

# 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!>

September 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 September 10th

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.)



## 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 contact the Front

## Quote of the Month

"Having a healthy routine in place is important, but equally important are those sudden poetic impulses that make you unique. If that means a detour from routine, fine. There are mornings to skim the gym and sleep in late... There are chocolate cakes too good to pass up. Give yourself the freedom to live in the moment. Some days, the routine can wait — because life won't."

— Kathy Smith

## It's a Girl!

Jessi and Jason Dunagan welcomed a beautiful baby girl into the world on Friday, July 15th. Her name is Isabella Rachelle and she is 7 1/2 pounds and 19 1/2 inches.

Congratulations Jessi and Jason!



## Newlyweds!

Bonnie Kress and Jesse Barger were married in a beautiful ceremony at Sunset Beach on Sunday, April 7th.

Congratulations to the both of them!





## Yoga for muscle soreness

Doing a few downward dog poses is one way to help reduce post-exercise muscle pain, according to a study from Springfield College in Massachusetts. Participants who took a 90-minute yoga class one day after an intense step workout reported feeling less sore than those who didn't hit the mat. Researchers also found that the more yoga sessions you take per week, the less discomfort you may experience.

Enjoy those last days of Summer



### BAAC Computer/Internet Mini-Survey

1. Do you have access to a computer with internet access at your home?  
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2. If yes, do you access the internet with dial-up or high speed (dsl or cable)?  
\_\_\_\_\_
3. Would you be open to receiving e-mail only specials?  
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Thank you for participating!  
BAAC Staff

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September 2005 Recipe Corner....

### Orzo with Caramelized Onions and Asiago

(makes 4 servings)

- 6-7 cups chicken or vegetable stock or broth
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon unsalted butter
- 1 large yellow onion, coarsely chopped
- Kosher salt and freshly ground black pepper, to taste
- 3 cups orzo pasta
- 1 1/2 cups grated Asiago cheese (6 ounces)
- 1 cup fresh cilantro leaves



Arrives Sept. 22nd.



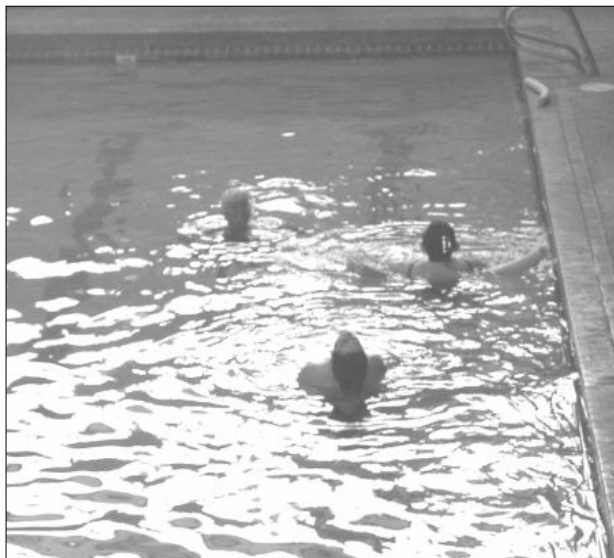
1. In a large saucepan, bring the stock to a slow boil over medium heat.
2. In a large skillet or saucepan set over medium heat, cook the olive oil and butter until the butter melts. Add the onion and sauté until translucent, about 5 minutes. Season lightly with salt and pepper, then add the orzo until the pasta browns lightly. Using a ladle, carefully add the stock to the skillet. Bring to a boil and cover. Turn off the heat and let stand for 20 minutes. The orzo should absorb the liquid. If any remains, cook over low heat until it's absorbed.
3. Stir in the cheese and the cilantro, saving several leaves for garnish. Garnish and serve.

## Naturally Sweet Fix

Even though government policy officials have given sweeteners the green light, people remain skeptical about safety. If you're a skeptic too – and you're still looking to cut calories without sacrificing sweetness – try stevia. Developed from a type of herb, stevia is an all-natural zero-calorie sweetener that can be found in your market's supplement section. "A 2003 review of research suggests it's safe for the general population, although diabetics should consult their doctors before using it," says David Grotto, R.D., director of nutrition education services at the Block Center for Integrative Cancer Care in Evanston, Illinois.

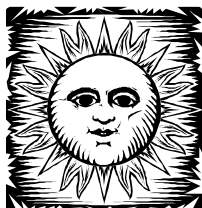


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their



## It's Never Too Late...

## To Start Being Fit



### Summer special ending Sept.

### 31

Get a three month pass at a great rate!

Have a friend interested in the club? Let them know about our three month pass special:

A 3 month pass at the Empire club, allowing use to both the main and mall clubs is only 139.

A 3 month pass to just the mall club is 89. Take advantage of these savings today!





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### 3 ways to excuse-proof your workout

The average gym member goes only 90 days a year, according to a survey from the International Health, Racquet & Sportsclub Association. If you're slacking off instead of shaping up, we've got solutions for every excuse in the book.

**Excuse:** The gym is too crowded.

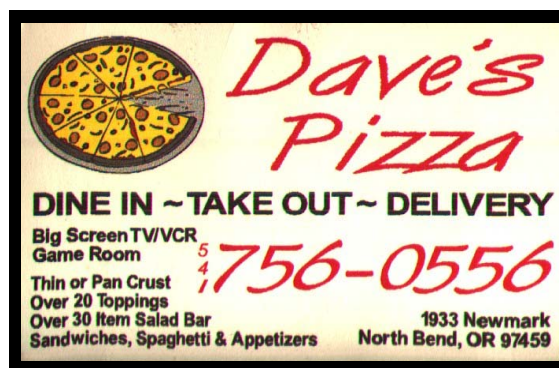
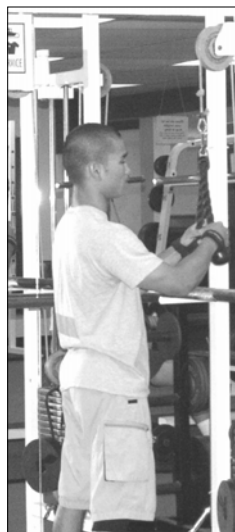
**Solution:** "Work out during peak times such as mid-morning or afternoon," says Cedric Bryant, Ph.D., chief exercise physiologist for the American Council on Exercise. Or take a class that limits enrollment.

**Excuse:** The machines are complicated.

**Solution:** Hire a personal trainer for a few workouts – or take advantage of free new-member sessions – so you can learn proper form.

**Excuse:** I'll be the only one there who isn't buff.

**Solution:** Adopt a more realistic mind-set. "Most people are too focused on themselves to care what you look like," says Bryant.



### Symptoms of a Stroke (a true story)

Susie is recuperating at an incredible pace for someone with a massive stroke all because Sherry saw Susie stumble – that is the key that isn't mentioned below – and then she asked Susie the 3 questions.

This literally saved Susie's life – Some angel sent it to Susie's friend and she did just what it said to do. Susie failed all three so 911 was called. Even though she had normal blood pressure readings and did not appear to be having a stroke, as she could converse to some extent with the Paramedics, they took her to the hospital right away. Thank God for the sense to remember the 3 questions!

Read and Learn! Sometimes symptoms of a stroke are difficult to identify.

Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

1. \*Ask the individual to SMILE.
2. \* Ask him or her to RAISE BOTH ARMS.
3. \*Ask the person to SPEAK A SIMPLE SENTENCE.

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness and speech problems, researchers urged the general public to learn these three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.