



# CELEBRATING FITNESS!

FEB 2020

## Live with Purpose!

Don't let your New Years' resolutions fizzle out this year—make a concentrated effort to live consciously and with purpose. February is our member referral month, so invite a friend along for the ride and receive a \$10 credit on your account for every friend who signs up in the month of February. Check out the newsletter and [website](#) for fun February events.

Here are some tips to help you be successful this year in making exercise a lasting and vital part of 2020.

**Challenge your mind.** A great deal of the mental ability lost with age can be attributed to lack of use, (just like our physical selves). Our mental function depends on neural highways, which like neglected roads eventually become unavailable for use. But we can continue to learn and grow new connections (or highways) in our brains throughout our lives. Any type of learning can provide this stimulus: courses, conversations with friends, learning a language or even word games can keep us mentally sharp. By keeping physically and mentally active, we are two times less likely to suffer from dementia.

**Eat for the long haul.** Like machines, our bodies must have the proper fuel to function. We need to drink lots of water, eat at least five helpings of fruits and vegetables daily, take a multivitamin, and talk to our doctors about additional supplements we may need. Above all, we should not go long periods without eating: low glucose levels in the blood may be responsible for some dementia in later life. We can stay lean with physical activity and balanced eating, rather than dieting.

**Be needed and stay connected.** We are social creatures and need human interaction to thrive. We can cherish family, rebuild neglected friendships, join clubs, and stay open to meeting new people. There are many opportunities to work for the betterment of our community. Any activity that gives us a sense of nurturing the world around us will help us as we help others. Even plants and pets can offer us the kinds of relationships that help us stay engaged in life.

At BAC we are here to serve you. Let us help you achieve your goals. Share these thoughts and BAC with friends, and benefit! When you sponsor a new member, you'll receive that \$10 credit to your account. Remember to keep it light, share the joy, have fun, and keep moving.

Respectfully,  
Cathy Buckley



Equipment Spotlight:

# Smith Machine

by Mike Locke, Fitness Director

February's "Equipment Spotlight" is a piece of resistance equipment called the "Smith Machine". It is a plate loaded piece of equipment in which weight plates may be added to the bar on each side, much the same way as a regular barbell. The difference with the Smith machine bar is that the bar travels on two guide rods with safety hooks attached to each side of the bar. This gives the bar a stable path of movement with the ability to hook the bar safely at different heights.

Unlike a regular Olympic Free Weight Bar which weighs 45 lbs. unloaded, the Smith Machine Bar weighs only 35 lbs. The Bar is counter-balanced with two weights suspended by cables within the sides of the piece to offset the weight of the bar.

When using this piece it is important to face the right direction to take advantage of the angling of the uprights. The image to the right shows the correct direction to face while using the Smith Machine. This allows you to not only take advantage of the angle of the rods but also allows you to see the safety hooks.

One plus to the Smith Machine is the stability and safety it provides users. Especially first-time weight trainers. The stability that the Smith Machine provides can also be a drawback, as the muscle stabilizers do not have to work as hard.

Overall the Smith Machine is a versatile piece of equipment that we can use to perform a variety of exercises. From Squats to Split Stance Squats, to Bench Press, Incline Press, Decline Press, Shoulder Press, Standing Rows, and Bent-Over-Rows just to name a few. We also can use the bar for bodyweight oriented exercises like Elevated Push-ups, Horizontal Rows, and Assisted Squats.

There are definite pluses and minuses to the Smith Machines use but as with most resistance pieces and exercises, the appropriate application is the key to getting the results that we seek.

If you would like to receive more information on how to use the Smith Machine please contact our Personal Training office. We would be glad to help you.



# Aquatics

## **When Should My Child Start Swim Lessons?**

by Lindsay Williams, Aquatics Director

Learning to swim should be a priority for every family. It's an important life skill that can play a key role in helping to prevent drowning—a top cause of death among children. Children, and their parents, need to learn how to swim to help keep time in the water safe and fun!

Recent studies suggest that water survival skills training and swim lessons can help reduce drowning risk for children between ages 1-4. Classes that include both parents and their children also are a good way to introduce good water safety habits and start building swim readiness skills. Children develop at different rates, and not all are ready to begin swim lessons at exactly the same age. When making your decision, keep your child's emotional maturity, physical and developmental abilities and limitations, and comfort level in the water in mind. If your child seems ready, it's a good idea to start lessons now.

By their 4th birthday, most children are ready for swim lessons. At this age, they usually can learn basic water survival skills such as floating, treading water, and getting to an exit point. By age 5 or 6, most children in swim lessons can learn the front crawl.

### **Remember, swim lessons don't make kids "drown-proof."**

Always keep in mind that swim lessons are just one of several important layers of protection needed to help prevent drowning.

Another layer includes constant, focused supervision when your child is in or near a pool or any

body of water. It is also essential to block access to pools during non-swim time.



If you're ready to start your child (or yourself!) in lessons or to continue with lessons, our next session starts on February 4th! We offer all levels at several different times throughout the day. We also have parent/child classes, adult lessons and swim team. If you're interested in a specific time, please email us at [aquatics@bellinghamathleticclub.com](mailto:aquatics@bellinghamathleticclub.com). If you'd like to sign up, please call or stop by the front desk!

Finally, February is referral month at BAC. **If you refer a friend to our program and they sign up for a session, you will receive a \$5 credit towards lessons.** Talk to our aquatics director or the front desk for more information.

# Youth Programs

Need a babysitter for Valentine's Day? This month's Friday Night Out will be held on Friday, February 14th aka **VALENTINE'S DAY!!!** Drop your kiddos off with us for a fun-filled night, while you and a special someone enjoy some adult time. We will be doing fun games, activities, crafts, dinner, swimming, and a movie! Both members and non-members are welcome to attend, please see the front desk at Cordata for pricing and discounts. See you then!



Have a birthday coming up? We would love to host your child's next birthday! Packages include games, activities, decorations, cake, and an hour in the pool. We will do all of the setup and clean up so all you have to do is come ready to party. Now join us on non-FNO Fridays 6-8:30pm, as well as Saturdays and Sundays 1:30-4pm or 4:30-7pm. Both members and non-members are welcome to have their next birthday with us. Contact the front desk at Cordata for more information and pricing!

---

## The Northwest Open is Quickly Approaching!

**When:** March 13-15, 2020

**Where:** Bellingham Athletic Club - Cordata

**Who:** ANYONE who is interested in playing some competitive racquetball. There will be divisions offered for everyone.

**Why:** Because we love the game and want to spread the joy of racquetball throughout the PNW.

Keep your eyes out for the informative save the date! We will be asking that everyone [sign up online](#), via the tournament website. This is to help the front desk staff from having to take payments, and to save some paper! Remember that we are 100% happy to help anyone get signed up.

Let Jessie or Brian Porter know if you have any questions!

  
49th Annual  
**Northwest Oper**  
Racquetball Tournament 2020



# Group Exercise

## **Get Fit with a Friend Month**

by Jeri Winterburn, Group Exercise Director

February is “get fit with a friend” month. One-week passes will be available the entire month, so you can invite friends and family to your favorite classes.

We will be celebrating our members and their family and friends with a Master Class to be held on Saturday, February 29th. Here are the details:

**DATE:** Saturday, February 29th, 2020

**TIME:** 9:00 – 10:15 A.M.

**WHAT:** The class will be led by several BAC instructors, and will consist of a Warm-Up, Zumba, PiYo, Strength, Core, HIIT, Yoga, Pilates, and cool-down. A little bit of everything!

**WHO:** The class is open to all BAC members and free to any guests that are non-members.

**CHILDCARE:** The Kids Club will be open and FREE CHILDCARE is available to non-members. However, NON-MEMBERS MUST MAKE RESERVATIONS BY FRIDAY, (the day before the class) February 28th. Call 360-676-1800 to reserve your space for your kids.

This will be a great opportunity to not only get a GREAT workout—but to sample a tidbit of what each class entails. It is for everyone! From beginner to advanced, we will be there to show you options and answer your questions.

Please **SAVE THE DATE!** And start inviting your friends and family now. It will be a ton of fun AND a great opportunity to share a workout with your friends and family. Carly will also be available to help with membership questions and give tours.

If you have any questions, please feel free to email Jeri at [groupex@bellinghamathleticclub.com](mailto:groupex@bellinghamathleticclub.com). We can't wait to see you all there!

*Also, due to member requests, we are offering Barre again as our Class of the Month for February.*



# At Home

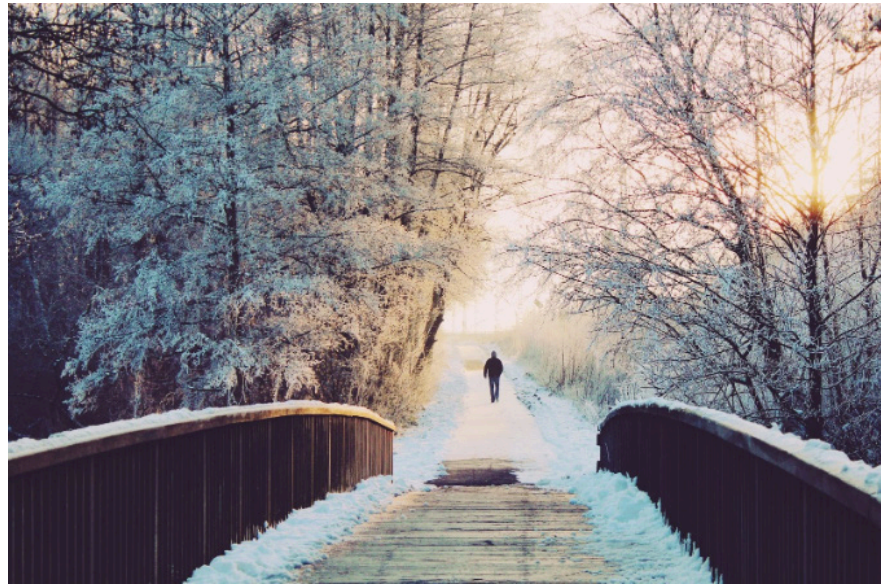
## Getting Through the Winter

by Susie Landsem, Aging in Place by Design

February in the Northwest is a tough month. The days are short and it's still cold and blustery. It's a good time to concentrate on sparking energy into your day and creating an oasis in your home.

### **Head to the Bellingham Athletic Club**

An important way to combat the doldrums of winter is to get to exercise. Working out is just as good for the soul as it is for the body. Get your sneakers on and head to the Club to unleash your endorphins, be social, and feel good about yourself. Bring a friend along for encouragement and accountability.



### **Lighten Your Home**

Clear the clutter. Start with stowing away anything holiday-specific, such as red, green, and blue ornaments, ribbons, and dishware. Separate the items you need to have, want to have, from the rest of accumulated stuff laying around. Now is an excellent time to re-organize with baskets and storage boxes. Be discerning when choosing what to keep. Don't store things that should be donated, up-cycled, or tossed out. Tip: check your closets and garage for empty storage boxes before buying more.

### **Refresh the Indoors**

There are many season-neutral decorations and colors that reflect light in a room. I like to use white, silver, and gold tones to add brightness. Shimmering mercury votives, twinkle lights, and mirrors are some options.

Bring a little outdoors to the indoors. Greenery goes a long way to freshening an entry, fireplace, and coffee table. Put a branch or two of variegated holly leaves with red berries into a tall glass vase for a pretty pop of natural color. White baby's breath adds a light and lacy look to a dark corner or shelf.

Refresh your framed photos. Print a few current favorite photos from the holidays or highlights from the past year. Replace the old with the new pictures in the same frame. They will add warmth and happy memories to your décor.



## At Home (cont.)

Use warm throw blankets to make a room feel cozy. Colorful pillows add attractive pops to neutral walls and furniture. Candlelight creates a pleasant ambiance during dark winter nights.

Embrace February. The days are getting longer and lighter, the birds are singing, and little buds of crocuses are starting to pop. Spring is right around the corner—hang in there!



**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.

# The Buddy System!

Join BAC in February  
with no joining fee on  
a 6-month contract!

Referring members  
receive a \$10 credit when  
a contact joins BAC.

**Contact Us for Details**

Since 1975  
**Bellingham**  
ATHLETIC  
40+ Years **Club** of Fitness



# Members of the Month

## **Melissa Yuryevich**

It is with a heart full of love that we honor Melissa!

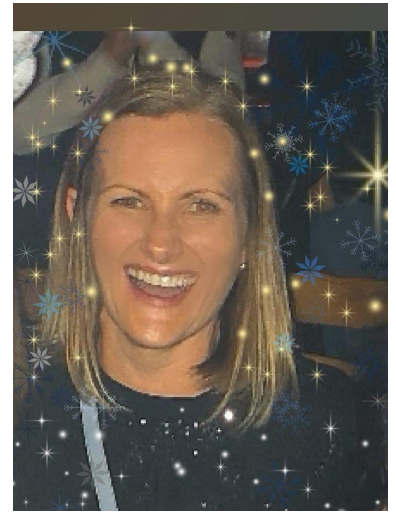
Melissa joined BAC several years ago when she was new to the area and looking for a place to stay in shape. We are grateful that she stuck with us for so long, and has brought such joy to both our employees and members—some who have become very close friends.

When she's not working out, you can usually find Melissa in her kitchen whipping up some yummy recipes and baking goodies that she shares very liberally with all of us. Believe us, she can COOK!

She is also an avid reader and a wonderful entertainer—willing to share her hospitality, food, and wonderful smile with anyone and everyone.

When she started at BAC she was a regular participant in the Monday and Wednesday night Boot camp classes. But since then she has tried all of the Group classes—utilizing the variety of times they are offered, and most recently, began taking the Saturday Power Pump class! Adding this class has challenged her and made her feel stronger every week.

Melissa, thank you for the positive attitude and smiles you share so willingly. No matter what the day brings, we know you will bring your sunniest self to brighten our days.



---

# Employee of the Month

## **Kellie McBeath**

Kellie started working at BAC in November of 2018. She works night maintenance mostly at the Downtown club. She enjoys keeping the club clean and getting to know the regular members.

Kellie currently resides in Ferndale which is also where she grew up. She has a degree in Early Childhood Education and also works full time at Kids Corner Learning Center. She has 3 daughters: Alyssa, Alex, and Mckenzie, and has 4 grandkids between ages 5 months to 10 years old. Her two youngest girls play soccer and they have spent many weekends traveling for games.

Outside of the club, Kellie enjoys photography, knitting, crafting/ stamping, and spending time with her family.

Congratulations, Kellie! Thank you for always doing an excellent job and caring about our members.



# Nutrition

## Carbohydrates (carbs)

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

Carbs have been given a bad reputation by the diet industry, and it's unfortunate because they're so important for long-term, overall wellness.

*There are two big issues with the way we consume carbs:*

- 1) The sources most people want to eat are highly processed fake foods.
- 2) People have trained their bodies to run entirely off those sources, so they feel unsatisfied, hungry, and lackluster.

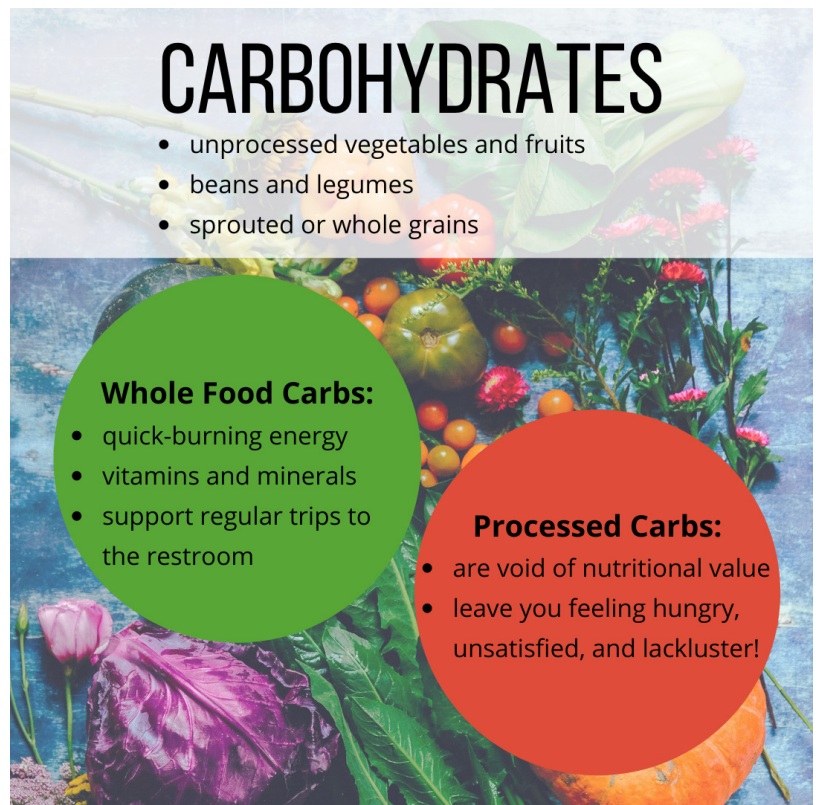
Carbohydrates are a quick-burning calorie that don't provide energy for long. When most meals/snacks are processed carb-based, you end up hungry soon after or, even worse, **HANGRY**. Feeling hangry is a sign of poor blood sugar regulation which is not a good thing! Popular diets like Paleo and Keto are part of the movement to eat more fat, a slow-digesting calorie that leaves you feeling fuller for longer. The benefits of fat don't make carbs any less valuable!

*Here are just a few roles carbs play for us:*

- source of quick-burning energy
- provide essential micronutrients (vitamins and minerals)
- support regular bowel movements (oh, hey there fiber)

*Healthy carbohydrate sources:*

- vegetables
- beans/legumes
- fruit
- sprouted grains



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).