

CELEBRATING FITNESS!

MARCH 2019



MANAGER'S REPORT

Are you suffering through the winter blues? Have the snow, wind and rain got you down? Is life a little boring? Maybe it's time to change up your routine. This is a great time of year to add something new, like a Yoga, Piyo or Zumba class. You can try swimming, racquetball or tanning. There are a lot of new members in the club so it's a wonderful time to pick up an alternative workout. With novices on the courts, in the pool and on the workout floor, you'll fit right in if you're not exactly sure how to play, lift or swim like a pro. We also have expert staff available to help you through the rough spots. Check out our website and come on in to try out a new routine.

March is time to celebrate Racquetball, so share it with a friend! We'll be giving out Racquetball guest passes all month. It's a great time to give a friend the opportunity to try BAC on for size. If they join you win too, by receiving a dues credit. This gives you a great opportunity to start swimming or playing racquetball with a friend. Keeping it fun is a major factor in maintaining an active lifestyle. Please be sure to invite a friend, neighbor or family member to the gym with you this month. March is the time when we find our New Year's resolution waning, so rejuvenate your workout routines; the weather won't be getting in the way! It's more fun to exercise with a friend, and always easier to come into the club when you know you're going to see a friendly face (besides our terrific staff of course). So share your commitment to health. Please call the club for more information.

Great news today from the Journal of American Medicine! Those of us who are in the business of battling the trend of rising obesity rates have won a small battle. Between 2005 and 2018, there has been a leveling off of the growth of obesity for those 2-17, slowing to a scant 1% raise in obesity rates. Education and vigilance is paying off. A big part of a child's obesity risk is already established by age 5. Getting kids started off on the right path toward living a healthy lifestyle is critical. Congratulations to our BAC members who are actively trying to reverse the obesity trend, helping to positively influence the health of your family and our nation by your great example.

Respectfully,
Cathy Buckley



NUTRITION

Picking the Right Protein

You've likely heard before that you are what you eat, but have you considered that you are what your food eats too? Healthy animals provide us with outstanding nourishment! Studies comparing grass-fed cows to those that are raised conventionally have shown that dairy and meat coming from grass-fed animals pack more nutrition, particularly in the form of fatty acids. This includes omega-3 fatty acids which are key to reducing inflammation, lowering blood pressure, and improving symptoms of depression.

Studies on poultry have shown that eggs from pasture-raised chickens have a superior nutrition profile, but you can see the difference yourself in your own kitchen. What color are your egg yolks? Conventionally raised chickens without access to space, grass, and bugs yield eggs with yellow yolks. Eggs from chickens that are pasture-raised have beautiful, deep orange yolks that are loaded with nutrition and taste better too. Chickens are omnivores -- consider that next time that you see vegetarian-fed



What's more is that when animals are raised in less stressful environments, they get sick less, require less antibiotic use, and produce less of the 'stress hormone' cortisol. Animals that are stressed out and producing/receiving those hormones and chemicals pass them on to the eater! Stress and overproduction of cortisol are major issues for Americans today -- there's no benefit to consuming the stress and cortisol of our food.

If you'd like to learn more about nutrition and how to get yours in order, please visit my website at bit.ly/rebelyum or email me at shelby.ntp@gmail.com.



EMPLOYEE OF THE MONTH



Isabella Foos has been working front desk at BAC since September 2018. She is a sophomore at Western Washington University. Bella is majoring in kinesiology and hopes to become an athletic Trainer when she finishes her degree. When she isn't busy in class or at work, Bella runs for the Western Track & Field team. She specializes in sprints! Bella hails from Olympia, Washington, where she is the oldest of 4 girls in her family. She also misses her dog, Buddy, who waits for her to visit on weekends and school breaks.

When Bella's schedule isn't filled with sports, school and work, you can find her enjoying hiking the trails around town and hanging out with friends. Bella has become an instrumental part of the front desk staff. She works opening and closing shifts, so next time you see her in the early mornings or late nights give her a huge thanks for being here!

Thank you Bella for being reliable, dependable and just overall a great presence at the club! We appreciate all the great work you do!

MEMBER OF THE MONTH

Congratulations to our Member of the month for March – Yanina De Brites! Yanina moved to Bellingham from Venezuela 10 years ago. She joined BAC in 2009, and is celebrating 10 years with us in November! Yanina loves the community and feels very blessed to live in a city where she has made such great friends.

When looking for a place to work out, the most important factor was finding a safe place to leave her 3 boys. They love coming to the Kids Club at BAC, and are involved in several programs there. Yanina also enjoys attending a variety of Group Exercise classes, where she's made lots of friends. Her husband also works out at the club, so the whole family is able to come in stay active and fit together.

Yanina's life revolves around her three boys. They keep her very busy, so being able to take an hour in her day for a class (and knowing her boys are having fun) makes such a difference. When they aren't working out together, she and her four boys enjoy going on bike rides, and hiking – or any physical activity they can do as a family!

Yanina: we at BAC love your family, and the instructors are always happy to see you in the studio. Thank you for being such a dedicated member.



48th Annual Northwest Open



The 48th annual Northwest Open tournament is just around the corner. We will be celebrating St. Patrick's Day (weekend) on the courts. There will be divisions for everyone to participate in! This tournament tends to be a local favorite that brings people from Hawaii, Canada, California, and more!

You may sign up on the tournament website, or keep your eye out for entry forms around the club. REMEMBER: Juniors, you only pay \$15 to play, thanks to the WJRA who picks up 1/2 of your entry fee. Make sure to fill out a paper entry or have Jessie help with registration so you get the proper discounts!

Please contact Jessie Scott or Brian Porter with any questions on this tournament. We are looking forward to a big turnout and a great weekend!



COURT SPORTS

JUNIOR RACQUETBALL LESSONS



Did you know that we offer Racquetball Lessons for kids? If your little one is interested in this fun, fast-paced sport, check out the lesson times below!

Dates: Week of March 4th - March 25th

Cost: \$48 Members / \$54 Child of Members / \$60 Non-member

Times (Broken Down by Skill Level)

Beginners: Mon/Wed 5:00-5:45 PM

Intermediate: Tues/Thurs 5:00 - 5:45 PM

Advanced: Tues/Thurs 4:14 - 5:00 PM

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

AQUATICS NEWS

BAC's Swim-a-Thon Fitness Challenge!

Did you know that we are going to be running a Swim-A-Thon Fitness Challenge in April? In this event, we are encouraging members to swim a distance of their choice: 100 yds (6 lengths), 200 yds (12 lengths, or 500 yds (30 lengths). Participating is easy since our staff will take your times, accurate to the one-hundredth of a second. This can be useful if you're training for a race, triathlon, or you just want to see what you're capable of! It will be open to all members, so if you would like to challenge yourself to see how fast you can swim any stroke, sign up to participate! In the meantime, you have a month to train before the event! Check out the distance workout below to get started.

Many of us who use the pool are accustomed to a quick workout - put in a few sprints, some IM's, a few 200's, and call it a day. We tend to focus on the variety of activity and intensity of the workout rather than the duration. But distance is a major factor in the success of your swimming workout! When you focus on building speed alone, you may find that you lack the strength training necessary to maintain that speed for a distance. Distance training can also be incredibly useful in triathlon, open water, or really any kind of race training. To get a maximum return on your workout, it's best to vary the types of workout you complete throughout the week. For every sprint set you do, put in a quick 300-500 yd freestyle - it can even be helpful to set aside an entire workout dedicated to a mile or two at a time. Remember, in the swimming world we consider 1650 to be a mile (for some historical information as to why, check out this great article at (<https://swimswam.com/tsc-mysteries-why-is-a-swimming-mile-only-1650-yards/>)

Here's a starter distance set to get into the swing of things; remember that as you grow stronger, your workouts should increase in difficulty as well. Challenge yourself this summer; train outdoors, in the pool, go for the strokes and distances you're not comfortable with! The only way to improve is to test yourself, so get to it!

Warm-Up: Choice

- 1 x 200 Swim
- 1 x 200 Kick w/ Board
- 1 x 200 Pull w/ Buoy
- 1 x 200 Sprint!

Main Set:

- 1 x 400 IM at 90% effort
- 1 x 200 Freestyle easy
- 1 x 500 Freestyle build to sprint
- 2 x 100 Choice easy
- 4 x 50 Freestyle sprint

Cool Down: Freestyle

- 1 x 300 cool down pace

Total Yardage: 2500yds



YOUTH PROGRAMS

GUARANTEED FRIDAY NIGHT OUT!

That's right it's happening for sure ! MARCH 8TH & 22ND

Enjoy a relaxing evening out knowing that your children will be safe ,happy and having a blast! Our night consists of pizza, games, swimming, popcorn, juice and a movie.

WHEN: March 8th & 22nd

TIME: 5:30pm-9:30pm

AGES: 6 months-3 years old
4-10 years old (Swimming)

COST:

Ages 4-10yrs old

Members: \$14 / **Child of Member:** \$16 / **Non-Member:** \$18

Ages 6 months -3yrs old

Members: \$20 / **Child of Member:** \$22 / **Non-Member:** \$24

With additional discounts for siblings

Payment required at time of sign up for Non-Members

Contact the Cordata Front Desk for more information or to reserve a spot!

GROUP EXERCISE

REVOLUTION HAPPY HOUR

We are adding a new cycling class beginning **MARCH 1st** - it will be called "**REVOLUTION Happy Hour**" every **Friday evening from 5:15 - 6:15 p.m.** This class is taught by Courtenay McFadden, one of our top instructors and a professional, elite cyclist!

It will include not only cycling, but incorporating strength and core as well, creating a well rounded, full-body workout.

Get the best of both worlds in this loaded 60 minute class with bouts of work on and off the bike. From bike specific drills and intervals, to full body strength training, you will use a variety of tools to keep you strong from head to toe. Strength exercises will compliment the cycling portion and focus on moves and muscles that aren't targeted while on the bike. The cycling portion will challenge all energy systems from aerobic endurance to anaerobic power and intervals. Please wear tennis shoes (instead of cycling specific bike shoes, for your safety) as you can expect to be on and off the bike throughout class.

Jeri Winterburn
Group Ex Director



SAFETY

Time to Get Dirty!

11 Tips to get your garden ready for Spring.

It's been a cold February, but hopefully now we've seen the end of the snow. It's time to get the garden ready for early blooms and a summer of beauty. Here are some quick tips to get your garden growing.

- **Check your tools.** It's a good time to clean and sharpen your tools if needed. Store them in an organized and safe place.
- **Clean up the garden.** Weeds and bugs have been waiting for Spring just as much as you have. Clear them out of the garden now before they have a chance to spread their seeds.
- **Get rid of leaves and debris.** Rake up Winter's leftover leaves and mulch.
- **Improve the soil.** Your dirt will benefit from some added nutrients. If you're not sure what's best, reach out to any of our local garden stores for information.
- **Prune bushes and shrubs.** It's a good time to cut back new growth, before it starts to bloom. If you wait too long, the deer will do it for you.
- **Add some quick and easy color.** Once the soil is ready, plant bulbs and perennials to brighten the yard.
- **Raise the beds.** Bending over while working can wreak havoc on your back and muscles. Consider raised beds this year. You can find them already built, or ready to build kits in local stores.
- **Pay it forward.** Do you have a neighbor or loved one who isn't able to tend to their garden this year? They will appreciate the help. (*Hint:* They might like a raised bed, too).
- **Find some help.** Whatcom county has a lot of skilled landscapers. Get someone out to help with the heavy stuff or to get rid of everything you just pruned and raked.
- **Be mindful.** We work hard to stay in shape all year long to stay flexible, strong and healthy. It's easy to be eager in your clean-up and underestimate your garden's challenges. Be mindful of your body position when lifting, digging and stretching. Ask a trainer at one of the Clubs for the right ways to lift before you start, or you may be getting similar advice from your chiropractor or physical therapist.
- **Take a break.** Rome wasn't built in a day and your garden doesn't have to get ready in one either. Remember to take regular breaks, drink lots of water and stretch your muscles periodically through the day. Your body will thank you.

March is a great time to enjoy the longer days, a little more sunshine and the Spring colors from the garden. Spending some time cleaning up your garden today will give you months of pleasure during the summer.



Susie Landsem

contact@aginginplacebydesign.com

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