

MOVE!



JANUARY 2009

YOUR HEALTH AND FITNESS CENTER SINCE

MANAGERS REPORT

2009 roars in like a lion, if December weather is any predictor. We had a tough go, snow bound for weeks at a time. We tried our best to keep the club open and running. With the snow melt, we had an added water feature in the Cordata lobby, which was exciting. Christmas brought us frozen pipes, and roofers unable to safely scale the frozen tundra of our roof. Hopefully January will be a bit calmer, at least outside.

I'd like to encourage you to bring friends and family into the club, get those fence-sitters to come on in, we are offering great incentives this year to encourage not only membership, but program participation as well.

One of our most successful programs is back, Biggest Winner, the weight loss competition that rewards the participants with the opportunity not only to lose some of those holiday pounds, but perhaps have a chance at winning \$1000!

As we emerge from our igloos into the New Year, I'd like to take this time to remind all members that this is a very crowded time of year at the club. Don't panic when you arrive in the parking lot and you have to park "way far away". Look at it as a chance to warm up for your in-club work out. It's always a lot busier in the club at this time of year, as everybody increases their workouts pursuing those New Year's resolutions. It usually takes a few weeks to work itself out. Please be patient, "your" machine might be in use by someone else! Make this a positive opportunity to try something new until "yours" opens up.

A few gentle reminders to help us through this busy time of year:

Cardio Equipment:

Remember, there is a 30 minute limit on any 1 cardio piece, just check to make sure no one is waiting, and if you are going longer than the 30 minute allotment, and someone arrives and is waiting, please change cardio pieces, really this will be good for you! Always take the time to wipe down the equipment so it is clean for the next member.

Weight Room

Please unload and rack your weights, it will help everyone move through the area. Be considerate of others using the area, move quickly through your sets and be sure to wipe down equipment after use. Allowing other members to "work-in" between your sets also helps speed things a long.

Just following a few simple courtesies will help us move through January and February with ease. Most importantly lets communicate, your fellow members are usually more than happy to cooperate if you only ask, and all staff are ready willing and able to assist you whenever necessary.

Happy New Year, see you in the club!

Respectfully,

Cathy Buckley



BIGGEST WINNER WEIGHT LOSS COMPETITION IS BACK!

January is coming and so is the Biggest Winner Contest! Sign up now at the front desk to commit yourself to your new year's resolution early. There is a \$1000 cash prize to the top % weight lost. Weigh-ins start the week of Jan. 12 and the last weigh in will be April 10th. The contest is fun and a great way to be held accountable. You will be required to log your food, weigh-in weekly and have the opportunity to work out with your team and your trainer ½ hour a week. The contest entry fee is \$99 dollars for members and \$150 for non-members, so encourage a friend to sign up with you.

EMPLOYEE OF THE MONTH

What a perfect way to start the New Year with Jessie Scott as our January employee of the month. Jessie just had her 2 year anniversary with BAC in October and we feel very fortunate to have her as an integral part of our staff. She is a key player at our Front Desk and can be counted on to cover many other details of the club's day to day operations. Jessie enjoys spending time in our Kids Club as well and has a great rapport with the kids and the parents.

This past summer Jessie took on and conquered the sport of water skiing. She feels that the best way to start the morning is "with a ski on Lake Whatcom". She and Cathy are always looking for a 3rd person to join their early adventure.

After a few games of racquetball she became addicted. Now, two years later, she finds it to be her favorite exercise and plays in our league as well as tournaments. If she is not playing she is eager to work at tournaments hosted by BAC. Just another testimony to her eagerness to help out wherever needed.

When not in the gym Jessie will challenge anyone to a game of Yahtzee. Just a note of caution she has rolled 3 Yahtzees in one game, scoring a 508!!

Family time is very important to Jessie. Her favorite memory is a trip they took to Hawaii last year. She says: "my parents are my heroes."

Jessie tries not to sweat the big stuff and makes the most of the little things in life. She maintains a positive attitude which carries over to taking care of our member's needs.

Employees like Jessie are rare and we appreciate everything she brings to BAC. Next time you see her at the desk give her a high five and congrats!!

BAC STAYS ON THE GREEN THEME!

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

CORDATA | 4191 Meridian St
360.676.1800

DOWNTOWN | 1616 Cornwall Ave
360.734.1616

www.bellinghamathleticclub.com

MEMBER OF THE MONTH

Congratulations to our members of the month, John and LeaAnn Donnelly. They began working out at BAC when their kids were young and have been members for more than 20 years. They try to visit the club 5 to 6 times a week. John focuses on Activtrax and cardio, while LeaAnn tries to take as many classes as she can. She especially enjoys Gravity class, which she takes from Lisa Strong.

They both enjoy traveling, cooking and eating foods from different parts of the world. Working out at BAC allows them to enjoy this guilty pleasure. When they're not in the club, they continue their active lifestyle outdoors. If it's sunny, John is probably on the golf course, while LeaAnn is most likely riding her bike. They both have family members with diabetes so eating healthy and exercising are important to them. They want to stay active well into retirement and hopefully pass on some healthy habits to their children.

LeaAnn said "The staff at BAC is always willing to help and their knowledge and expertise are a great resource." She also said she enjoys seeing all the familiar faces when she comes to BAC.

LeaAnn and John, we appreciate you as members and your dedication to exercise is a great example to all of us.

FREE TO MOVE—JOINT MOBILITY TRAINING

The human body is intended to move! **Bending, extending, rotating, and twisting.** The more inactive a joint is the less likely it is able to move efficiently. **Movement** lubricates and bathes joints with the nutrients they need to stay healthy.

Would you like to move better? In as little as **30 minutes** see how you can improve your joint function. **30-minute** Sessions can be scheduled with **Aaron, Lynnette, or Mike.** All three are certified CST instructors and coaches that utilize Coach **Scott Sonnon's Intu-Flow** program. **Cost per 30-minute session is \$35.** Contact **Aaron, Lynnette, or Mike** to schedule an appointment.

WINNING WEIGHS

The program over at BAC Express is going great! We had several people decide to repeat the program because they like the results they were seeing. We are taking sign ups for a new 9:30am class as well as other class times. If you are interested please let us know!

PRE-SEASON TRACK CONDITIONING

BAC Sports Performance is now offering Pre-season Track conditioning!

This program is for sprinters, jumpers, and runners who would like to improve their conditioning and mechanics prior the beginning of Track season.

Practices are Monday and Wednesday afternoons at Whatcom Community College's Orca Field from 3 – 4:15 pm.

BAC Coach, Kaylee Gardner (Jumps Coach WWU, NCAA West Regional First Team Triple Jump, 2-time Washington State Champion in the Triple Jump, Washington State Champion 4 x 200 M Relay)

will be conducting the sessions.

6-Weeks January, 19th- February 26th

BAC Members 6-weeks.....	\$60.00
Non-members 6-weeks	\$75.00

CROSS TRAIN TO BETTER FITNESS

At the end of the year many people make resolutions for the next year to improve their life in some way. Resolutions are a type of goal setting. For high goal achievement it is important to clearly define goals. Goals are often used to achieve a standard, so they need to be as specific as possible and within a stated time period. The act of writing out goals so they can be seen can help focus and commit. Furthermore, placing written goals in a visible location for viewing such as inside a sports locker or door of the bedroom can be an excellent reminder.

According to Cook, 1996, Gould, 2001, and Vernacchia, 1996 the following should be done when writing out specific goals: "Set goals that are measurable, focus on short term goals in order to attain dream goals (long term goals), keep goals flexible, set no unrealistic timelines, and give permission to extend beyond goals."

It is important to have a support system available to achieve goals. This could be family, friends, coach, personal trainer or any employee of BAC. The more you're surrounded by people who believe in you and support your goals the more likely you are to continue to pursue them.

It often takes consistent hard work to achieve goals, so developing time management strategies can be very beneficial to balance and prioritize goals. Prioritize your daily schedule by making a list of what needs to be done in order of importance. Picture successfully accomplishing each task on the schedule and take time to rest and recover and prepare for the next day. Good luck and have a happy New Year!



Race Watch:

January 3	Lake Samish Runs (6.5 mile, 13.1 mile)
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

David Larpenteur
B.S., Personal Trainer

POOL STAFF MAKE SWIM-ATHON A SUCCESS

The Pool Staff outshined all departments in raising funds for the Jingle Bell Run/Walk for Arthritis this past December. Congratulations go to Paul Tollefson and his staff for their swim-athon effort. As a department they raised \$733 for the cause. Arthritis is a debilitating disease cited as a more frequent cause of activity limitation than heart disease, cancer or diabetes. It costs the US economy \$128 billion annually. 300,000 children are affected by juvenile arthritis.

The money we raise is used by the Arthritis Foundation to fund research, education efforts for both the public and physicians, self help programs and to provide appropriate exercise programs.

This year's Jingle Bell Run raised over \$140,000, with over 3200 walkers, runners and dogs braving the extreme cold to do their part for this great charity. BAC raised upwards of \$6,000 in donations and pledges. Thanks to all of you who supported us this year.