



# CELEBRATING FITNESS!

DEC. 2019

*Holiday hours?  
See last page.*

## Happy Holidays to One and All!

We are in the throes of a number of promotions for the holidays. I hope you have a chance to participate.

### ***Toys for Tots Pre-Pay Special***

Our annual Toys for Tots toy drive begins Monday, December 2nd. You will notice the bins in the lobbies of both clubs. Our members have always been generous in the past and this year will be no exception. As a reward for your generosity, we are giving you the opportunity to take advantage of 2019 club dues rates if you pre-pay for the year. We are looking forward to seeing all the great toys you bring in.

### ***Sharing and Caring for the Troops***

In addition, this year we will be supporting the Troops with a club-wide collection of items for assembling care packages. In conjunction with the VFW of Lynden, we will be assembling boxes of food, personal items, books/balls, and cards. Please see the lists posted around the club. The Kids Club is organizing this with the kids writing cards and messages for the troops. We are very excited to add this effort to our Holiday Giving Campaign. The same benefit applies to your donations: bring in a bundle of items for the Sharing and Caring for the Troops boxes and take advantage of 2019 pricing when you pre-pay for 2020!

### ***Inclement weather policy***

Remember to check the status of Bellingham Public Schools (either on the radio or through their website) when they are in session.

If the Bellingham schools are delayed, there will be NO morning classes and the regular schedule will resume at noon. If the schools are closed, the club will be open but all programming will not be available, which includes swim lessons, training, and group exercise classes.

During the Bellingham Public School weekends training days and Holiday break: December 21st-January 5th, you will need to go to our website to get the updates. In general, I start checking the weather at about 4:00 am and make the call by 4:30 am. We make every effort to get staff in to open the clubs on time, but please be patient. Brian Porter and I usually are making the rounds picking staff up and transporting them into the clubs. The purpose of our policy is to not put staff in danger and to keep unnecessary cars off the roads until the snowplows and sanders can make the rounds. Thanks for your patience during weather events.

Respectfully,  
Cathy Buckley



# Fitness

## **5 Ways to Relieve Back Pain So You Can Sleep Better and Improve Your Life**

by Cheryl Conklin

Living with chronic back pain involves daily challenges. From getting out of bed in the morning to getting comfortable when you go to sleep at night, back pain can be very frustrating. Fortunately, there are five ways you can relieve pain and enjoy better sleep—improving your mood and quality of life, too.

### **Start a Pre-Sleep Stretching Routine**

Many back problems are related to [muscle or ligament strain](#), Mayo Clinic explains, and symptoms may worsen at bedtime. The good news is, stretching each night or practicing simple [yoga](#) poses can help relieve [muscle tension](#) and help you wind down for bed.

People who do yoga regularly also report feeling more [relaxed and peaceful](#) overall. Part of it is the deep breathing routine, experts note, which helps reduce your fight-or-flight stress response.

If back pain—and other life challenges—are stressing you out, yoga can be a calming influence. It can even help you produce more oxytocin and endorphins—your body's happy hormones.

### **Make Time for Exercise**

Exercising is healthy for your body, but you might shy away from it while you deal with back troubles. But if your doctor agrees it's safe for you to exercise, working out could help strengthen your core muscles and lessen back pain and tension.

One study found that people who [exercised](#) over six weeks experienced more effective pain relief than those who attended physical therapy for the same period. Specifically, core stabilization exercises were influential in reducing pain perception.

Even adding moderate exercise like walking or [swimming](#) to your routine can also expend energy that would otherwise keep you up at night. Getting your body moving can help work out stress and prepare you for deeper and better-quality sleep.



Photo via Unsplash

## Swap Out Your Mattress

An old, lumpy mattress does nothing to help your back pain. In some cases, your bed might be contributing to [chronic back problems](#)—especially if it's too firm, Harvard Health notes. Harvard's experts note that "very hard" mattresses contributed to inferior sleep experiences.

Clearly, the right mattress can make a significant difference in both your sleep quality and comfort level.

Consider your sleeping style and shop for a new mattress that suits you. For example, people who [sleep on their sides](#) tend to prefer Purple mattresses. Conversely, WinkBed mattress options offer extra spinal support for back sleepers.

## Make Your Sleep Routine Regular

A regular sleep routine has plenty of benefits for your health—such as a lowered risk of certain diseases. But making sure you get regular—and adequate—sleep can also decrease your [sensitivity to pain](#). One study found that "extending nightly sleep" helped adults reduce their pain sensitivity and increase daytime alertness.

Also, keeping a regular schedule helps solidify your body's [natural rhythms](#). Your circadian rhythm—AKA, your internal alarm clock—regulates your sleep and wake periods. Catering to your body's instinct to sleep when it's dark and get up when it's light out can help you prep for more restful sleep.

Plus, sticking with nature's plan can help you feel drowsy at bedtime—even if your back pain typically keeps you up. Overall, you'll sleep more deeply once your body recognizes and accepts regular sleep patterns.

## Improve Your Sleep Posture

[Sleep posture](#)—which the University of Rochester Medical Center says is a real thing—can have a significant impact on your pain level and sleep quality.

To keep your body aligned while you rest, use [pillows](#) or other positioning devices to keep your spine in its natural curve. Also, keep your body in alignment when you turn or roll over, instead of twisting or bending.

Getting quality rest is vital for your everyday functioning—and for improving your back pain. With these five tips, you can get deeper, better sleep, and start feeling more like yourself again.

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# Give the Gift of Fitness!

This holiday season give  
BAC Personal Training Gift  
Certificates! Single Session or  
Session Packages available at  
the front desk!



# Aquatics

by Lindsay Williams, Aquatics Director

## ***New Faces in Our Aquatics Departments***

We've had a lot of new faces in our Aquatics Department the past couple of months. Thankfully, we've found some excellent, experienced instructors and lifeguards. I'd like to introduce you to a few:



### ***Austin Clark***

Austin is from Onalaska, WA and moved to Bellingham for college. He graduated with a degree in Biology and Chemistry and is pursuing a job in health care. He swam competitively for Western Washington University for four years. He loves reading books or going to the movies on his days off.



### ***Erin Vopalensky***

Erin is from Spokane, WA. She's a junior at WWU studying Speech-Language Pathology and Spanish. She swam for the club for 15 years and for a year in college at Mt. St. Mary's University. She has taught lessons for 2 years. She loves to hang out with her friends and watch Disney+ in her downtime.



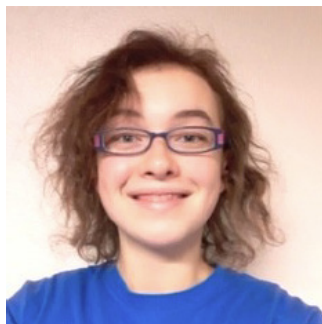
### ***Samantha Bakony***

Sam is from the Kirkland area. She graduated from WWU with a degree in creative writing. She's had a love for swimming since she was a baby. She was on the swim team from the ages of 7 to 14 before becoming a lifeguard and swim instructor. Her favorite aquatic animal is the Orca, which was also her high school swim team mascot!



### ***Isaac McCoy***

Isaac is from Puyallup, WA and is studying Math in Elementary Education at WWU. He swam on the swim team and played water polo for 3 years while in high school. His favorite stroke is the butterfly. He loves a good burger from Boomers and reads or watches Netflix when he has time.



### ***Hanna Johnson***

Hanna is from Mill Creek, WA. She swam for four years in high school and is now studying Elementary Education at WWU. In her time off, she likes to bike, swim, hike, draw or play Mario Kart.



### ***Riley Binsacca***

Riley is from Sammamish, WA and is a sophomore at WWU with plans to study Kinesiology. He has been teaching swim lessons for two and a half years and really enjoys working with kids. His hobbies include baseball, playing guitar, and exploring the outdoors.

# Youth Programs

**NEW HOURS!!!** Beginning December 8th, Kids Club will also be open on Sundays from 9 to 1! Starting January 1st of the New Year, Kids Club hours will be changing to Monday through Friday from 9am to 1pm and 4pm to 7:30 pm. Saturday and Sunday from 9am to 1pm. These hours are also posted in Kids Club and the front desk.

Need a date night? This month's **Friday Night Out** will be Holiday themed! Drop your kids off for some games, activities, dinner, the pool, and a movie throughout the night! We hope to see you on Friday, December 20th, from 5:30 to 9:30 at our Cordata location!

We are still holding a donation drive through November and December for Troop Boxes. Bring in any non-perishable food items like granola bars, gum, beef jerky, instant coffee, nuts, etc. Personal items are also needed such as toothbrushes and toothpaste, lip balm, Neosporin, baby wipes, eye drops, deodorant, razors, shampoo, etc. Any other items are greatly appreciated, too! We will be taking these items to a local VFW where they will be sent off to troops overseas. See flyers for more ideas and donation items!

As well as the donations for Troop Boxes, we will be doing our annual campaign for Toys for Tots in conjunction with the US Marine Corps Reserve. Bring items for children 0 to 18 years old. Games, activities, crafts, toys, clothing, etc. are all welcome and appreciated greatly. There is a donation box located in the lobby of the Cordata location!



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## Junior Racquetball Lessons

This will be a shortened series due to the busy holiday month.

Week of December 2 - Week of December 9

Two Weeks, 4 Lessons

Open to Members and Non Members!

Sign up at the Cordata Facility Front Desk

\$24 Members, \$27 Child of Member, \$30 Non Member

### **BEGINNERS:**

Mon/Wed — 4:30-5:15 pm

### **INTERMEDIATES:**

Tues/Thurs — 5:15-6:00 pm

### **ADVANCED:**

Tues/Thurs — 4:30-5:15 pm



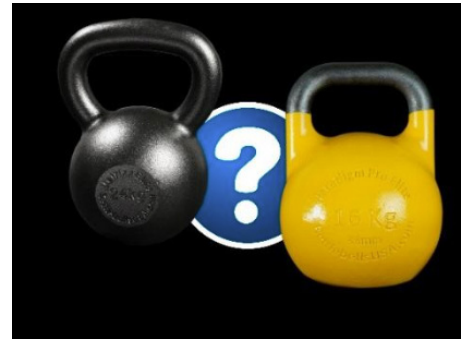
All classes taught by BAC Club Pro, Wanda Collins. Wanda has been teaching juniors for over 20 years and was the Director of Junior Development for the Washington Racquetball Association.

# Group Exercise

## What's a Kettlebell?

by Jeri Winterburn, Group Exercise Coordinator

A Kettlebell or in Russian "Girya" (ball or bell with a handle) was used over 350 years ago in Russia, as a certified handled counterweight for dry goods on market scales. Kettlebell lifting is the national sport of Russia with national championships held each year.



In the Russian Military, recruits are required as part of their training to use kettlebells. Kettlebells come in a range of styles/shapes and weights. They are primarily used for swinging, throwing, juggling, pressing, and holding type exercises.

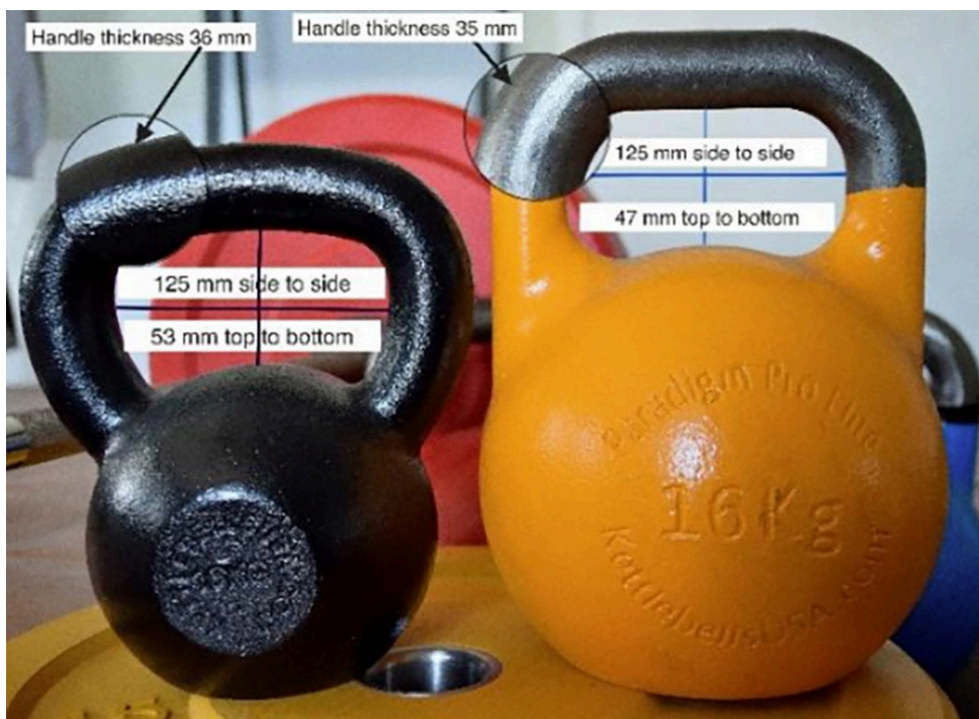
## What's the difference between Kettlebells?

There are basically two different styles of Kettlebells. In the picture below, you see that the black Kettlebell has a thicker handle and a smaller body whereas the yellow Kettlebell on the right has a smaller handle and a much bigger body.

The yellow Kettlebell is what they call a "Competition" Kettlebell named for its use in Kettlebell Competitions. The thickness of the handle and diameter of the bell are exactly the same in each weight. It allows for a smooth technique adaptation from one weight to the next.

The "Competition" Kettlebell is much easier to swing than its counterpart which makes it a favorite with trainers and lifters alike. At BAC we feature "Competition" Kettlebells as a number of our staff were trained by World Champion and Master of Sports Coach Valery Federenko.

If you are interested in learning more about how you can add Kettlebell training to your workout please speak to one of our BAC trainers.



# Nutrition

## Soft and Chewy Ginger Molasses Cookies

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

The holiday season is about sharing good times with the people you love, and sometimes that means sharing desserts. Here's a recipe I absolutely love for the holiday season. It's super flavorful and uses several ingredients that make these cookies even easier to love.

- Sprouted grain flour provides more fiber, protein, and micronutrients than regular all-purpose flour. It's easier to digest and lower in gluten!
- Grass-fed butter provides omega-3 fatty acids, vitamin A, and vitamin K2.
- Pasture-raised eggs naturally provide omega-3 fatty acids and significantly more vitamin E, and vitamin A. Chickens are omnivores and should not eat strictly vegetarian diets!
- Blackstrap molasses provides vitamins and minerals including iron, potassium, calcium, vitamin B6, magnesium, and selenium.

*Adapted from a recipe on [melskitchencafe.com](http://melskitchencafe.com)*

### INGREDIENTS

4 cups (20 oz) sprouted grain flour	1.5 cups (12 oz, 3 sticks) grass-fed butter, softened
2 teaspoons baking soda	1.5 cups (11.25 oz) granulated sugar plus extra for rolling cookie dough in (you can swap this for coconut sugar or even do half and half!)
1 teaspoon salt	2 large, pasture-raised eggs
2 teaspoons ground cinnamon	.5 cup blackstrap molasses
1.5 teaspoons ground cloves	
1.5 teaspoons ground ginger	

### DIRECTIONS

Preheat oven to 375° F. Line a couple large, rimmed baking sheets with parchment paper. Set aside.

In a medium bowl, whisk together flour, baking soda, salt, cinnamon, cloves, and ginger. Set aside.

In a large bowl, beat together butter and sugar until light and creamy ~2-3 minutes. Add molasses and eggs, and mix until well-combined ~2-3 minutes.

Stir dry ingredients into wet, and mix until combined.

Dough can be rolled and baked right away, but your cookies will be slightly thicker and chewier if refrigerated for a bit. If you like them that way, chill for 20-30 minutes (or up to several days) before rolling into balls.

Roll dough into balls (around an inch) and then dip and roll in extra sugar. Space cookies an inch or so apart on the cookie sheets and bake 8-10 minutes. Be careful not to over bake if you want a soft, chewy cookie.

Move cookies to a cooling rack to cool completely. These cookies stay soft and chewy at room temperature for several days in a sealed container, or you can freeze them!



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).

# Members of the Month

## **Kaitlin Schanken**

Kaitlin has been a member of BAC since June of 2018. Kaitlin enjoys taking group classes, small personal training groups, and is an avid runner.

Kaitlin was born in Alaska, raised in Montana, and moved to Bellingham in 2006 from NYC where she completed a program of study at the American Musical and Dramatic Academy. She has a BS from Western in Environmental Science and minors in GIS and History. Kaitlin has completed a term of service with Americorps and worked for Fish and Wildlife in Skagit County doing salmon/trout surveys and data entry. She took time off when Rosemary was born and loved being a stay-at-home parent so much that she decided to do it full time. She is also the coordinator for the Cordata Community Garden and tries to stay active within the greater Bellingham community.

Kaitlin has two amazing kids (Arabella (10), Rosemary (2)), an awesome partner in crime, two kitties, and a whack-a-do puppy named Saoirse. For fun, Kaitlin likes to run races, coach, read, play with her kiddos and her pooch, hike, garden, cook, and bake.

Thank you for your dedication to BAC, we love having you and the girls around the club!



# Employee of the Month

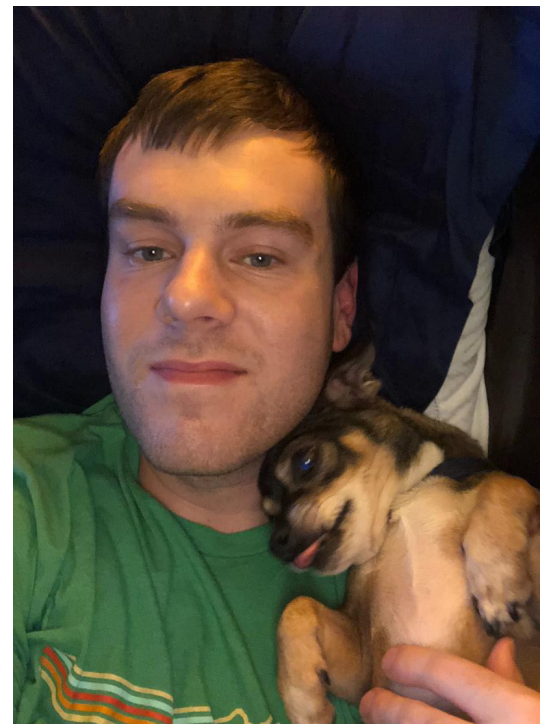
## **Matt Massot**

Matt has been at BAC for about six months now. He really enjoys working at the front desk Downtown and interacting with all of the friendly members that come into the club. During his time at BAC, Matt has developed a love and passion for fitness.

Matt was born in Texas but grew up near Seattle and moved to Bellingham in 2015 to attend Whatcom Community College. During his time at Whatcom, Matt's love for movies became a passion and now he is pursuing a career in the film industry.

In his spare time, he likes to hang out with his dog Harry, work out, cook, and make and watch movies.

Congratulations, Matt! We are very lucky to have you on our team and serving our members with your kindness and smile!



# At Home

## **Home for the Holidays**

by Susie Landsem, Aging in Place by Design

Holidays are a special time for friends and family getting together. However, they are also an excellent time for accidents in the home to happen. Taking family members to the ER has become something of a tradition in my house.

Make your home safe for all ages ~

### **The Kitchen**

- Use a timer when cooking; fires can start from burning foods
- Don't leave cooking food unattended
- Keep oven mitts, towels, and aprons away from heat sources
- Consider making a 3 ft. kid and pet-free zone to prevent accidental burns
- If you've got young children visiting, consider placemats in place of tablecloths that might get yanked, breaking china or worse, tipping over lit candles
- Provide a highchair for young visitors, and make sure that it is properly secured



### **The Tree**

#### *Fresh trees*

- Check for brown needles; a dry tree can be a fire hazard
- Check for spiders and other pests before bringing the tree indoors
- Secure the tree to prevent it from tipping over

#### *Artificial trees*

- Make sure it is fire-resistant and lead-free
- Keep the tree away from the fireplace and candles
- If an artificial tree comes with lights installed, look for the Underwriters Laboratory (UL) seal of approval.

#### *Decorations*

- Keep glass ball and other breakable ornaments on higher branches, away from a child's reach
- Before using, check lights for frayed cord and damaged sockets
- Indoor lights stay indoors
- Use a step ladder, not a chair, to get to the high spots
- One and Done extension cords - don't plug two extension cords together
- Keep the tree skirt close to the tree to avoid tripping opportunities or skip it altogether
- Make sure the furniture is well spaced out to reduce tripping accidents



## Wrapping Paper and Packages

- Pick up clutter; wrapping paper can hide tripping hazards
- Packaging popcorn and plastic can be choking hazards
- Don't put wrapping paper in the fireplace; sudden fire flashes can be dangerous
- Small toys and lithium batteries can be choking hazards, make sure they are out of small children's reach

## Other Rooms

- Small rugs can cause tripping; best to avoid altogether, but if you must, use grip tape
- Add slip-resistant treads or decals to the tub and shower floors for overnight guests
- Provide plenty of lighting. Night lights are helpful
- Check to make sure you have anti-scald fixtures on faucets, 120° is the hottest the water should be
- Add handrails in halls and grab bars in the bathroom to help older visitors

## Be Prepared

- Check that smoke alarms are working, and fire extinguishers are fresh
- A complete first aid kit should be easily accessible
- Keep a few flashlights with new batteries available
- Keep front walks and entries clear of tripping hazards or ice
- Make sure that your house numbers can be seen easily from the street in case the Fire Department needs to find you (as if the billowing smoke isn't enough)



Making your home safe for visitors isn't difficult. It just takes a little planning ahead and paying attention to the possible trouble spots.



### Susie Landsem

[contact@aginginplacebydesign.com](mailto:contact@aginginplacebydesign.com)

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

# Holiday Hours 2019

Christmas and New Years' days are on Wednesday this year, so please consult the schedule below as well as the signs in the clubs and postings on the website should you wonder about the hours of the clubs.

December 8th:	Holiday party. Both clubs close at 5pm.
Christmas Eve:	Both clubs close at 2pm.
Christmas:	Both clubs closed.
Day after Christmas:	Cordata 7-7, Downtown 7-2. No classes.
New Year's Eve:	Both clubs close at 5 pm.
New Year's Day:	Cordata 7-7, Downtown 7-2. No classes.
Day after New Years:	Regular schedule.

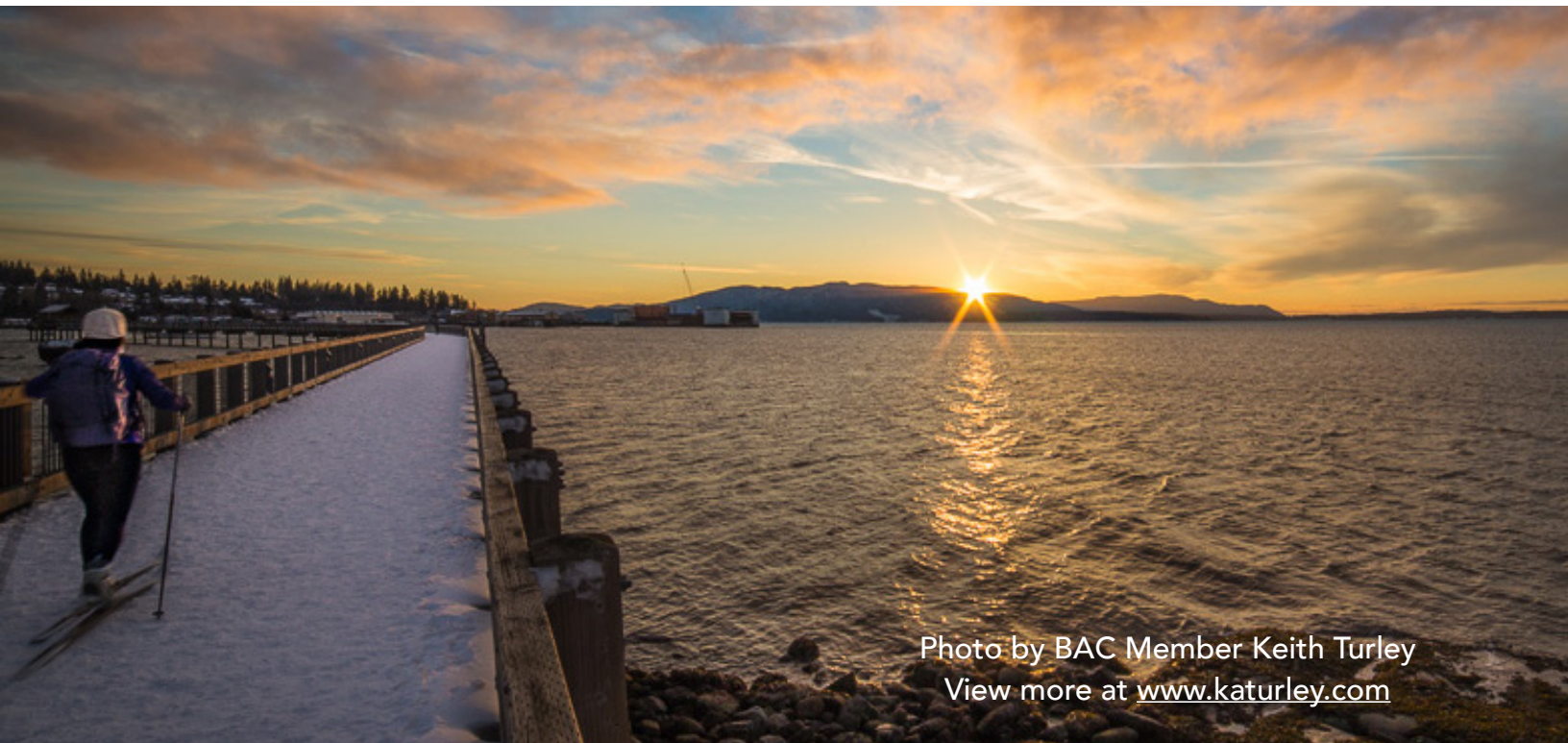


Photo by BAC Member Keith Turley  
View more at [www.katurley.com](http://www.katurley.com)



CORDATA  
DOWNTOWN

4191 MERIDIAN 360.676.1800  
1616 CORNWALL 360.734.1616

[www.bellinghamathleticclub.com](http://www.bellinghamathleticclub.com)