

Newsletter

February
2003

BroadRock Climbing Wall

Construction on the new BroadRock Climbing Wall is nearly complete! The Rock has been put up in what was formerly Court 5 at the westside Club. The Rock has two sections that go from the floor up to the 24 foot ceiling, with more than 1500 square feet of climbing space between the two sections.

The Rock boasts an overhang and varying degrees for different climbing experiences throughout. There is also a special area designed for rappelling lessons and supervised practice.

Here are some basic rules that everyone interested in The Rock will need to know:

- ◆ Anyone going to the Rock must sign a waiver.
- ◆ Minors must have a parent or guardian sign their waiver.
- ◆ You must be at least 14 years old to be at the Rock without an adult.
- ◆ Anyone under 14 must be accompanied by a parent or guardian.
- ◆ Bouldering – climbing without a harness or rope – is allowed under 10 feet only. No part of the body may go above 10 feet. Bouldering is a great way for kids and parents to get started!

- ◆ Anyone rope climbing must have a certified belayer – to become a certified belayer you must pass our Competency Test. There are scheduled times when Competency Testing will be available. The fee for certification is \$10.00.
- ◆ Reservations must be made and check-in is required at the Front Desk.
- ◆ Only chalk balls are allowed, no loose chalk.
- ◆ Rental equipment will be available (first come - first served).
- ◆ More information is available at the Front Desk.

We'll see you at the Rock!

Weight Loss of 10% Provides Benefits

As many as 54 percent of Americans 20 years of age and older are overweight. Health professionals recommend an initial weight loss of 10 percent of total body weight over the first six months. Slow weight loss is easier to maintain. A weight loss of just 10% (20 pounds if your starting weight is 200 pounds) can provide health benefits. Many will find their blood pressure down, cholesterol levels down, energy levels up, not to mention those wonderfully loose pants!



90 Minute Spinning Class

This class is a 90 minute cardio workout. It will give you the opportunity to maintain an aerobic base over the winter, motivation, and *sweat!* This class is geared to all levels of fitness. You're in charge of your effort! Classes are Wednesdays from 5:30 to 7:00 p.m. at the DAC. There are two more of these sessions set to start! February 12th and March 12th each start a session of four classes. Cost is \$16.00. You will be guaranteed a place in class. Spaces are limited, sign up now at the DAC. Payment is required at the time of sign-up. Call Scott at 443-2599 if you have any questions.

February is National Heart Month

Tara Mercer, R.D. will be putting on a one-hour class on "Heart-ful Eating." At the one-hour class, you will learn about:

- ♥ The American Heart Association nutrition guidelines
- ♥ Types of fats in your food and how they effect blood cholesterol levels
- ♥ The latest research on vitamins and minerals in relation to heart health
- ♥ What soy, fiber, and omega-3 fats can do for you!

When: Monday, February 17th, 7:00 p.m.

Where: Life Fitness Center, group fitness room

Cost: \$7.00 per person; pay at time of class

Who: Everyone, especially those with high blood pressure, high cholesterol, coronary artery disease, or a family history of any of the above. You will receive a packet of nutrition information and recipes.

Call the LFC to sign up 443-6045.

Tara can be reached at 227-5793 for questions.

Burning Calories Burns Fat

You must burn 3,500 calories to take off one pound. Jogging at a pace of 5 miles per hour for one hour will burn 500 calories. Scrubbing floors will consume 250 calories. Burning an additional 500 calories or cutting 500 calories per day will result in a weight loss of one pound per week. A two-pound loss per week requires a reduction of 1000 calories per day or a combination of reducing calories and burning calories through exercise.

These calorie-burning rates are an average. To find out where you stand, use any of the machines in the Cardio Theater. Each are equipped with heart rate monitors and digital displays that will tell you your calorie-burning rate. Some heart rate monitors are also available that can provide you this information when you are taking a class or lifting weights.

Yoga

Yoga is a discipline that has the potential to change the responses of both the mind and body. It is mental and physical exercise that is taken very seriously by the people who practice it. Research has shown that when yoga is performed, a person can learn to control blood pressure, pulse, respiratory rate, and body temperature. It is effective in reducing stress and anxiety levels. Attend one of the classes at the Clubs!

- ◆ Tuesdays 7:00 a.m. Life Fitness Center
- ◆ Tuesdays 4:15 p.m. Downtown
- ◆ Wednesdays 12:10 p.m. (includes components of Pilates) Downtown
- ◆ Thursdays 7:00 a.m. Life Fitness Center
- ◆ Thursdays 5:30 p.m. Downtown
- ◆ Thursdays 5:30 p.m. Life Fitness Center (includes components of Pilates)
- ◆ Saturdays 11:00 a.m. Life Fitness Center (includes components of Pilates) starts Feb. 15th