



# CELEBRATING FITNESS!

## JULY 2019

**4th of July Holiday Hours**  
**Both clubs: 7am-2pm; No classes**

**New Downtown Summer Hours:**

*Effective Monday, July 1st*

Monday-Friday: 5am-8pm

Saturday and Sunday: 7am-2pm

## We are a community...

Here at BAC, we are a community of members, guests, and staff. Some of us are here to improve our health and fitness, some to reduce their stress, while others are here to just play. No matter what your reason, we are a collective group of people who have come together under one roof at BAC. One of our goals at BAC is to provide an environment where you can be successful and feel safe. Common courtesy in the shared space we call BAC can go a long way to ensuring that you and your fellow members have an enjoyable experience at the club. Unfortunately, we have had some altercations at both clubs, which occasions the reminders below.

- **Please be respectful of fellow members**, be careful of all your interactions with other members, the club is no place for any sexual or political innuendo, be respectful to all members and careful your conversation cannot be construed as sexual harassment in any way. We have a zero tolerance here at BAC and your membership will be forfeit if you cross this line with either members or staff. If you have a contentious or questionable encounter please notify management staff immediately.
- **Be aware of using excessive fragrance or cologne.**
- Some of us can't remove 100 lb weights off of the machines. You can help others in our fitness areas by **replacing equipment to their designated areas.**
- It's no fun to lie on or touch a piece of equipment that someone else has perspired on. **BAC has provided all the fitness areas with disinfectant spray**, towels, and hand sanitizer.
- A kindly and well-intentioned reminder to all: **your mother doesn't live here**, so please pick up after yourself. Leave the club at least as nice as you found it. Please let the staff know if there is equipment or fixtures that are not working.
- Our pool, spa, sauna, and steam room are great places to exercise and relax. By showering prior to using these facilities you help keep them looking their best. Remember, apply lotion, shave, powder, exfoliate, etc. away from any of these areas. Remove any over-spray or drippings before you leave the areas of use.
- BAC is a private facility. We need everyone to have their pictures in the system to help protect against unauthorized club use, by **bringing your membership card** with you when you come to the club you help the staff get to know you and confirm that you are a member as well as give them a reference that you currently are in the facility if there is an emergency.

A little common courtesy and cooperation go a long way to making everyone's visit is an enjoyable one. Should you be involved in an altercation, I urge you to try to look at it from the other person's perspective, it might bring some clarity. Thank you for being part of our BAC community!



# Weekend Warrior Syndrome

## **Strategies to reduce injuries**

by Mike Locke, Fitness Director

With our weekday schedules packed with family and work commitments we often try to pack our weekends with activity to make up for the lack of activity we get during the week. "Weekend Warrior Syndrome" is a quite common condition as we try to squeeze a weeks' worth of activity into two days instead of 5-7. This can increase the incidence of overuse and acute injuries, reducing our ability to participate in activity over the weekend or even during the week.

### **Common Weekend Warrior injuries**

- Ankle sprain
- Shoulder tendonitis, strain, or tear (rotator cuff)
- Shin splints
- Hamstring strain
- Groin pull
- ACL tear
- Patellofemoral syndrome (knee)
- Elbow tendonitis
- Achilles tendonitis, strain, or rupture
- Low back pain



### **Strategies for reducing the risk of Weekend Warrior injuries**

- Warm-up thoroughly prior to activity participation. A warm-up should include general body warm-up with light jogging and/or calisthenics. Tissue mobilization and release using a massage stick, foam roller or lacrosse ball. Short duration (10-20 sec) stretching exercises encompassing the major muscle groups 2-3 times on each.
- Warm-down after activity participation. Walk or do some light jogging to help flush out your system. Foam rolling, massage stick of the muscles used in the activity. Longer duration stretching (30-60 sec) for major muscles 2-3 times each.
- Recovery using massage, cryotherapy (cold) ice or an ice bath, whirlpool for the heat and jets, and pool for mobility and off-loading joints.
- Listen to your body. Don't try to block out and push through what your body is trying to tell you. Know when to say when!
- Change up your activities. Repetitive participation can lead to overuse injuries.
- Try to balance activity during the week with activity on the weekend.



# Life Jacket Safety

## How to properly fit and use a life jacket

by Brittany McIntosh, Aquatics Director

Did you know that in Whatcom County alone, there are 26 lakes, 21 rivers, and 2 bays? That adds up to quite a few opportunities for swimming, fishing, boating, and hiking. Since we are so active around water this time of year, it's a good idea to refresh your knowledge on boating safety. Check out our tips below and enjoy all the beauty the Northwest has to offer this July!

### Always wear a life jacket

In Washington State, all children under the age of 12 are required by law to wear a life jacket while on board a vessel. However, it's recommended by the US Coast Guard that everyone on board wear a life jacket – even if you're a great swimmer! For tips on fitting a life jacket, take a look at our handy infographic.

### Know or learn how to swim

Everyone on board should know some basic survival skills. The more comfortable you are in the water, the better your chance of survival should an accident occur. We offer group and private lessons for both adults and children on Tuesdays and Thursdays in the morning, afternoon, and evening. Ask at the front desk for scheduling or visit our website at [www.bellinghamathleticclub.com](http://www.bellinghamathleticclub.com) for more details.

### Let someone know where you're going

If you don't have a Float Plan, let someone who's staying ashore know where you're going and when you'll be back. Write out all relevant location information including phone numbers, a description of the boat and all communication equipment on board, and an accurate location of the destination and home ports.

### Assign at least one adult to supervise all children

As we always tell parents in our Angelfish classes, once you teach your child to love the water it acts as a magnet, drawing them close. You won't be able to keep them away, so make sure they're supervised in their play!

**HOW TO PROPERLY FIT A LIFE JACKET**

- 1 CHECK LIFE JACKET LABEL FOR THE APPROPRIATE WEIGHT OR CHEST SIZE.**  
The life jacket label will indicate the size and weight of the intended user. Make sure the wearer is within these ranges. Verify that the life jacket label states it is "Coast Guard approved."
- 2 PUT THE LIFE JACKET ON.**  
Inspect the life jacket for wear and tear. Warning signs include rips and missing or broken buckles or straps.
- 3 BUCKLE ALL STRAPS AND TIGHTEN OR ZIP UP ALL ZIPPERS.**  
Make sure all straps can be buckled and zippers zipped. Don't forget the crotch strap if there is one!
- 4 HAVE THE WEARER LIFT THEIR ARMS OVER HEAD AND GENTLY LIFT THEM BY THE TOP OF THE LIFE JACKET ARM OPENINGS.**  
If the jacket rides up above their ears, it's too big. If the straps or zippers don't close, the jacket is too small.

**Warning icons:** A person wearing a life jacket with a red 'X' over it, indicating it is not worn correctly. A person with their arms raised above their head, indicating the jacket is too big.

[WWW.BOATUS.ORG](http://WWW.BOATUS.ORG) Source: <https://www.boatus.org/life-jackets/infographic/>

### **Carry extra supplies and safety equipment**

This could include extra food and water supplies, life jackets, a cell phone, blankets, and a well-stocked first aid kit. Additionally, make sure passengers know where these supplies are located and how to use them.

### **Avoid alcohol**

While we all want to have fun in the sun, boats are not the place for alcohol. It can affect balance, judgment and reaction speed – three things you will definitely need out on the water. More than half of all boating accidents in the US involve alcohol – don't be a statistic! Leave the party on the shore and stay safe on your vessel.

### **Be wary of heat exhaustion**

Wear lots of sunscreen, and bring extra water bottles. It's also important to remember that sunscreen does wash off, so always reapply after a dip. Hats and sunglasses are always a big help, especially if you've got kids on board.

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## **What keeps you movin'?**

We want to know what keeps you active and moving in the summer! Do you like to hike every weekend? Participate in races? Travel to different parts of the country or around the world? Tell us your story! You can send your story and a picture at [memberservices@bellinghamathleticclub.com](mailto:memberservices@bellinghamathleticclub.com)



# Nutrition

## Tips to surviving those summer gatherings

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

Happy 4th of July! Is summer in the Pacific Northwest GLORIOUS or what?? As we bounce from BBQ to BBQ and enjoy these long, sunny days, it can begin to feel a bit overwhelming to 'get back on track' when we know there are so many more opportunities to socialize in the near future. We've touched on tips to survive holidays and gatherings before, but they certainly bear repeating!



- **Drop the RESTRICTION mindset** and remember that you're making CHOICES to reach your goals! Studies on willpower have shown that when people go into diets or settings with the mindset that they're not allowed to have something, it becomes the focus of their attention and depletes their willpower. What's more is that when willpower diminishes, blood sugar decreases, and you actually become hungry... especially for that little something which you've been denying yourself! Here are some tips to sustain your blood sugar and willpower:
  - Load up on fat, protein, fiber, and greens! Eat veggies first or before you get to the gathering so you're not as hungry.
  - Find a high protein/fat snack to munch on if you're feeling overwhelmed by all the goodies you're trying to avoid. Even a handful of nuts before you sip beer or munch on chips will help keep your blood sugar stable.
- **Stay physically active**, but don't go overboard! As a member of Bellingham Athletic Club, you have access to wonderful facilities! If you find yourself tight on time or unable to get to the gym, a simple walk will do, too. Plus you'll get the added bonus of some Vitamin D! If you did eat or drink more than you would have liked to, don't destroy yourself in the gym the next day. Put that extra energy to use the best you can, and simply move on.
- **Avoid any sort of crash diet or restriction after overindulging.** We know that unsustainable methods yield unsustainable results...that's the yo-yo effect! The day after a fun and food-filled get-together, focus on hydration and high-quality food like leafy greens and protein! These are healthy habits for your everyday life as well.



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

## **Joy Olney**

Congratulations to Joy Olney for receiving Member of the Month for July! Joy participates in our water aerobics classes—the members would say she's Miss Congeniality! Joy is friendly and positive; she is especially kind, helpful and encouraging to our new members in class. Joy has been a member of BAC since 1992.

Joy is originally from the East Coast, she moved to Bellingham in 1986. She has two sons, Richard and Mike who are both in town for the summer. Her boys spent many days growing up at BAC attending summer camps and being involved in Youth Programs. Joy has two standard poodles named Talley and Polly. Joy is a renowned local artist and has made a name for herself in artistic circles around the world. The apple painting won a prize in the Little Gem Show at Scott Milo's gallery in Anacortes this month. When Joy is not working on a painting, she is working in her garden.

Thank you for being so loyal to BAC over the years and we love having your positive mindset. You truly are a joy to have at the club!



# Employee of the Month

## **Mike Locke**

It is with so much gratitude, that we announce our BAC Employee of the month for July—the one and only, Mike Locke.

It's hard to put into words, let alone, a few short paragraphs, how much Mike means to BAC, it's employees and members. We have all benefited from his intellect, passion, and diverse training background in his 34½ years as the Fitness Director here at BAC.

Mike has had quite the year! From his son's engagement to quite a drastic health scare, and most recently a very beautiful wedding, uniting his son Sean and BAC Personal trainer Alexa. Those of us that have worked so closely with Mike over the years were able to share, pray for, and encourage him as he dealt with the incredible journey that he was forced to take after suffering a heart attack—a risk condition that ran in his family. We quickly found out how much he means to ALL of us, what a loyal father and husband he is—and thankfully, what a true fighter he continues to be. Making several lifestyle changes, and working on his own health has been a priority.

He is now back to full-time work and we couldn't be more grateful. Mike has poured his energy into keeping all of us current on the latest trends, exercises, equipment, and classes that continuously change, and he is passionate about not only leading us but teaching us as well.

Mike and his wife Melissa met at BAC and will celebrate their 27th wedding anniversary in August. Together they have 2 children, Sean and Brianne. On Father's Day, his family gifted him with a Golden Retriever puppy—to add to their 4-legged family, which includes 2 horses as well.



# Drink Your Water!

## **...the benefits of staying hydrated**

by Jeri Winterburn, Group Exercise Director

I hear it so often — “I know I just don’t drink enough water!”

The average adult body is made up of about 60% water, so it makes sense that drinking fluids is a crucial element to the proper functioning of many different systems. Besides maintaining the health of the heart, brain, and muscles, fluids help transport nutrients to the cells while also flushing bacteria. However, it is relatively easy to become dehydrated throughout the day and various activities. Dehydration can occur by not drinking enough water, through excessive sweating, diarrhea, vomiting or exercise.

When this happens, it is common to feel faint, have a headache, experience crampy muscles or to feel tired.

Fortunately, restoring water balance in the body not only relieves these uncomfortable symptoms but has many additional benefits as well. Almost everyone is familiar with the “8 by 8” rule, which is to drink eight 8-ounce glasses of fluid a day. 8 x 8 is just easy to remember, as The Institute of Medicine recommends that women consume about 2 liters daily, and men to consume about 3 liters. Adjust accordingly per activity level and for any factors causing more rapid dehydration.



Drinking enough water and staying properly hydrated can:

### **1. Flush toxins & prevent illness**

While the kidneys naturally filter waste from the body, they require adequate water intake to function properly, according to WebMD. When the body is dehydrated, the elimination of wastes is diminished. Conversely, when the body is hydrated, healthier functioning and transportation of nutrients are restored. Some medical experts believe proper hydration can help prevent joint diseases like rheumatoid arthritis since water reduces inflammation and promotes cartilage health. Proper water consumption can also protect against kidney stones, constipation and urinary tract infections, according to the *Nutrition Reviews* journal.

### **2. Promote weight loss**

According to several studies published in the peer-reviewed medical journal *Obesity*, dieters who increased water consumption lost more weight than groups who did not. This may be due to the fact that thirst is often disguised as hunger.

### **3. Improve skin complexion**

Skin cells, like all cells, are made up of water. Therefore, if the skin is not receiving adequate hydration, it will appear dry, tight and flaky, and fine wrinkles will be more pronounced, according to The American Academy of Dermatology. Whether or not it’s true, many celebrities claim that water is the secret to their glowing, radiant skin.

#### **4. Increase energy levels**

After vigorous exercise and perspiration, it is especially important to rehydrate to replace lost fluids as well as to reduce soreness. According to the *Journal of Athletic Training and Nutrition*, studies have found that staying hydrated before, during and after exercise can not only reduce fatigue but also improve endurance. For those who feel too tired to work out, research published in the journal *Psychotherapy and Psychosomatics* found that regular, low-intensity exercise reduced fatigue by as much as 65% and increased energy by 20%. Combined with proper hydration, energy levels can significantly rise with even just a little effort.

#### **5. Lower the risk of heart attacks**

Heart disease is the leading cause of death in men and women, according to the NIH. When the arteries become narrowed and blocked with cholesterol and plaque, the risk for a heart attack increases. A study in the *American Journal of Epidemiology* found that drinking more water has been linked to a decreased risk of coronary heart disease.

#### **6. Boost cognitive functioning**

Instead of reaching for a sugary snack in the late afternoon to get a little mental boost to finish up a task, try having a glass of water instead. A new study published in the journal *Frontiers in Human Neuroscience* found that drinking water may enhance brainpower. Study participants performed better and faster on a series of cognitive tasks after drinking water versus those subjects who did not.



#### **7. Improve mood**

Dehydration is known to cause headaches, which might explain why it's common to get cranky when one strikes. Research supports this theory, as a study in the *Journal of Nutrition* found that even mild dehydration had a negative effect on mood. Therefore, a glass of water might work double duty in helping prevent headaches as well as promote a sense of refreshment that naturally enhances mood, as well.

Now we know **“why”** we need to make proper hydration a part of our daily lives – **here is the one habit that has helped me the most:**

Every morning when I get up – I get out a large glass (always the same one) – and fill it with water and a few ice cubes. Giving myself about 30 minutes to finish it, I immediately fill it again – if I am at work, it's my favorite water bottle – when the last drop is gone – I fill it again. If you aren't one to guzzle water – keep sipping away at it and be sure it stays on your counter, desk or in your sight the entire day. I swear that over time, it will become an easy habit. **When your bottle is empty – fill it up again.**

Summer heat, exercise, and sweating will take a toll on how you feel. This is an easy way to stay hydrated, and feeling your best through the next few, hot months. Give it a try!

# Birthday at Mt. Everest Base Camp

## ...two BAC members celebrate a special birthday

by BAC Staff

Each of us chooses to celebrate our birthdays in different ways. Of course, certain birthdays are considered milestone birthdays, sweet 16, nifty 50, and so on. With the coming of each of these milestones, some of us may choose to do something extraordinary. Something that may be on our bucket list.

For two BAC members, they decided to celebrate their 70th birthdays with an extraordinary adventure, going halfway around the world to Nepal and trekking to Mt. Everest base camp (17,600 ft)! Lynn and Jean Dayton made the commitment of going to Mt. Everest this past spring for the adventure of a lifetime!



The preparation for this adventure began last year. Lynn and Jean have been members at BAC on and off for over 30 years. The past five years they both have been participating in group classes as well as doing a little strength training but they both knew that they were going to have to do a bit more in preparation for their Mt. Everest adventure. To assist them in their training they enlisted the help of BAC Director of Fitness, Mike Locke, and with his guidance underwent a regiment of strength training and interval training on the treadmill. They also utilized their neighborhood trails and did day hikes with packs on Chuckanut. To assist them with testing their cold weather gear for Everest, Lynn and Jean visited Bellingham Cold Storage and their refrigeration units which are kept at a chilly -24 degrees F! Brrrh!!



Lynn and Jean's Everest base camp adventure began on April 19th with their flight into Kathmandu, Nepal (4000 ft). After two days of rest, they took a helicopter flight from Kathmandu to the village of

Lukla (9300 ft). From there they hiked to the village of Monjo for their first night's stay.

One of the keys to such a trek is acclimatizing to the altitude—climb high, sleep low! For 3 days Lynn and Jean did acclimatizing hikes in Namche Bazaar (11,200 ft). Namche Bazaar gave them their first real view of Everest. This type of trip is quite a production, 6 yaks carried the team's gear under the direction of 6 Sherpas and the owners of the trekking company. Lynn and Jean came away with an appreciation for the Sherpa people, who they describe as a friendly, helpful and fun-loving people although the children are a bit camera shy.



With the 6 Sherpas, 2 owners, 6 yaks, and 13 clients, the group made their way across suspension bridges spanning the many tributaries to the Dudh Kosi. It was during this trek to Tengbouche (12,800 ft) that they saw some of the most majestic views of the Khumbu regions peaks (Everest, Lhotse, Nuptse, and Ama Dablam). On May 2nd, Lynn and Jean successfully reached their destination, Everest Base Camp (17,600 ft) where they spent one night in their tent.



Lynn said, "Visiting Nepal, the Himalayas, and Mt. Everest was never on my 'Bucket List'. It hit me though, as I stood viewing the region and mountains that had been such an influence to me, that they were the inspiration to my 50+ years of mountain climbing. I started climbing just 4 years after Jim Whittaker became the first American (and 10th person) to summit Mt. Everest. So I had a teary moment or two just thinking about that. I never dreamed that I would be there especially at 70 years of age!"

"Reflecting on the trip", said Jean, "Nepal was beautiful and the Himalayas were breathtaking. The people were very friendly and welcoming. Our trekking company made things easy for us. The Sherpas and guides took very good care of all of us. Everything was 'Top Notch' considering where we were and what we were there to accomplish."

"When Lynn first came to me with this dream of his, I thought he had 'LOST HIS MIND'", said Jean. "Lynn and I are active but not nearly as active in our backpacking/alpine treks as we were pre-retirement. Retirement and traveling have changed our activities somewhat. We do more trail hikes and not always with packs. Both Lynn and I still get to the club, but for me, exercising in the water is much easier on my back. Mike helped us build a strong core, incorporating body weight and resistance exercises which got us prepared!! Thanks, Mike, for helping us achieve Everest Base Camp (cold and beautiful)."

What's next? Jean says she is still thinking about it, however, she thinks it is her turn to pick and she will carefully consider her options!

Congratulations to both Lynn and Jean! We are glad BAC could help in your success!!

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## **BAC Night with the Bells!**

As one of the sponsors of the Bells, we are welcoming them to work out at BAC! They will be part of our community throughout the summer. Join us for our annual "BAC Night with the Bells" on July 29th at 6:35pm! Pick up your tickets at the front desk and bring the whole family to enjoy a night at Joe Martin Field!



# Junior Racquetball Championships

Three junior racquetball players represented BAC at the Junior National Racquetball Championships in Portland, Oregon the week of June 19-June 23. Congratulations to Micah Miller, Emilio Pinto Gonzalez and Dyllin Miller. They were joined in Portland by the Carver sisters of Spokane, Washington.



Top, left to right:  
Megan Carver, Micah Miller,  
Hannah Carver, Ashlyn Carver,  
Bottom: left to right: Emilio  
Pinto Gonzalez, Dyllin Miller

Photo by Chantel Miller

All 3 boys came home with medals:

### **Dyllin Miller**

Boys Doubles - 10 and Under = 4th place  
10 and Under 2 bounce = 4th Place  
Boys 10 and Under Red Division = 2nd place

### **Emilio Pinto Gonzalez**

Boys Doubles - 12 and Under = 3rd place  
Junior Mixed Doubles - 12 and Under = 2nd place  
Boys Singles Red division = 2nd place

### **Micah Miller**

Boys Doubles - 18 and Under = 5th place  
And played in Boys Singles - 18 and under.

Thank you to all our BAC Racquetball Family for supporting Juniors through your encouragement, tips, and playing with them! They are the next generation of players!

# Junior Racquetball Camp

## August 5-9, 2019

Camp is taught by Professional Instructor Wanda Collins. This year we'll have special guests: BAC Junior players who have represented the State at Junior Nationals.

Camp consists of: Racquetball basics including strokes, serves, off the back wall shots, game strategy, foot drills, speed and agility exercises, camp shirts and mini tournament on Friday.

### **Beginner/Intermediate Camp**

Ages 7-11

9:00 am - 12:00 pm, Monday through Friday

Cost: \$125 - BAC Members

\$140 - Non-Members

\$10 off for siblings

(includes snack & drink each day)

Registration deadline: July 25, 2019. Deposit of \$50 required with this registration form.

Full payment due by July 25, 2019.

BAC Members may have cost billed to their account.

### **Intermediate/Advanced Camp**

Ages 11 - 16

1:00 pm - 4:00 pm , Monday through Friday

### **Contact Wanda Collins for more info at :**

Bellingham Athletic Club

4191 Meridian St.

Bellingham, WA 98226

(360) 676-1800, ext. 212

[wandac@bellinghamathleticclub.com](mailto:wandac@bellinghamathleticclub.com)

## Junior Racquetball Camp Registration Form

Campers Name \_\_\_\_\_ Age \_\_\_\_\_ Shirt Size \_\_\_\_\_

Parent(s) Name(s) \_\_\_\_\_ Phone No \_\_\_\_\_

Email Address \_\_\_\_\_

Parent Signature \_\_\_\_\_

# At Home

## New Flooring

by Susie Landsem, Aging in Place by Design



Summer can be a good time for home renovations and a great time to replace old flooring, as doors can be kept open to keep dust and odors down to a minimum.

Kitchens and bathrooms are the high traffic areas in our homes. Replacing the flooring can make a room look fresh and contemporary. Here are some helpful considerations to keep in mind when shopping for new flooring. Overall, your new floors should be easy to clean, durable, comfortable to stand on and fit your price point. Slip resistance is an important

component to keep in mind, particularly in these rooms where spills and overflows can happen.

**Wood** floors are good-looking and can be cleaned with a broom, vacuum or light mopping. They are soft and can be scratched or dented. Generally, refinishing wood floors requires a professional. When dry, wood offers good slip resistance and is not recommended for bathrooms. Depending on the variety, wood will be the most expensive choice for flooring.

**Porcelain tile** floors are easily cleaned with a broom and mop and have a hard protective surface that makes them impervious to water and stain resistant. They are durable, won't scuff or scratch, and can be texturized for slip resistance. Tile comes in many colors, patterns and easily worked into any decor. On the flip side, tile floors can be cold to walk on, and noisy if walking in heels or hard soled shoes. There are tile products made specifically with slip-resistant materials. Smaller tiles, 2" x 2" are recommended for showers and bathrooms. Tile is in the mid-range price point of flooring materials.

People like to use small rugs and runners on tile and wood to make them more comfortable to stand on. Unfortunately, both of these can be tripping hazards and not recommended in these areas.



**Vinyl** floors are easy to clean, durable and the most water resistant flooring choice. Vinyl flooring can be damaged by sharp objects, but there are repair systems that work well. It's economical and there are slip-resistant options available. The drawback to vinyl is that it is made of synthetic material and can not be recycled. A similar product, linoleum, is made from natural materials which makes it a more sustainable product. It is, however, more expensive and less water-resistant than vinyl.

These are the most popular choices of flooring, but this is not a comprehensive list. I recommend consulting with a flooring expert to determine what will work best for you. If your priority is traction and safety, I recommend non-slip vinyl flooring. There are many choices at every price point that will be easy to clean, long-lasting and lovely to look at.



**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.

# Enjoy Summer!



CORDATA  
DOWNTOWN

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