



# CELEBRATING FITNESS!

AUGUST 2019

## Summer Time

Although summer seemed a long time coming, it has finally arrived and we have enjoyed a wonderful July. A lot of our programs have been moving outside to enjoy the sunshine; kids club, TRX, and Boot Camp have been taking advantage of the chance to go outdoors.

As summer winds down, remember to come in out of the heat and get your exercise accomplished in the coolness of the club. We have seen an up-tick in the occurrence of weekend warrior injuries recently. We have a number of strategies to help you recover. Come in and do some basic recovery exercise in the pool, use the steam, sauna, or spas to do some gentle heat therapy. Our staff will be glad to put together some basic rehab exercises with bands, stretching, and vibration. Should the injury be more severe, let us know and we can arrange a BAC evaluation with our in-house physical therapists, Performance Physical Therapy. They are a wonderful resource and will put you back on the path to healthy activity safely and effectively. It's easy to arrange—just ask one of our trainers or someone at the Downtown Front Desk.

A quick reminder to all of our valued members, the Cordata maintenance shutdown is scheduled for August 23-25th, reopening Monday the 26th. Look for the pool to reopen a little cooler than normal. We will be draining and resurfacing the pool, cleaning, and painting throughout the club. The Downtown shutdown will be in September, stay tuned for the dates. Now is a good time to let us know any of the areas we need to address during this time. We welcome your suggestions.

Respectfully,

Cathy



# Assisted Split Squats

## Progression 1

by Mike Locke, Fitness Director

Kneeling down to the ground is a very normal everyday movement. We have to kneel down to pick something off the ground or to find something that we may have dropped. Kneeling down can become more and more challenging if we begin to lose some strength.

A stationary assisted Split Squat is an exercise that can help you gain and maintain strength in the lower body to allow you to kneel down to the ground and then rise back up to standing. It is the first progression of a Split Squat using assistance with only your body weight.

To perform the assisted Split Squat you need to start with your feet parallel about shoulder-width apart (see picture 1). While keeping your feet shoulder-width apart step back with one foot approximately one stride length (see picture 2).

To start the exercise grasp a solid object (see picture 3 with a stable bar) with your feet shoulder-width apart and one stride length from each other. Slowly lower your body while holding onto the solid object for balance until your front leg is at 90 degrees and your back knee touches or almost touches the floor. The back leg will also form a 90-degree angle (see picture 4). Pause and reverse the motion back up to the starting position. Use the solid object to assist you up using your arms as much or as little as you need. Make sure you push through the floor with the entire foot of the front leg and lift through the hips of that same leg.



Picture 1



Picture 2



Picture 3



Picture 4

Complete for the prescribed number of repetitions then repeat on the opposite leg for the prescribed number of repetitions.

Please see one of BAC Personal Trainers if you have any questions regarding how to perform the assisted Split Squat exercise or how to include it your exercise routine. They would be happy to assist you.

# Swim Lessons

## **How to support swim lesson students**

by Brittany McIntosh, Aquatics Director

Summer is the season for swimming lessons, and the pool is busy! As a parent, it can be tough to know how to best support your student in their learning. Here are some tips for helping your child focus during class, and for supporting them outside of lessons!

### **During the lesson**

1. If your student is anxious, it can be tempting to approach them during their lesson and provide verbal support. However, this can be distracting to your student as well as others in the class, since it pulls their attention away from their teacher, who may be trying to demonstrate or explain a key skill. We encourage parents to support silently from the benches during lessons. Your child may very well want to show you their skills during class! If this happens, a thumbs up and a smile can communicate your support without pulling attention from the class.
2. For young children, the basic separation from parents can also be unnerving. Sometimes having the parent in the pool area can cause a conflict for the child - the reminder that you are present but not participating in class with them can make this separation harder. We may encourage parents in this situation to take some space from the class by heading into the lobby for the duration of the lesson. We have found that this both decreases anxiety for the child, as they are able to concentrate completely on their lesson, and helps them to learn that they are able to participate even when mom is not in the room.
3. Come prepared for class! Many families who are new to lessons simply do not know what their child needs to succeed! Here's a shortlist of things that most students need for their lessons:
  - a. Swim Suit
  - b. Goggles (Dolphin +)
  - c. Hair tie or swim cap for hair longer than shoulder length
  - d. Swim Diaper - if not potty trained yet.
4. Ask them questions about their lessons! Did they learn anything new today? Have them explain a skill they worked on during their lesson! When your student is able to recall details about their classes, it will be easier for them to remember those skills the next time they have class!



## Outside of Class

The best thing you can do to support your student outside of class is just to swim with them! Help them practice some of the skills they have been learning in class. Swimming can be a fun family activity and seeing their parents embrace the skills they have been learning can be incredibly validating for kids! Here are a few skills from each level to practice with your little fish:

**Beluga:** Mouth and nose bubbles, Listen for the fishies (Snap your fingers underwater and ask them to put their whole face in to listen), big jumps to you, ice cream scoops

**Clownfish:** Underwater bobs, ice cream scoops out to you, chicken/airplane/soldier, kicks on tummy and back

**Dolphin:** Scoops to you, practice rolling over to breathe, backstroke to you, kick w/ board (you could even do a kick-board race!)

**Flounder:** Freestyle or backstroke races, underwater dolphin kick challenge (see how far they can go swimming underwater from the wall)

**Jellyfish:** Freestyle, backstroke, or breaststroke races, somersaults in the water, dive for rings

**Manatee:** 200-yard challenge! Have them swim 12 lengths without stopping, using any stroke. practice flip turns, treading water

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# From the Courts

## Handball News



Congratulations to BAC member Mike Flannery! Mike attended the USHA National Four Wall Championships in California in June and placed first in the Men's Singles Masters 60+. After a first-round bye, Mike faced three tough opponents, winning his final match in a tiebreaker; 15-21, 21-14, 11-8.



BAC hosted a one-day handball event on July 20. Twenty two players from across Puget Sound played in the day-long event. Pictured are Tim Laverty and partner Ken Starcher, and Tim Goering with the tournament director and his partner Carl Mattson.

# Nutrition

## **Why we need a sense of calm**

by Shelby O'Hagan, Nutritional Therapy Practitioner (NTP)

What are you doing at this moment? What did you do during your last meal? Were you scrolling through social media? Multitasking at work or school? Driving from one place to the next?

We live during a time when efficiency and multitasking are expected in order to be the most productive. And as a result, we put meal-times and self-care to the wayside!

Systematically, humans are designed with two modes, sympathetic and parasympathetic; however, it's more likely that you've heard them referred to as "fight or flight" and "rest and digest" respectively. The sympathetic and parasympathetic are two sides of the autonomic nervous system which controls blood flow, hormone production, and basically everything else in physical function. We and most other living things on this planet developed this two-sided nervous system as a way to monitor energy use so we can handle danger when needed.

The sympathetic state, or "fight or flight," prepares the body for danger by diverting blood from the digestive system out to the muscles where it may be necessary for speed or endurance, increasing the heart rate, and stimulating the production of hormones like adrenaline and cortisol. The parasympathetic state, or "rest and digest," pulls blood into the digestive system, relaxes the muscles and heart rate, and stimulates the immune system, digestion hormone/enzyme production, as well as reproductive hormone production.

Most of us are living in a constant state of fight or flight, whether we realize it or not! As you can imagine, this has a negative impact on our ability to digest food and feel well. One way we can support our bodies is by eating meals without distractions. Set your phone down, turn off your computer or TV, and close your book during meal times. Instead, try taking a few deep, belly breaths before consciously using all of your senses. What does it look like? Can you smell each of the ingredients? Did you hear it cooking? Or does it make a sound when you cut or bite into it? Is it hot? Cold? How does it taste? By taking deep breaths, you immediately bring a sense of calm and safety to your body which opens the door to "rest and digest." Consciously being present and feeling each of your senses while you eat furthers your movement into that parasympathetic mode. As you relax, digestion becomes easier and your mind even becomes primed for the next part of your day.



If you'd like to learn more about nutrition and how to get yours in order, please visit my website at <https://www.rebelyumnutrition.com/> or email me at [shelby.ntp@gmail.com](mailto:shelby.ntp@gmail.com).

# Member of the Month

## **Joanna Funkhouser**

Joanna has lived on both the East and West Coasts, but moved to Bellingham 12 years ago and married her husband Wesley in 2010. They have 2 children, Gwen (4) and Jacob (2) who absolutely LOVE coming to Kid's Club and family swim times. Joanna stays at home with the kids, which is a full-time job for now.

She has played violin since she was 8 when her grandfather gave her her first violin and taught her how to play. In college, she studied General Music and currently enjoys playing with the local Bellingham Community Chamber Orchestra. She also teaches private violin lessons and occasionally plays with her church music team.

The reason she joined BAC because she is in the process of becoming a gestational surrogate for couples who cannot carry their own children, and was told she needs to lose a little weight before moving forward with it. So far she has lost 20 pounds with the help of the wonderful aqua aerobics classes! She is looking forward to reaching her goals and maintaining a healthy lifestyle with the support of the community at BAC.

Congratulations Joanna for being BAC's August Member of the Month.



# Employee of the Month

## **Celine Mauger**

We are proud and honored to announce our Employee of the month for August – Celine Mauger!!!

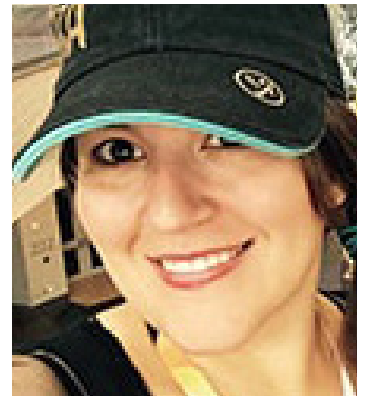
Celine began her Zumba teaching career at BAC in 2014 – and never looked back. Fortunately for the staff, and the members here, we have all benefited from the love and energy she pours into every, single class she teaches.

Celine has used her gifts to spread joy and laughter in a fun environment where everyone feels welcome, and no one feels intimidated. When you come into one of her classes you will feel like you are walking into a party. Along with the great music and the epic energy, she takes the time to turn the studio into a dance club—complete with the colorful and flashing lights—every single time. When you leave one of Celine's Zumba classes, you will be sweaty, laughing and definitely wanting to come back for more.

Celine moved here with her husband Michael from France in 2006, and to Bellingham in 2011. Together, they have 3 children aged 10, 8, and 18 months. They stay very active as a family, which is her full-time "hobby".

We at BAC feel very fortunate to have such a gifted and generous Instructor. If you haven't tried her Zumba or Zumba Gold class before, you won't regret it.

Thank you, Celine, for sharing your joy with all of us!



# Youth Programs

**...Our Next Friday Night Out is August 9th!**

Come check out the fun BAC kids are having at Friday Night Out. The upcoming FNO kids will be making their own playdough along with pizza, movie and a swim.



# At Home

## **Let the Barbecues Begin ~ Be Sure to Grill Safely.**

by Susie Landsem, Aging in Place by Design

Despite what the school calendars say, Pacific Northwest summers actually start in late July and continue into September. It's an excellent time for outdoor entertaining, picnics, and grilling. Barbecues have been the foundation of many good parties and meals at home. While grilling is easy and adds delicious flavor to meats and vegetables, there are safety measures to remember. Here are a few to keep in mind the next time you start the flames.



### **Location, location, location, and other grill safety measures.**

- Keep the barbecue at least 10' away from nearby houses or structures and clear from low hanging branches. Make sure that the barbecue is stable and won't tip to one side or topple over.
- Set up somewhere where children and pets can't get to the grill. Besides the concerns with an open flame, the grill will stay hot for an hour after it's turned off.
- Never leave the barbecue unattended - enough said.
- Keep a fire extinguisher, a pail of sand or a bucket of water nearby in case of fire.
- Do not turn on a gas grill with the top closed. Gases can build up inside and cause a fire when opened.
- Clean the grill regularly, preferably after each use. Follow the manufacturer's recommendations for cleaning, and remove charred food and debris before using. Coals can take up to 48 hours to burn out and can be added to compost as long as they are made from wood, free from chemicals or additives.

### **Keep it clean and avoid cross-contamination.**

Wash hands and utensils with warm soapy water regularly. It's an easy step to forget, but bacteria can grow on uncooked meats and fish and you don't want them to spread. This includes serving dishes, cutting boards, and dish towels.



Keep raw meats, chicken, and fish on separate and clean surfaces. Raw food and cooked foods should be kept on different plates/platters. Make sure all surfaces are clean, particularly if you plan on re-using them.

Marinate food in the refrigerator and not on the counter. Don't reuse the sauce - if using some marinade on the cooked food, reserve some uncontaminated sauce for later use.

Make sure to cook food thoroughly. Here are some interior temperature guidelines:

- Hamburgers should have no pink and be 160°
- Chicken, also no pink, 165°
- Salmon, 125° to 130° for a medium finish
- Steak is considered medium-rare at 135°



Let meats sit after taking them off the grill:

- Salmon for 5 minutes
- Steak and other meat for 15 minutes.

Food should not sit out for long, 90 minutes to 2 hours is the maximum time. Better to follow these guidelines:

- Hot food should stay hot. Wrap hot food in foil or put in an insulated container.
- Cold food can be kept on a shallow container on top of ice in a cooler, or stored in the refrigerator.

When possible, keep beverages in one cooler and food in a different one. The beverage cooler will be opened more regularly, reducing its cooling ability faster than one that stays closed.

### **Environmentally conscientious - every bit helps.**



Reduce waste and save money with re-usable containers for storage and leftovers. Consider using re-usable plates and silverware. Eco-friendly plates and utensils are available and can be tossed into compost containers after the meal.

Buy local. Our local farmers offer great grilling vegetables, meats, and fruits. These products are fresh and full of flavor. Besides reducing the plastic packaging and mileage that comes with store-bought food, you are supporting our farmers and local economy.

Barbecuing is fun and a great way to enjoy summer. Grilling safety is important to avoid accidents and illness. At your next outdoor event, remember to keep hands, dishes, the grill clean and cook foods thoroughly. Enjoy!



### **Susie Landsem**

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Susie provides design and building solutions for people who want to stay in their homes, safe and independent.



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