



CELEBRATING FITNESS!

JAN. 2020

New Years Eve:

Both clubs close at 5pm

New Years Day: Cordata 7-7,

Downtown 7-2. No Classes.

Jan. 2 - Regular Schedule

2020, A New Decade...

I can't believe it is here already. As we gear up for the new year of the new decade, 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 workout. 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.

As we ring in the New Year, Mike Locke, our esteemed Fitness Director, has come up with a program to help us all stay on track and fulfill our New Year's resolutions. It is called Commit 20. Be a BAC star and commit to 20 twenty-minute workouts in the month of January, or attend 20 classes, or whatever fits into your routine the best. When you fill out the packet you will be assigned a trainer, who will help you stay on track. We also are selling specially priced training sessions—20 minutes for \$20. See the article explaining the program that follows in the Fitness portion of the Newsletter, or just pick up a packet from the Front Desk.

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

Cardio Equipment: Remember, there is a 20-minute limit on any 1 cardio piece, just check to make sure no one is waiting, and if you are going longer than the 20-minute allotment and someone 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 when you are done. It will help everyone move through the area. Be considerate of others using the area by moving quickly through your sets. Please take your rest intervals off the equipment, which allows other members to "work-in" between your sets and also allows more members to use the area at the same time. Be sure to wipe down equipment after use.

Just following a few simple courtesies will help us move through January and February with ease. Most importantly, let's 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!

Cathy Buckley



Start 2020 out with a **BANG!**

It's 2020! The beginning of a new year. It's a time in which we assess where we are and where we want to be. A period of resolutions and goals. A time in which our motivation and passion are peaked. A New Year "Life Do-over"! Through this process have we had an honest accounting with ourselves as to how we plan to achieve the success we would like to see in 2020?

BAC would like to assist you in making your 2020 the kind of NEW YEAR you hoped for! Our Commit 20 program has been designed to guide, motivate, and commit yourself to success in 2020.

Here's how to get involved!

1. Take the Commit 20 pledge: "20 workouts for the month of January."

- Complete and sign the Commit 20 pledge (available at the BAC Front Desk);
- Update your contact information (email, phone, and mobile phone);
- Update your medical history; and
- Place your name on a Commit 20 Star (to be displayed in the Fitness area, Group Ex Studio, Gym, or Pool).

2. BAC Personal Trainer assigned to you.

- Weekly check-ins with your trainer.

3. 20-minute Workouts.

4. 20-minute Personal Training packages for \$20/session.

5. Commit 20 Incentives.

- Drawings for free month's dues; and
- Drawings for free 20-minute Personal Training Session.



Don't let the "fire" of motivation and good intentions "fizzle"!

BAC COMMIT 20!!

"Motivation is what gets you started. Habit is what keeps you going."

Be Physically Active

Time is the highest reported barrier to participating in Physical Activity, not just in the U.S. but in many other countries around the world. The Department of Health and Human Services in their 2nd Edition lists the following as Physical Activity Guidelines for American Adults:

- Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate to vigorous physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.
- Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.



DHHS guidelines of 150 to 300 minutes per week is a challenge for many of us to complete each week. So what's the answer? Is it possible to reap the benefits of physical activity in less than 150 minutes a week? Absolutely!! There are many strategies and programming options we can incorporate to obtain these benefits in a shorter duration each week. Here are three suggestions we can do on a daily basis:

1. Take the stairs instead of the elevator or escalator.
2. When parking your vehicle, park further away from the store so that you have to walk a greater distance to your destination.
3. If feasible walk or bike to work, the store, etc.

There are also physical activity programming strategies we can use to shorten the duration of the activity but still retain the benefits. Research has shown that as little as 15-20 minutes of physical activity can elicit similar benefits as activities performed for a longer duration.

SIT (Sprint Interval Training), HIIT (High-Intensity Interval Training), and Circuit Training are three programming methods that we can utilize to shorten duration but raise the intensity. The SIT format uses short-duration maximal-intensity bouts of activity followed by active rest. Intensity for the work should

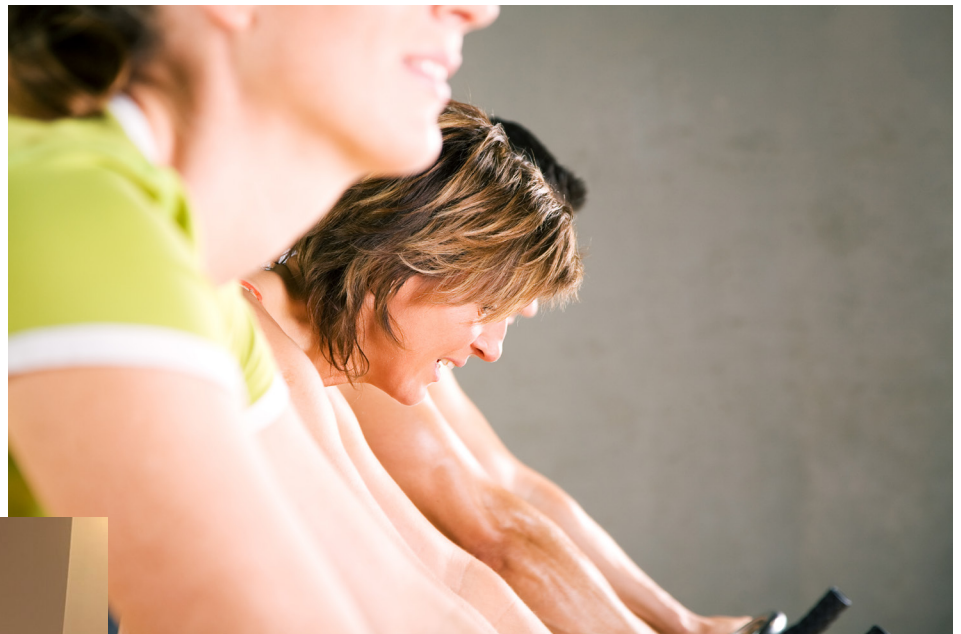
be near 100% effort for the prescribed duration which can range from 20-60 sec. Active or passive rest follows for triple to quadruple the amount or duration of the work. These work to rest sets are repeated 4-6 times. This workout can be repeated 2-3 times per week and can be used on any piece of cardio type equipment, or running, or jump roping, etc.



A very popular format in individuals and groups is HIIT. HIIT workouts are performed at an intensity of 70-90% for the work section at a duration of 15-60 seconds (4-8 sets). Active and passive rest periods are double to triple the duration of the work period. A variety of exercises can be linked together, bodyweight, free weight, cardio, etc. This type of format can be performed 2-3 times per week.

A great format for resistance training is Circuit Training where you can link a number of different resistance exercises together and perform them one after the next with the only rest being the transition from one exercise to the next. At BAC, our Cybex areas are set up for circuit type training but you can also link free weight and bodyweight exercises together in a similar format. Be advised the more repetitions and or the more exercises that you perform the longer duration the circuit will be. It's also important to make sure you balance out movements and not overdo any one movement.

These are just some of the ideas which you can utilize to shorten the duration of your workouts but still receive many of the benefits. If you have questions on how you can incorporate this type of format into your training our BAC staff of Personal Trainers would be happy to help you craft a workout that works best for you!



Fitness

Barriers to Participation in Physical Activity

by Mike Locke, Fitness Director

As trainers, we hear a lot of reasons and excuses as to why people do not participate in physical activity. There have been a number of studies done around the world that have shed some light on the most common reasons why adults don't adopt more physically active lifestyles. Here are some of their results:

Top 3:

- Time;
- Energy; and
- Motivation.

Other barriers include:

- Cost;
- Facilities;
- Illness or injury;
- Transportation;
- Partner issues;
- Skill;
- Safety considerations;
- Child care;
- Uneasiness with change; and
- Unsuitable programs



The Centers for Disease Control and Prevention makes the following suggestions for overcoming physical activity barriers:

Lack of Time:

- Monitor your daily activities for one week. Identify at least three 30-minute time slots you could use for physical activity;
- Add physical activity to your daily routine; and
- Select activities requiring minimal time.

Lack of energy:

- Schedule physical activity for times in the day or week when you feel energetic; and
- Convince yourself that if you give it a chance, physical activity will increase your energy level; then try it.

Lack of motivation:

- Plan ahead. Make physical activity a regular part of your daily or weekly schedule and write it on your calendar;
- Invite a friend to exercise with you on a regular basis and write it on both your calendars; and
- Join an exercise group or class.

Centers for Disease Control and Prevention has put together a quiz on determining your top Physical Activity Barriers. It consists of a short 21 question quiz. If you are interested in taking the quiz please see one of our BAC Personal Training Staff. They would be happy to get you a copy and help you interpret the results!

Aquatics

The Many Benefits of Swimming

by Lindsay Williams, Aquatics Director

You don't necessarily have to swim laps to reap the benefits the pool has to offer. Just being in the water can be calming, fun and do many things for your body. Water supports your body, putting less stress on your joints and muscles. It compresses the body, helping to reduce swelling and fluid buildup. Water pressure helps put less strain on the heart by helping circulate your blood more efficiently. Swimming, in particular, can provide many advantages to your health.

You might live longer. Swimming leads to overall improvements in health and well-being that could extend your lifespan.

You can swim for life. Because water supports much of your body weight, taking the pressure of bones and joints, swimming is safe and accessible for nearly anyone, at any age.

You'll boost your body strength. Swimming works just about every muscle, from your forearms to your feet. And the resistance of the water is always pushing against your body, building muscle strength.

Swimming is good for your heart. When you exercise in water, the "hydrostatic pressure" means your heart doesn't need to work as hard to distribute blood throughout your body.

You'll burn calories. All that kicking, pulling and splashing requires a considerable amount of energy, which means you'll burn calories while in the water. On average, a 154-pound person swimming slow freestyle laps burns about 255 calories in half an hour, according to the Centers for Disease Control and Prevention.

Swimming is super accessible. Water supports about 90 percent of your body weight, according to the American Council on Exercise, making it a super low-impact sport. People of all ages, abilities, sizes, disabilities or injuries can reap the benefits of swimming.

Swimming relieves stress. Besides the natural soothing aquatic environment, you are also forced to focus on breathing. To swim well, you'll inhale and exhale slowly and consistently, matching your breath to your motion. This calms your body, much like meditative breathing.

You'll improve your athletic performance on land. Over time, the focus on your breathing will improve your lung capacity and strengthen your breathing muscles.

You'll boost your energy and feel better overall. Swimming releases the same feel-good endorphins that cause a "runner's high." These endorphins have the power to ward off bad moods, leaving you with a feeling of energy and happiness that lingers even after you get out of the water.



Come swim laps! Try our Water Aerobics classes! Enroll in Swimming Lessons! There are so many great reasons to get in the pool! Happy Swimming!

Swim Lessons start up again Tuesday, January 7th. Call the front desk to sign-up!

Youth Programs

Need a night away after the Holidays? This month's Friday Night Out (FNO) will be held on Friday, January 17th 5:30 to 9:30 pm. Have your kiddos join us for some football, activities, dinner, swimming, a movie, and popcorn! Sign up with the front desk at our Cordata location. Come sporting your favorite football team's gear! See you there!



NEW HOURS!!!! Now open 7 days a week! Now join us on Sunday mornings to kick off the New Year right! Effective as of January 2nd, Kids Club's new hours will be Monday-Sunday from 9 am to 1 pm and Monday-Friday from 4 pm to 7:30 pm.

Since we are in the middle of the flu season, we would like to remind you that only healthy kids should attend Kids Club. This is to prevent the spreading of sickness. If your child has a fever, runny nose, coughing, etc. we ask you to wait 48 hours from its end to bring them in. We want to keep the kids and the staff healthy! Thank you!

Friday morning Family Swim time from 10:30 am to 11:30 am is still in effect. Come practice your swimming skills throughout winter in our nice heated pool and hot tub. If no one is in the pool by 11:00 am, we will consider Family Swim over for that hour...so suit up and come to the club to swim on Friday mornings!

2020 Winter Shootout

Sponsored by Infusion Solutions, Walton Beverage and LithtexNW!

Keep your eyes open for entry forms at the club! This tournament will be held January 18-19, 2020. We will be offering all divisions. We are not sanctioning this tournament...what does that mean for you?! It means that we MUST have each participant fill out the entry form completely. It also means that there will be no additional USRA/WRA fees tacked on! [Register online today!](#)

You will be allowed to play any combination of 2 divisions for only \$50! (Juniors rate is \$25) We are looking forward to a fun tournament, please bear with us as we make some changes to our operations.

Monday Night Clinics

Want to improve your racquetball skills? We are offering two clinics in January to help. Sign up at the Cordata front desk!

Beginner Clinic

January 20 @ 6:15 pm-7:00 pm
Members Free; Non-Members \$15

Pinch Shot Clinic

January 27 @ 6:15 pm-7:00 pm
Members \$15; Non-Members \$25



Nutrition

Happy New Year!

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

I hope your holiday season was joyful and that you're excited for 2020. January marks a time of inspiration, aspiration, and intention, especially in terms of diet and exercise. Here are my Top 3 Nutrition Guidelines to keep in mind on your journey towards better health.

Plate Your Veggies First

Whenever possible, go for veggies first (especially those greens!) and then plate your protein, fat, and other carbs (bread, pasta, etc). This doesn't require measuring, counting, or calculating, it's simply a hack you can use to get your veggies in and keep your blood sugar stable.



By prioritizing getting your veggies in first, you're not only getting vital vitamins and minerals but fiber and hydration too! Contrary to popular belief, protein doesn't have to be the star of the show! Instead of plating around a piece of meat, plate around a big serving of vegetables. Better yet, include some plant-based protein such as beans, lentils, or quinoa for a double-whammy!

Snack on Fat

Do you need snacks between meals? What do you usually choose? One of the quickest and easiest snacks you can have (which is great for busy workdays/environments too!) are nuts and seeds. Unlike a single piece of fruit or packaged granola bar (which is almost always loaded with syrups and sugars despite the "healthy" labeling), a small handful of nuts or half an avocado can fuel you for hours. That's nice, steady blood sugar from meal to meal without energy slumps or sugar cravings! :)

Focus on One Meal at a Time

When deciding what to make or order to eat, consider what you've already eaten (or plan to eat that day) and try to fill in any nutrient gaps. Did you go out for pancakes and mimosas? Make sure you get some veggies and whole food sources of fat and protein in your later meals! Are you having pasta for dinner? Maybe add some chopped spinach to your eggs in the morning (I call those sneaky greens because they wilt down so much you can get a whole serving and hardly notice it!) or add broccoli florets to your pasta. A not-so-nutritious snack or meal doesn't ruin anything...you can clean it up next time you eat.



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.

Members of the Month

Charlie Rinker

Congratulations to Charlie, our first Member of the Month for 2020! Charlie has been an active member for a very long time.

Charlie has worked out most of his life—he started running when he was 13 and it's now become a part of his daily routine. He is usually at BAC during the lunch hour taking a class. His favorite classes are step, spin, and power pump. He loves the instructors and how the classes challenge him.

Charlie was born and raised in Bellingham but has lived in other places such as Seattle, Alaska, and Oregon. He has an incredible wife, Jackie, and 3 grown kids. His family lives on Lake Samish and spends a lot of time on the water when they can: they love to swim, sail, ski and enjoy the lake atmosphere. Charlie loves to cook, hike, hunt with his dog, Kit, scuba dive, and prawn, sport and commercial fish in the San Juan's. He currently sells Real Estate at Windermere but still helps with family commercial fishing when needed.

Thank you, Charlie, for your positive attitude and loyalty to BAC!



Employee of the Month

Tina Schumacher

Congratulations to Tina for being our January Employee of the Month! Tina was hired in June of 2008. After taking group exercise classes for several years, it was recommended that she try teaching them. She has poured her heart and soul into every class and into each interaction she has with members around the club.

Tina teaches almost everything! From HIIT to Zumba, her classes are always fun, motivating, and effective. She is a strong leader and cares deeply about helping others become their best selves. Tina has continued her education by becoming a certified nutrition coach and is AFAA group exercise certified as well as Can-Fit-Pro.

Tina was raised and went to school in Vancouver, BC where she met her husband and moved to Whatcom County in 2000. They have two children who keep them very busy with basketball and soccer. They also have a Boston Terrier named Millie. They are big travelers but have switched their traveling to support their kids wherever they are playing.

Thank you, Tina, for working so hard to help our members achieve their goals and for being such a loyal and dedicated BAC employee.



Group Exercise

New Beginnings!

by Jeri Winterburn, Group Exercise Coordinator

Happy New Year! – New You! – New Beginnings! and...New Group Exercise Schedule!

As we look forward to January we want to say **"Thank You"** for showing up and working out with us in the studios at both clubs this past year. We are excited to announce that our **REVOLUTION** (cycling) classes have grown, and we will be offering some additional early morning times to accommodate more of you. As well as adding a few other changes as requested by you, our members.

At the CORDATA club:

On Monday mornings in the gym, we will be changing the **Retrofit** instructor from Theresa to Andrea. We will still see Theresa subbing as needed, but she is taking some time to help out at the grade schools with substitute teaching in the classrooms.

We are also happy to announce that we are adding **ANOTHER Yoga class** with Leslie McKee on Mondays in the studio from 11:15 – 12:15 a.m.



The **Tuesday morning HIIT class at 9:30 a.m. will be changed to a Boot Camp** class with Andrea.

She will also be teaching **a new Barre class** Wednesday mornings from 10:15 – 11:15 a.m. Andrea is a Master Trainer in Barre, so we are thrilled that she can pass on her expertise to you!

A new class we are trying out every Saturday from 10:00 – 11:00 a.m. in the studio upstairs will be what we are calling the **"Featured Class of the Month"**. January will be **"Progressive Barre"** with Andrea. This will be a great time to try and probably fall in love with the benefits of Barre training.

At the DOWNTOWN club – we are adding the following classes:

Monday 6:45 – 7:30 a.m. **REVOLUTION** with Melissa

And:

Wednesday 6:45 – 7:30 a.m. **REVOLUTION** with Andrea.

Please contact me via email if you have further suggestions or feedback – it is so appreciated!

Here's to 2020 – Can't wait to see you in the studios!



CORDATA
DOWNTOWN

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