

Newsletter

August
2003

Obesity

Obese women who undertake lifestyle changes including change in diet and increased exercise to reduce their weight are successful at reducing vascular inflammation markers and insulin resistance, according to Italian scientists. The authors suggested that such intervention could reduce the prevalence of diabetes and heart disease. [Journal of the American Medical Association (2003: 289: 1799-1804)]



Obesity among postmenopausal women was also shown to be a significant risk factor for the development of colorectal cancer, this according to investigators from the University of Minnesota. [Proceedings from the 94th Annual Meeting of the American Association for Cancer Research, April 9, 2003]

If you are looking for guidance in changing your diet and/or exercise program, contact Tara Mercer, Registered Dietician/Nutritionist or one of our many Personal Trainers. Paul Miller and Carolyn Truscott have additional special training working with the senior population and Anneliese Smith has supplemented her training with certification as a Lifestyle and Weight Management Consultant.



Centennial Waterslide

We are in full swing at the Waterslide this summer! The pool is a refreshing 91-92 degrees, warm enough to be comfortable and cool enough to be refreshing! Remember, members use the Waterslide for FREE and we have several great packages for visiting friends and relatives. The last day of the slide is Sunday, August 24th.

Top Five Fitness Mistakes

Avoid these top five fitness mistakes:

- ‘Y’ **Don’t neglect strength training** just because you’re a cardio buff. More lean muscle mass gained from weight lifting burns more calories.
- ‘Y’ **Don’t hold your breath when lifting weights.** It could strain your heart. Inhale as you release weight and exhale as you push out.
- ‘Y’ **Women don’t need to worry about bulking up.** Women don’t produce enough testosterone to bulk up. Weight training will simply sculpt your body and boost your metabolism.
- ‘Y’ **Don’t pig out just because you’re exercising.** Exercise can increase your appetite, but don’t let it give you a false sense of being able to chow down.
- ‘Y’ **Don’t hesitate to hydrate.** Proper hydration can both increase your energy and help reduce your appetite. Don’t mistake thirst for hunger!

Cross Training for Fun and Fitness

Are you getting bored with your workout? Having difficulty meeting your workout goals or have injuries that just won’t heal? You could be a candidate for cross training.



Cross training provides more variety in your daily and weekly workout routines and can help you achieve your workout goals while avoiding persistent injuries.



To get more information on Cross Training for Fun and Fitness, pick up the *Fit Facts*, available at each club. Watch for more Fit Facts on a variety of health and fitness subjects.



August Swim Lessons

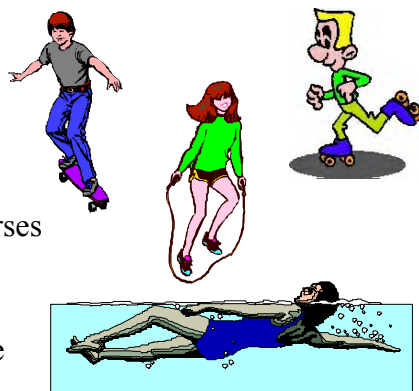
The last session of swim lessons starts August 4th. There are still a few openings available. Don't let your kids miss out on the best swim lessons, with the best instructors, in the best pools in town!!! Sign-ups are at the BAC front desk. Payment is made at time of sign-up.

Summer Fitness Activities for Kids

Are your kids staying active this summer? When kids participate in sports and fitness activities make sure they warm up properly. Kids shouldn't "play through the pain" and fun should be the name of the game, not just winning.

Here are 10 fun summer activities for kids:

- 🚲 Soccer
- 🚲 Martial Arts
- 🚲 Bike Riding
- 🚲 Swimming
- 🚲 Basketball
- 🚲 Obstacle Courses
- 🚲 Dancing
- 🚲 Board Sports
- 🚲 Jumping Rope
- 🚲 Skating



To get more information on these activities, grab a copy of the Fit Facts "The Top Ten Fun Fitness Summer Activities for Kids," available at each club.

Fitness Trivia

How is your fitness knowledge? Can you answer these questions? Answers will be in September's Newsletter!

1. How many calories are in a pound of fat?
2. What are the five components of a complete workout?
3. Which of these does exercise **not** reduce the risk of:
 Heart disease Osteoporosis
 Weight Gain Bad hair days
4. When should you drink water: before, during or after exercise?
5. What type of exercise protects and prioritizes lean muscle?
6. What type of exercise burns body fat?
7. If you are trying to improve your flexibility, would bouncing while you stretch help?

World Trivia

Are you traveling for vacation this year? How about some world trivia?



1. What is the *world's* most populated metropolitan area?
2. Three states in the United States have never adopted daylight savings time. Do you know any of the three?
3. What country has the longest coastline?
4. The US has several national monuments, but only one is mobile. What is it?
5. Where is the *world's* longest subway system?
6. Twenty-one of the U.S. states end in the letter "a." How many can you name? Hint: Montana is one of them!
7. Where is the world's largest coral reef?



We BOSU, do you?

Introductory classes are still being held.
August 1 - 5:30 pm Intro to Bosu Reactive Strength
August 3 - 10:00 am General Intro to Bosu

Hand Weights in Studio One

The hand weights in Studio One upstairs at the BAC now have a more secure home. When using the weights, please carefully place them back into the bins that have been put into place. In the last few weeks, two mirrors have been broken because of carelessness in putting back the weights. Thank you for helping us to keep the area tidy and safe for everyone's use!

**The last of the human freedoms –
to choose one's attitude in any
given set of circumstances, to**

Hot Water at the BAC

Thank you to everyone for your patience with our hot water woes. The underground water main bringing in the hot water from the Hot Spring broke. It took some time to find the pipe, discover where the leak was and then fix it. We are now well on our way to having the problem fixed and everything cleaned up. Thanks again. We have very understanding members!