

Bay Area Athletic Club

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

Newsletter

Visit us on the web at <http://www.baac.us!>

October 2005



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.....

Saturday October 29th

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.)



Time To Fall Back!

Sunday, October 30th
is when Daylight
Savings Time reverts

At 2 a.m. make sure to set
your clock back one hour and
enjoy that extra hour of sleep!



Trick or Treat! Halloween is
Monday, October 31st...



Towel Service

Bay Area Athletic Club offers towel service to our members for a small fee of \$5 per month per person; or if you have forgotten a towel you may use club towels for \$.50. The small sweat towels are included in this fee. If you find that you would like to use these towels it is very easy to add them onto your membership, just

Attention Aerobic Exercisers!

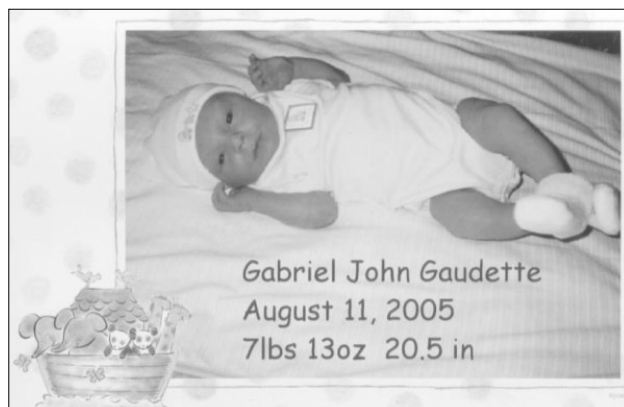
New schedule for Saturday
Classes:

Starting September 1st we will hold Saturday Aerobic classes every other weekend. Watch the schedule board at the front desk for the days classes will be held and who is teaching.

Thank you
Staff



Congratulations Amy and Dan Gaudette
on your healthy and beautiful baby boy!



Gabriel John Gaudette
August 11, 2005
7lbs 13oz 20.5 in

Racquetball Players Attention Please!

If you are a racquetball player and want to improve your skills or just pick up a game, all interested players are encouraged to join in the competitive play in the challenge court, which is court 3. All skill levels are welcome. Several long time members have been doing this for years. They meet around 8 a.m. on Monday, Wednesday and Friday and 9 a.m. on Tuesday and Thursday and play until 11 a.m. It's almost time for the Turkey Shoot so you might want to start honing up for the game.



Zinc about Stamina...

Low zinc could keep you from getting into your best shape, a USDA study reports. After nine weeks on a low-zinc diet, exercisers' endurance dipped 10 percent. And 40 percent of us don't hit the 8-milligram RDA. Make sure to get yours from zinc-rich foods like red meat, beans and fortified cere-



October 2005's Recipe Corner..

Beef and Blue Cheese Salad



Ingredients:

- 9 oz. Flank steak
- 2 plum tomatoes
- 5 c. chopped romaine lettuce
- 3 tbsp. Blue-cheese crumbles
- 1/3 c. vertically sliced onions
- 1 small clove of garlic, crushed
- 4 tbsp. Balsamic vinaigrette such as Newman's Own
- Salt and Pepper to taste

1. Preheat a grill pan on medium-high.
 2. Place the meat on the pan and cook for about 6 minutes per side, seasoning one side with salt and pepper as the other side cooks..
 3. In a large bowl, mix the tomatoes, onions and garlic.
 4. Let the meat rest for 3—5 minutes after cooking and then slice diagonally across the grain into thin strips.
 5. Add the meat and lettuce to the bowl, drop in the cheese crumbles, pour on the vinaigrette and toss well so everything is completely coated.
- Makes 2 servings.

Eat with: A toasted whole-wheat role.

Per Serving (Including Roll)

400 calories, 34 grams protein, 37 g. carbohydrates, 13.5 g. fat (6 g. saturated), 7 g. fiber, 877 mg. Sodium.



PROMOTIONAL PRODUCTS
embroidery • screenprint
advertising products • graphic design

SCOTT TERHAAR

P.O. Box 327, 1712 Sheridan Ave.
(HWY 101 N) • North Bend, OR 97459
phone 541-756-7142 • fax 541-756-0934
scott@bntpromo.com • www.bntpromo.com

DID YOU KNOW?


The Man isn't keeping you down, at least in terms of total poundage. Regularly working overtime may inflate your weight, according to University of Helsinki researchers. The scientists tracked the work habits and weights of nearly 1,800 men over a 12-month period and found that those who regularly logged late hours were 36 percent more likely to tip the scales at above-normal weights than the 9-5ers. And too much takeout may not be the only culprit, says study author Tea Lalluka, M.Sc. The stress of a string of 12-hour days can cause a spike in cortisol, a hormone that stimulates hunger. If you can't keep to a 40-hour week, make sure you don't skip exercise — it burns calories and releases endorphins, a natural antidote to excess cortisol.



Weigh to Go

Being active isn't a free pass to forget the scale, research from the Harvard School of Health in Boston finds. Overweight women who exercise 30 minutes a day have a 43 percent greater risk for heart disease than equally active lean women. (Still, lean, inactive women have a 48 percent greater risk.) Best odds: Move it *and* lose it.

Below: Dan and Amy Gaudette's son, Gabriel and on the right, Jason and Jessi Dunagan's daughter, Isabella. Aren't they adorable?

**Dave's
Pizza**

DINE IN ~ TAKE OUT ~ DELIVERY

Big Screen TV/VCR
Game Room

Thin or Pan Crust
Over 20 Toppings
Over 30 Item Salad Bar
Sandwiches, Spaghetti & Appetizers

756-0556

1933 Newmark
North Bend, OR 97459

Donna's Fitness Corner

One of the most commonly asked questions is "How can I lose this?" referring to 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 from fat stores throughout the entire body. We can not reduce particular fat deposits in the area being worked.

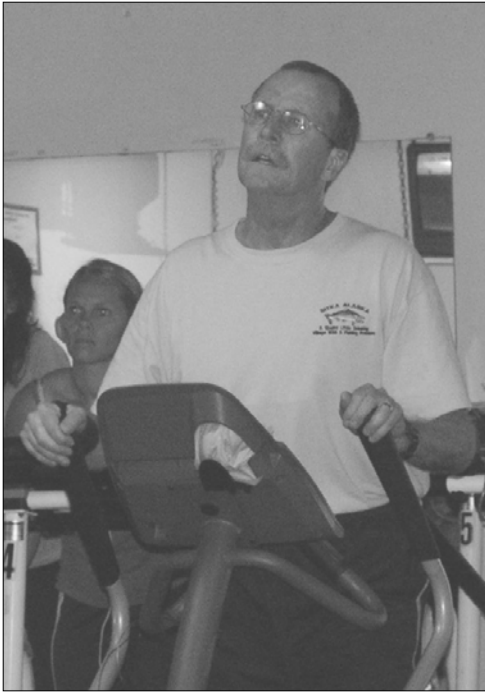
Doing ab work will tone abdominal muscles but will not burn off the belly bulge. Doing leg lifts will tone the leg but not burn off the fat. Toned abdominals will help protect the back and create a strong core for other activities. Toned legs or arms will protect your joints.

Here are just a few sound guidelines:

- Calorie intake should not be less than 1,200 calories a day. Try to stay away from sugar, white breads and pastries, creams .. All of those simple carbohydrates and fats.
- Get 20-30 minutes of cardio 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 affects weight loss by aiding the use of fat as fuel.

Join a group fitness class 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 happiness.

Wishing you well being,
Donna J. von Lobedan



Two misguided pool rules:

“You can’t lose any weight by swimming”

The truth: Don’t toss your swim cap yet. Although long-distance swimmers who ply colder waters tend to retain body fat for insulation, the average person will lose weight in the lap lane — swimming burns 450 to 700 calories in an hour! Jane Katz, Ed.D., author of *Swimming for Total Fitness...* says the real culprit behind failing to pare off pounds in the pool is petering out too soon. “New swimmers often thrash about in the water and hold their breath so they become exhausted and give up after five minutes,” Katz explains.

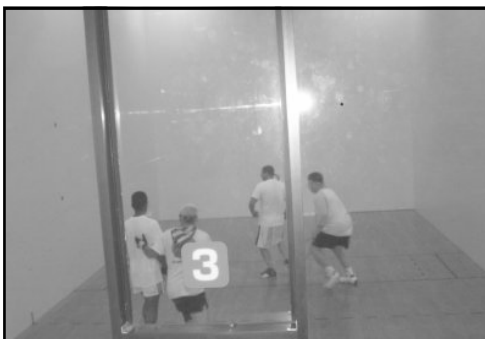
“You don’t sweat when you’re swimming.”

The Truth: “If you’re exerting yourself in the water, you will sweat,” Katz says. “You just don’t feel it because you’re wet already.” As with any exercise, be sure to sip a little H2O before, during and after your workout.



News for Couples:

Your guy may get away with feasting on nachos and beer during football season, but a diet heavy in fatty snacks and suds may do more harm to your body than his, a study from the VA Medical Center in Pittsburgh suggests. Female rats fed alcohol and certain fats and more severe liver damage than males on the same diet. Watch the game together, but eat your own healthy nibbles and alternate the brews with nonalcoholic drinks.



New Trend Word: Splendependent

Definition: A sweets lover who uses the sugar substitute all the time, even on foods you normally wouldn’t, like fruit.

The Lowdown: “Truly a phenomenon,” says Christine Gerbstadt, M.D., spokeswoman for the American Dietetic Association in Chicago. “Some people modify every recipe with Splenda.” It’s a refined food, so try to limit your daily intake to two servings, she says...

DO THE DIET MATH

You nibble on:	Calories
The top of a muffin at your 10 a.m. meeting	127
A handful of gummy bears from the office candy jar	80
10 french fries from your pal’s fast food lunch	40
Two teeny “just a taste” forkfuls from an office-party cake	40
The free sample meatball at the supermarket	83
Three swigs from your sister’s sugary soda	36
A leftover scoop of mac’n’cheese from your child’s plate	100
A big bedtime spoonful of Haagen-Dazs Dulce de Leche ice cream	73
Total (It’s about a quarter of the calories you need each day!)	579!

