

Visit our website at
www.baacfitness

985 Newmark, Coos Bay

888-5507

Bay Area Athletic Club



-Monday- Wednesday-
-Friday-
Stretch w/ Paula

Boot Camp
W/ Angie
Thursdays
5:30-6:30pm

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...

Saturday 15th

Friday 28th

For October:

Friday 12th.

Saturday 27th.

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.

Group Run
Tuesday & Thursdays 5:30am
(Length depends on class)

Get motivated with these
new classes!

exercise because..

- TONED MUSCLES
- MORE ENERGY
- SLEEP BETTER
- IMPROVED SELF-IMAGE
- WEIGHT CONTROL WITHOUT DIETING
- QUICKER HEALING
- GREATER MANAGEMENT OF STRESS
- BETTER CONDITIONED HEART/LUNGS
- HIGHER STAMINA
- LESS TENSION
- CONTROL OVER APPETITE

Breakfast Sundae?

1 serving cooked oatmeal

1/2 cup cottage cheese

1/4 cup roasted almonds

1/2 cup of your favorite fruit

Enjoy!

**Learn more with your FREE
Personal Training Consultation or
Weight Room Consultation
With Trainer Henry Kliebenstein**



If you're famished, eat a little fat *before* you sit down for a meal. Did we say fat?

Yes, but we're talking about the good kind. Eating some healthy fat 20 minutes before a meal can keep you from stuffing yourself. It fools your brain into thinking you're not as hungry as you thought. And your waist will reap the rewards...



Get the Message
About 70 calories of [healthy fat](#) just before you eat -- that's 6 walnuts, 12 almonds, or 20 peanuts -- can trick you into thinking you're full. Eating good fats stimulates the production of cholecystokinin (CCK), a hormone that tells your brain you've had enough to eat and then keeps you feeling full by slowing the emptying of your stomach.



You've stepped through the front door and are up the stairs; you've accomplished more than most people!!



Events in September you might not know about..

- Celebrate September 5 - Fight Procrastination Day
- Celebrate September 11 - Patriot Day & 9/11 Memorial Day
- Celebrate September 13 - Chocolate Day
- Celebrate September 21 - International Day of Peace
- Celebrate September 22 - Family Health & Fitness Day
- Celebrate September 23 - Hunting and Fishing Day



Take your body from
this



To this



During National Apple
Month!!



So when you sit down for a meal, you'll eat for pleasure, not for hunger, and you'll be likely to eat less

Slow It Down

Because the average person is finished eating long before his or her brain gets the fullness signal, you should eat slowly. Quickly downing your food won't give your satiety hormones time to kick



**Where are your
kids??**

Day Care Hours
Mon-Thurs 9-11am/
5-8pm
Friday 9-11am

Popcorn-Banana Munch Mix

RECIPE INGREDIENTS:

- 2 cups cheese-flavored popcorn
- 1/2 to 1 cup banana chips, broken into small pieces
- 1 cup dry-roasted peanuts
- 1/2 to 1 cup sweetened, dried cranberries

1. Measure all ingredients into a big bowl (you can substitute your family's favorite snack food, if desired).

2. Stir well. Makes 5 to 6 cups.



The Best Veggie Sandwich



INGREDIENTS

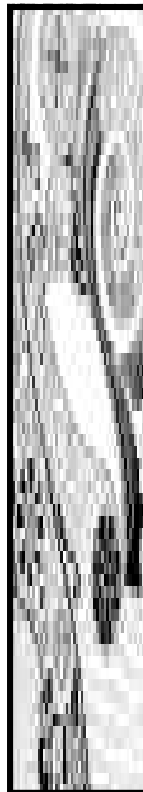
- 4 English muffins, split and toasted
- 1 avocado, mashed
- 1 cup alfalfa sprouts
- 1 small tomato, chopped
- 1 small sweet onion, chopped
- 4 tablespoons Ranch-style salad dressing
- 4 tablespoons toasted sesame seeds
- 1 cup shredded smoked Cheddar cheese
-

DIRECTIONS

Preheat oven to broil.

Place each muffin open-faced on a cookie sheet. Spread each half with mashed avocado; place halves close together. Distributing ingredients evenly, cover each half with sprouts, tomatoes, onion, dressing, sesame seeds and cheese.

Place under broiler for about 5 minutes, or until cheese is melted and bubbly.



Sleep is triggered by a complex group of hormones that are active in the brain, and that respond to cues from the body itself and the environment. About 80 percent of sleep is dreamless, and is known as non-rapid eye movement (NREM) sleep.



Most adults need around eight hours of sleep on a regular schedule to function well, although some require less, and others more. (It has been said that men need an hour less sleep than women.)


PROMOTIONAL PRODUCTS
art/directory • screen/print
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

Dave's Pizza
Big Screen TV/VCR • Game Room
Over 30 Pizza Toppings
Wonderful Sandwiches
Great Salad Bar



933 Newmark
North Bend, OR. 756-0556