if you exercise first thing in the morning.
  2. When you exercise early in the morning, it "jump starts" your metabolism and keeps it elevated for hours, sometimes up to 24 hours! That means you're burning more calories all day long just because you exercised in the morning!
  3. When you exercise in the morning you'll be \*energized\* for the day! Personally, I feel dramatically different on days when I have and haven't exercised in the morning.
  4. Many people find that morning exercise "regulates" their appetite for the day - that they aren't as hungry and that they make better food choices. Several people have told me that it puts them in a "healthy mindset."
  5. If you exercise at about the same time every morning, and ideally wake-up at about the same time on a regular basis, your body's endocrine system and circadian rhythms adjust to that.
- Physiologically, some wonderful things begin to happen; A couple of hours \*before\* you awaken, your body begins to prepare for waking and exercise because it "knows" it's about to happen. Why? Because it "knows" you do the same thing just about everyday. You benefit from that in several ways..
- a) It's MUCH easier to wake-up. When you wake-up at different times everyday, it confuses your body and thus it's never really "prepared" to awaken.
  - b) Your metabolism and all the hormones involved in activity and exercise begin to elevate while you're sleeping. Thus, you feel more alert, energized, and ready to exercise when you do wake-up.
  - c) Hormones prepare your body for exercise by regulating blood pressure, heart rate, blood flow to muscles, etc.
6. For many people, that appointed time every morning becomes something they look forward to. It's time they've set aside to do something good for themselves - to take care of their body, mind, and soul. Many find that it's a great time to think clearly, pray, plan their day, or just relax mentally.
  7. Research has demonstrated that exercise increases mental acuity. On average it lasts four to ten hours after exercise! No sense in wasting that brain power while you're sleeping. :)
  8. Exercise first thing in the morning is really the only way to assure that something else won't crowd exercise out of your schedule. When your days get hectic, exercise usually takes a back seat!
  9. If finding time to exercise is difficult, anyone can get up 30 to 60 minutes earlier to exercise (if it's a priority in your life). If necessary, you can go to sleep a little earlier. Also, research has demonstrated that people who exercise on a regular basis have a higher quality of sleep and thus require less sleep!
  10. You'll feel GREAT! DO IT! :)



# EXERCISE!



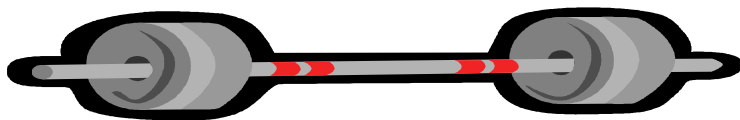
Help keep the weight room clean!



Take a breather, sit down, grab some water!



Always use safety collars.



## Positive Thinking Leads to Better Results

It is very important to practice positive thinking and to remind yourself that you're a worthwhile person whatever you do. Try to consistently acknowledge that you are making positive changes to improve your health. You should be proud of yourself. Visualize yourself as capable, happy, and confident. These positive feelings will help the process of change.

Remember, there are bound to be times when you're feeling frustrated or depressed. Positive thinkers know that these feelings are valid, and they don't try to ignore them. Positive thinkers acknowledge and try to understand them, but they don't blame themselves for the conditions that lead to these feelings. Good luck, stay positive, and enjoy all the wonderful benefits of a healthy lifestyle!



Don't obsess over weight—  
Focus on inches.  
And how you feel!



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