



Bay Area Athletic Club

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

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

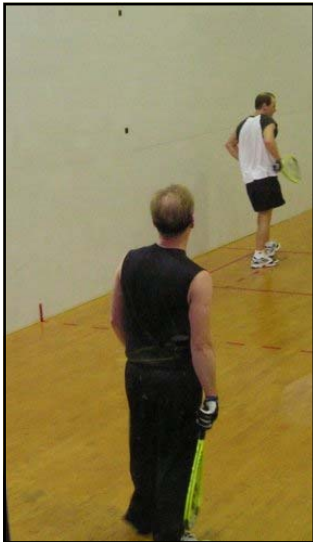
Newsletter
May 2006

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, May 27th.

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.)



Mother's Day is May 14th.

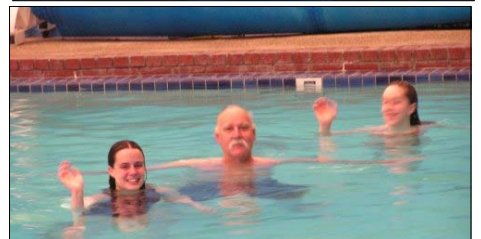


Happy Mother's Day!!



Quick Tip:

Quell a sugar craving by... eating a small portion of dried fruit. It tastes sweet but contains vitamins, minerals (including iron) and fiber. Eight dried figs have more than six grams of fiber — about a quarter of what you need in a day.



Donna's Fitness Corner

The Whole Body Needs a Good Workout

We all know the importance of cross training, yoga, tai chi, pilates are great mind-body disciplines which reduce muscular tension, relax the body and enhance circulation. Symptoms of many chronic diseases including arthritis, diabetes and thyroid function may be reduced and the immune system boosted with regular practice. Work at your own level and remember the more you practice, the more you can do. Try to do at least three practices a week.

The heart needs to work at 60% to 85% of your maximum heart rate 3 to 5 times per week for 20 to 60 minutes. There are a variety of cardio classes (water, aerobics, kickboxing, dance) as well as treadmills, elliptical and Stairmaster machines to get the heart rate up. Cardiovascular exercise trains the heart, lungs and circulatory system to process oxygen and transport it to muscles more efficiently. Aerobic exercise burns calories and body fat, increases metabolism and lung capacity, reduces blood pressure and risk of heart disease. Helps prevent diabetes and strengthens the immune system as well as lowers stress levels.

Weight training or toning exercises that flex muscles with resistance or calisthenics help to tone and build muscle. The more muscle one has the more calories burned even at rest. Bones become more dense and less prone to osteoporosis and injury. Strength training can reduce arthritic pain, build muscle mass, reduce body fat, increase metabolism and improve glucose tolerance and insulin sensitivity, thus reducing the risk of diabetes. Begin with a weight you lift 8 times and when you can repeat up to 12 times increase the weight 5% working at 70% to 80% of your max (the heaviest you can properly lift one at a time) training 2 to 3 times a week for increase in strength & power.

Take rest time so muscles can repair and rebuild getting stronger and thicker. Alternate muscle groups worked so they have time to recover. The fitter you get the shorter the recovery time. If you feel sore, rest, if you don't feel any discomfort, increase intensity. A resting heart rate of 5 to 10 beats higher than normal, poor sleep, loss of appetite, irritability or chronic colds can be a sign of overtraining.

Wishing you wellness,
Donna J. Von Lobedon

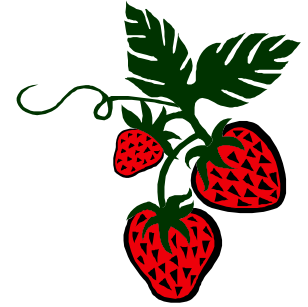


BAAC





Recipe Corner: Strawberries with Silky Chocolate Sauce



- 1 pkg (12 oz) silken tofu
- 1/4 cup unsweetened cocoa powder
- 3 tablespoons honey
- 1 tablespoon natural peanut butter (no salt added)
- 1 teaspoon vanilla extract
- 3 cups whole strawberries

Mash tofu with a spoon, Drain through a sieve lined with paper towels for at least 10 minutes. In a blender, puree drained tofu and next four ingredients until smooth. Cover and chill overnight. Serve with whole strawberries for dipping or drizzle over diced strawberries. Makes three 1/2 cup servings.
Nutritional Value Per Serving: 230 calories, 9 g. protein, 36 g. carbohydrate, 7 g. fat, 0 mg. Cholesterol, 10 g. sodium, 6 g. fiber.



Fitness Tip: Park and Walk

Whenever you have an errand, park your car as far away as you can handle and walk to the store. At the mall, park at the farthest end and walk the length of the mall. Use every opportunity to walk. At the end of the day, it all adds up to better fitness.



Welcome to two new staff members!

<————— Jacque

Adrian —————>



10 Essential Healthy Tips.

1. Move More

Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; toss balls with friends, mow the lawn. Anything that moves your limbs is not only a fitness tool, it's a stress buster. Think 'move' in small increments of time. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class or tai chi or kickboxing. But that's great when you're up to it. Meanwhile, move more. Thought for the day: Cha, Cha, Cha.... Then do it!

2. Cut Fat

Avoid the obvious such as fried foods, burgers and other fatty meats (i.e. pork, bacon, ham, salami, ribs and sausage). Dairy products such as cheese, cottage cheese, milk and cream should be eaten in low fat versions. Nuts and sandwich meats, mayonnaise, margarine, butter and sauces should be eaten in limited amounts. Most are available in lower fat versions such as substitute butter, fat free cheeses and mayonnaise. Thought for the day: Lean, mean, fat-burning machine.... Then be one!

3. Quit Smoking

The jury is definitely in on this verdict. Ever since 1960 when the Surgeon General announced that smoking was harmful to your health, Americans have been reducing their use of tobacco products that kill. Just recently, we've seen a surge in smoking in adolescents and teens. Could it be the Hollywood influence? It seems the stars in every movie of late smoke cigarettes. Beware. Warn your children of the false romance or 'tough guy' stance of Hollywood smokers. Thought for the day: Give up just one cigarette.... the next one.

4. Reduce Stress

Easier said than done, stress busters come in many forms. Some techniques recommended by experts are to think positive thoughts. Spend 30 minutes a day doing something you like. (i.e., Soak in a hot tub; walk on the beach or in a park; read a good book; visit a friend; play with your dog; listen to soothing music; watch a funny movie. Get a massage, a facial or a haircut. Meditate. Count to ten before losing your temper or getting aggravated. Avoid difficult people when possible. Thought for the day: When seeing red, think pink clouds....then float on them.

5. Protect Yourself from Pollution

If you can't live in a smog-free environment, at least avoid smoke-filled rooms, high traffic areas, breathing in highway fumes and exercising near busy thoroughfares. Exercise outside when the smog rating is low. Exercise indoors in air conditioning when air quality is good. Plant lots of shrubbery in your yard. It's a good pollution and dirt from the street deterrent. Thought for the day: 'Smoke gets in your eyes'...and your mouth, and your nose and your lungs as do pollutants....hum the tune daily.

6. Wear Your Seat Belt

Statistics show that seat belts add to longevity and help alleviate potential injuries in car crashes. Thought for the day: Buckle down and buckle up.

7. Floss Your Teeth

Recent studies make a direct connection between longevity and teeth flossing. Nobody knows exactly why. Perhaps it's because people who floss tend to be more health conscious than people who don't? Thought for the day: Floss and be your body's boss.

8. Avoid Excessive Drinking


While recent studies show a glass of wine or one drink a day (two for men) can help protect against heart disease, more than that can cause other health problems such as liver and kidney disease and cancer. Thought for the day: A jug of wine should last a long time.

9. Keep a Positive Mental Outlook

There's a definitive connection between living well and healthfully and having a cheerful outlook on life. Thought for the day: You can't be unhappy when you're smiling or singing.

10. Choose Your Parents Well

The link between genetics and health is a powerful one. But just because one or both of your parents died young in ill health doesn't mean you cannot counteract the genetic pool handed you. Thought for the day: Follow these basic tips for healthy living and you can better control your own destiny.



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