

# MOVE!



FEBRUARY 2009

YOUR HEALTH AND FITNESS CENTER SINCE

## MANAGERS REPORT

The winter rains got you down? Life a little boring? Maybe its time to change up your routine, This is a great time of year to add something new, like a yoga or Pilates class, try swimming or racquetball or tanning. There are a lot of new members in the club so it's a wonderful time to pick up an alternative workout. With a lot of novices on the courts, in the pool and on the workout floor, you'll fit right in if you're not exactly sure how to play, lift or swim like a pro. We also have a ton of staff available to help you over the rough spots. Check out the website and come on in to try a new routine. Also look for our out-of-club opportunities like snowshoe hikes.

February is time to celebrate fitness, share it with a friend! As February is Heart Month (Valentines Day and all) we are offering special pricing on all of our Polar Heart Rate Monitors. Check in at the clubs for the details. Research shows that heart rate training is the best and most efficient way to train your cardio vascular system. So you could start swimming or racquetball with a friend, and keep track of your heart rate with you new Heart Rate Monitor. We will be running short educational seminars all month if you need some help on how to use your Heart Rate Monitor.

Keeping it fun is a major factor in maintaining an active lifestyle. Tracking your heart rate keeps it challenging and fun! Please call the club for more information on the times and dates of the seminars.

Respectfully,  
Cathy Buckley



## BAC STAYS GREEN!

In a continuing effort to reduce waste BAC will no longer mail return envelopes with the monthly billing. They will be available at the front desk for those who do use them. To date almost two thirds of our membership uses electronic billing. Last month we sent out 684 billing statements, not including corporate, and had about 325 members use the return envelope. Hopefully, this won't be too much of an inconvenience and we appreciate your help. Remember, we are still offering a \$5.00 deli card to those members who change their monthly billing to electronic. Thanks, BAC Business Office

## TAI CHI BENEFITS\*

- Feel more connectedness in life
- Improve balance
- Gently increase fitness, self-awareness and grace
- Help heal an injury or illness (e.g., post rehab; joint replacement; help managing diseases: MS, arthritis, etc.)
- Improve posture
- Prepare for more vigorous exercise
- Become more grounded
- Slow down and relax
- Better understand relationships

\*See last page for more information on Tai Chi at BAC



Information & other racquetball news on page 3.

KEEP IT UP BIGGEST WINNER PARTICIPANTS!

## MEMBER OF THE MONTH GREG PHILLIPS

Congratulations go out to Greg . Four years ago Greg weighed over 300 lbs. and after a check up revealed poor health and high blood pressure, Greg knew he needed to make some changes for the teenagers he was raising as a single father. He started by taking out all of the junk food in his diet and drastically changing his eating habits.

After making some headway with his weight he started walking 5 days a week. As he got fitter Greg started running between telephone poles until he could run the whole way. A neighbor had some weights and a garage he could use where he started training several nights a week. Greg lost over 100 lbs before joining the club 1 1/2 years. Initially he trained with Justin and now works out 5 days a week and eats 5 small meals per day keep his weight down. He has just recently added lap swimming to his regiment.

Greg works as a senior underwriter at a local bank which he says "can be very stressful" but the club provides great stress relief. Between taking care of 2 teenagers, Greg shows Labrador retrievers. He says his showmanship has improved greatly with his fitness. He also enjoys hiking, traveling and has found a new joy in cooking. Greg hopes in the future to go to cooking school and possibly become a chef.

To date Greg has lost nearly 140 lbs and is a completely different man from 4 years ago. His discipline and accomplishments have earned him member of the month honors. Keep up the good work Greg!

## ADVERTISING OPPORTUNITY

If you're looking for an inexpensive and effective way to advertise your business, Bellingham Athletic Club will be offering advertising opportunities within the club. BAC has a strong member base and a diverse representation of Whatcom County. If you would like additional information, regarding this opportunity, contact Bo Wilde [memberservices@bellinghamathleticclub.com](mailto:memberservices@bellinghamathleticclub.com) or 360-676-1800.

## YOUTH PROGRAMS NEWS

It's the season for the flu and colds... The kids' club staff would like to remind all the parents to keep washing and disinfecting your hands and also the kid's hands. We also appreciate when you leave your sick wee ones at home in order to keep the other kids at home safe.

Also if you have more than 2 kids who love coming to the Kids Club, we would really appreciate it if you could give us a call before you come in just to ensure sufficient staffing for the Kids Club, just a call an hour before you come in would be greatly appreciated.

Last of all we would like to remind all parents that there is a NO Food policy in Kids club unless your child is under the age of 2. If your child does need a snack during their visit to Kids Club you are more than welcome to bring them out to the lobby and feed them and then return them to Kids Club...

## EMPLOYEE OF THE MONTH KYLE BREAKKEY

Kyle came to Bellingham from the tiny town of Cowiche, WA, 5 years ago to go to school at WWU. He was hired as a swim instructor in May of last year and has become one of the kid's favorite instructors in a short period of time and is frequently requested for private lessons.

Many of the parents know Kyle for his crazy hair, he is the instructor with the big curly fro. Kyle recently made his mark downtown helping out with the maintenance, often going above and beyond what he is assigned. Before Justin left he wanted to make sure that Kyle was recognized for his hard work and dedication to BAC

Kyle enjoys just about everything related to the outdoors and considers himself very adventurous. He loves to kite board, rock climb, long board, hike, ski and bike. He is also a good soccer player and someday plans to take on base jumping. Good job Kyle and great hair!

# RACQUETBALL AND COURT SPORTS NEWS



## THE 38<sup>TH</sup> ANNUAL NORTHWEST OPEN IS COMING TO BAC

March 19-22 will find the Cordata club hosting one of the biggest tournaments in Washington State. This tournament is widely known and draws players from Hawaii, Alaska, Washington, Oregon and California. It also makes a large impact on the Cordata club over this weekend. We would like to thank Tim Goering of Waddell & Reed as well as Don Cummins of Elite Electrical for their continued sponsorships, allowing us to host one of the most respected events in the Northwest. If you and/or your business are interested in becoming one of our Premier Tier 1 sponsors, contact club Pro Wanda Collins now!

If you are a player, be sure and sign up early for this one, as divisions will be limited due to court space. You can pick up an entry at either of our clubs, or enter on line at [www.r2sports.com](http://www.r2sports.com) after February 9<sup>th</sup>.

If you are not a player, we'd love to have you come and watch some of the best players in the US compete. If you're looking for your usual workout, it will be a busy place. Join us in the fun, or head downtown to our 2<sup>nd</sup> facility during the weekend for quieter surroundings.

## PICKLEBALL LEAGUE

BAC will be starting up a Winter Doubles Pickleball League February 12<sup>th</sup>. It will be on Thursday evenings, with matches from 6 – 9 pm. We are looking for experienced players for this competitive league. League will run for 10 weeks, until April 23 (no league on March 19<sup>th</sup>). If you're interested, contact Wanda Collins at the Cordata facility.

## RACQUETBALL PRO TIP

By Wanda Collins



### *Effective Drive Serves*

The hard hit serve that travels to a back corner of the court is called a drive serve. There are four elements to this serve that make it successful.

1. **Placement.** In order to be most useful, this shot should travel to a back corner of the court, avoiding touching the side wall in its path to the back.
2. **Height.** A good drive serve should bounce just beyond the short line of the service box, causing it to bounce twice before hitting the back corner.
3. **Speed.** One of hardest hit shots in the game, the faster this serve tracks to the back, the harder it is for your opponent to handle it (as long as the first two elements are successful!)
4. **Variety.** Learning to hit this serve from a variety of locations in the service box can keep your opponent guessing. Practice accuracy starting your serve from the center of the box, two steps to the left of center, and two steps to the right of center. This will vary the angle of the shot and keep 'em guessing!

## WHY DO TAI CHI?

When I'm asked why I do Tai Chi, my answer is, it feels good to my body and mind. It's a gentle form of exercise that strengthens the mind and body, and anyone can practice this art, regardless of age, afflictions, or never having previously tried it.

"T'ai Chi Chuan is a Chinese martial art based on consciously aligning with the unforced balance of Yin and Yang energies. Tai chi principles of balance can be applied to any life activity to increase performance, efficiency, health and enjoyment." ~Gene Burnett (my first Tai Chi teacher and friend). Gene has practiced Tai Chi, intensively, for the past 25 years, and is Sifu level in Yang style Tai Chi.

Practicing Tai Chi is a way of slowing down, relaxing, while getting exercise and gaining more energy. Tai chi takes patience, it is a process of learning. The benefits are always positive and enhancing, sometimes profound, the benefits mostly arriving in subtle ways. The class camaraderie of learning and practicing together, that too is another enjoyment of practicing Tai Chi.

And for body builders, athletes, golfers, and those involved in sporting activities, Tai Chi is a way to enhance your performance, even within a short time of practice.

I look forward to seeing you in class. We'll begin the class Tuesday, Feb 17th, 8:30-9:15, Sun Style - For first-time participants and those who have studied this form previously.

Paul Mulholland, Tai Chi Instructor and Personal Trainer

## RACE TRAINING WITH A PARTNER

February is the month of Valentines Day and is also a good time to begin training with a partner or friend. Why not train for the Two for the road 5K run or walk at Whatcom Falls lower parking lot. This year the race will be a little more special because it falls on Valentines Day morning at 10am. Participants are encouraged to race with a friend, spouse, child, etc. One of the things that make this race different is that it requires teamwork to finish the race. People are expected to hold on to a string together as they race.

This is a noncompetitive race and a good opportunity to get outside and begin Valentines Day a healthy way. This is a great way to get motivated with another in a fun environment. Talk to a personal trainer at BAC, they will have ideas of ways to help you get prepared for this race and others ahead. This race is "relatively flat" on Whatcom Parks beautiful trails.

Take this opportunity to kick off a partner training plan. Having someone to hold you accountable is a great way to stay on your fitness track. Training with a partner breaks up the monotony of training alone. For more details on this race and others ahead visit [gbrc.net](http://gbrc.net).



### Races Watch:

February 14	Two for the Road 5k
February 22	Birch Bay International (Marathon, 25k)
March 7	Honey Wagon Runs (1/2 mile, 4 mile, 13.1 mile)
March 14	Runnin' O' the Green (5 mile, 2mile)
March 21	Chuckanut Mountain 50k

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