

# CELEBRATING FITNESS!

NOVEMBER 2018



## MANAGER'S REPORT

We are heading into the "Giving season" for BAC. Our Fall Food Drive, and our annual Toys for Tots promotion will run through the holidays. I would like to urge all members to give generously this season if able to do so. Many in our community are in need of some extra help during the holiday season. We will be collecting food for the Food Bank from mid-October to the Monday after Thanksgiving. This is a great time to spend a little effort cleaning out your cupboards of non perishables, or buy an extra bag of groceries and bring it into the club. Another thought... encourage everyone coming to your Thanksgiving festivities to bring a bag of food! You can donate it on Monday to support the Bellingham Food Bank.

Holiday reminders: Thanksgiving is November 22nd, we are **closed**  
Friday November 23rd Holiday hours: 7-7 at Cordata  
7-2 at the Downtown Club

### **Turkey Burn Class is back!**

Normally we do not have any classes with our holiday hours, but in an effort to help you burn off those extra calories consumed the day before; look for our special Turkey Burn class to be held on Friday November 23rd at the Cordata club from 9:00AM-10:15am taught by Heather and Susan! They are planning a mixed class including Dance Jam, Strength, Yoga and Pilates. This is always a great class, be sure to come in and enjoy the fun!

### **Family Fun at BAC**

As Fall descends into Winter, come in with your family and have some fun; Racquetball, Basketball, and some group ex classes (check with your instructor as to suitability for kids) are available to our BAC families. Our pool is available for family swim MWF 3:30-5:00PM and 7:00-8:30PM and Weekends 3:00-5:00PM and 6:00-8:30PM, Fridays we have a preschool swim from 10:30-11:30am. Don't forget Swim Lessons on Tuesdays and Thursdays. All of these are great ways to stay active and healthy as a family throughout the winter season.

### **Pool Policies**

We have had a lot of pool usage lately and hope to clear up any questions you might have about exercising in the BAC pool. Children under 16 can use the pool during Family Swim times only (state requires us to have a lifeguard on the deck). Swim lessons are for all ages and run on Tuesdays and Thursdays. We have a variety of water aerobics classes throughout the week, including the reinstated Pool Zumba. The pool is open to adults for swim and exercise starting at 5:30am Monday-Friday and 7:00am on Saturday and Sundays. Consult the pool schedule for lane availability throughout the day. Members may reserve a lane online if they've activated their OnLine Services account, or give us a call at (360) 676-1800. The reserved lane is the farthest lane from the door and locker rooms. See the diagram posted in the pool area for a variety of scenarios using the pool in the most efficient way. Please remember the pool is a shared space and be respectful of other swimmers and water exercisers. We have had some swimmers comment to water walkers and exercisers to the effect that they shouldn't be using the reserved lane. All members pay dues and have the right to use the reserved lane and pool lengthwise. Please understand that all of our members are here to relax and get a workout, so be respectful of each other. If you have a problem with a fellow member kindly talk to one of the management staff and let us handle it, that way you can avoid any uncomfortable feelings coming to the club. We welcome your suggestions!

Sincerely,  
Cathy Buckley



# NUTRITION

Fall has arrived! Though this time of year is often joyous and fun, it can also be the source of tension and stress. As we become overwhelmed with social obligations or work, it may be tempting to wolf down meals quickly or turn to sweets for comfort... only to feel lethargic and less-than-best later. Below is some information about how digestion works and tips to keep you feeling good all holiday season long!

Did you know that digestion starts in the *brain*? Before you eat, the brain signals for the production of digestive enzymes and juices, but this only really works if the parasympathetic ("rest and digest") system is activated!

- ▶ Before eating anything, stop whatever else you're doing and focus on your food! Don't drive, don't watch TV or look at your phone -- simply stop. Take a few deep breaths and relax to allow your body to switch from the active "fight or flight" mode to the necessary "rest and digest." It helps to smell and think about your food too!

Next digestion moves to the mouth where food is mechanically and chemically broken down. How well are you chewing your food? Are you giving your body time to produce saliva? The goal of digestion is to break down food into particles so small that the nutrients can be absorbed and used by the cells of the body. Our stomachs don't have teeth, so it's important to chew well!

- ▶ Next time you eat, try setting your utensil (or the food itself) down between bites. Let yourself taste and enjoy each bite! Not only will eating slower encourage more chewing, but this stimulates more saliva production which is important for breaking down food!

The stomach is where we imagine most of digestion happens -- and that's mostly true! Acid in the stomach breaks down proteins, and churning helps to break down the particles so they're small enough to absorb. Stress can affect acid production and make it harder to break down food particles. This can lead to discomforts like heartburn and bloating!

- ▶ If you're experiencing discomfort from eating, but you've already mastered eating slowly and mindfully, enjoying something bitter before a meal (arugula is wonderful!) or something acidic (like water with lemon juice or a small splash of apple cider vinegar) can help boost stomach acid production and prevent some of those discomforts.

For more information please visit my website and blog at [bit.ly/rebelyum](http://bit.ly/rebelyum) or email me at [shelby.ntp@gmail.com](mailto:shelby.ntp@gmail.com)! I'd love to help you!

Shelby O'Hagan  
Nutrition Consultant

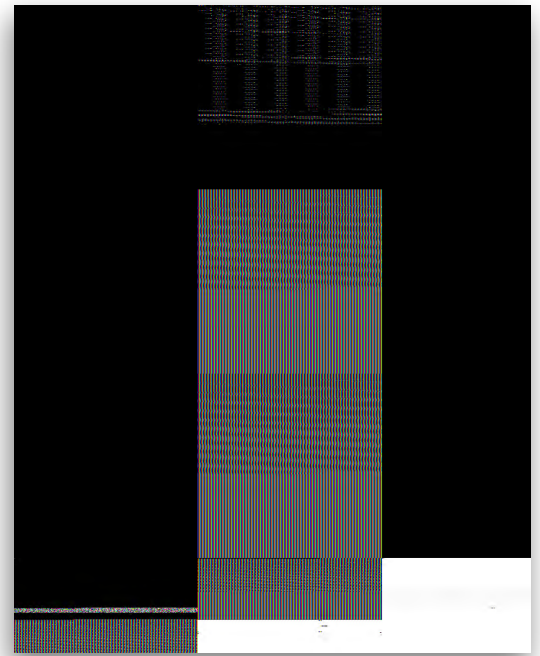


# EMPLOYEE OF THE MONTH

Congratulations Maddie Gwinn on November's Employee of the month! Maddie has been with BAC for 9 months already, and works in multiple departments. She started out working in maintenance and lifeguarding, but was hired on for front desk staff soon after! Maddie brings a level of enthusiasm, hard work and integrity that we can all appreciate to the workplace.

Maddie grew up in St. Louis, Missouri. She moved to Blaine in 2011, finishing up her last few years of high school in the pacific northwest. After graduating she moved to Spokane to attend EWU, where she studied musical performance for Jazz and Opera. Musical performance has always been a huge part of Maddie's upbringing. She's been studying since second grade! She participated in the St. Louis Children's choir for 8 years, and sang with the St. Louis symphony orchestra more than 16 times. Maddie has done a fair amount of traveling due to her choir upbringing! She has performed for audiences in San Diego, Nashville, Chicago, Las Vegas, New York, Orlando and Ireland.

Before finding her place at BAC, Maddie made her living as a lifeguard for 8 years; she even had a gig as a Sailing Instructor down at Club Med in Florida! When Maddie isn't on the clock she enjoys working out at BAC, traveling, Binge watching Netflix, and cheering on all her favorite sports teams - the Seahawks, Rams, St. Louis Cardinals, and WSU are at the top of her list. She enjoys going out with friends and getting a bite to eat after a long day. Thank you Maddie for everything you do at the club!



# MEMBER OF THE MONTH



For November we would like to recognize and congratulate Kris Haggan as the member of the month! Kris comes highly recommended by staff and BAC members. Kris grew up in the Ferndale/Bellingham area and has been a member here for well over 25 years! Talk about dedication, loyalty and commitment! While at the club you can catch her in the early morning attending aerobic classes such as Power Pump, Boot Camp, Revolution and TBC. Kris also goes the extra mile to sneak in her own individualized workout before class starts. One morning when an aerobic instructor was too sick to teach class, Kris take it upon herself to take charge and lead the class in their morning workout. No one was getting off the hook that easy.

Her leadership, encouragement and positive attitude never goes unnoticed. When Kris walks in gym she's always displaying a friendly and illuminating smile, greeting nearly anyone she passes by. Kris is one of the most avid gym goers who exhibits the importance of maintaining an overall active and healthy lifestyle not only here in the gym, but outside in her everyday routine.

Kris works as the Office Manager at Bellingham Anesthesia. Outside of the gym and work she enjoys biking, skiing, yoga, hiking, traveling, watching the Seahawks and spending time with her husband Brad, daughter Tanya and sons Jesse and Jake. During July of 2018 Kris and Brad decided to take over ownership of a new cafe/restaurant in Seattle. If you're ever in Capitol Hill area be sure to check out Kris and Brad's latest adventure: neighborhood cafe/restaurant Tallulah's! Thank you Kris for endless years of dedication and making exercise and fitness a top priority in your life.

# FITNESS NEWS

## Quadrupled Hip Mobility

Our hip joint structure is meant to be mobile, tilting forward and backward, hiking left and right, and rotating in all directions. Sitting more frequently or for longer periods of time during the day can affect the hip's ability to move optimally. Lack of mobility dramatically affects how your lower body moves and can affect your spinal function. Done on a regular basis, hip mobility exercises can make a huge impact on your hip's ability function.

One of the easiest positions we can perform exercises for hip mobility is a quadrupled position, or simply put, on your "hands and knees". This is the developmental position that we learn to crawl in prior to learning how to walk. Quadrupled position helps you maintain spinal positioning while moving the pelvis, thus adding core strength benefit. Here are some of the exercises you can perform in the quadrupled position to increase the mobility of your hips and pelvis.

### **Quadrupled starting position:**

Start with your hands on floor with fingers pointed forward and wrists aligned under your shoulders in a straight line. Keep your spine in a neutral position with a normal lumbar curve. Your knees should be directly under the hips in a straight line and your feet should be flexed forward.

1. Pelvic anterior/posterior tilts - While maintaining spinal position, tilt your pelvis forward then backward. Increasing the arch to the lower back then flattening the lower back as you "Tuck your Tail".
2. Pelvic lateral tilts, or "wagging your tail" - While maintaining alignment, shift your pelvis left and right just like a dog would wag its tail
3. Pelvic circles; both clockwise and counter-clockwise - While maintaining alignment draw a circle with your pelvis like you were doing the "Hula" or a "Hula Hoop".
4. Rocking forward and backward - Starting in the quadrupled position, rock your hips back toward your heels then reverse directions and take your shoulders past your hands.
5. Rocking diagonally left and right - In the starting quadrupled position, rock your hips diagonally back toward your right heel and then reverse back to your left shoulder. Repeat on the opposite side.
6. Rocking circles clockwise and counter-clockwise - Starting in the quadrupled position, take your hips in a rocking circular motion clockwise right to left. Repeat in a counter-clockwise motion.

Try performing one set of 10-20 repetitions in each direction while trying to maintain spinal alignment. Performed on a regular basis a few times a week you should begin to notice a difference in your hip mobility. Great to do first thing in the morning, prior to exercise, or after extended bouts of sitting.

If you have questions regarding alignment or how to perform any of these exercises please see one of our BAC Personal Training Staff.

Mike Locke  
Fitness Director



# COURT SPORTS

## SIGN UP NOW FOR THE FALL CLASSIC!

**Dates:** November 16-18

**Cost:** \$50 first division/\$10 second division/ \$30 Juniors

**Signup Deadline:** Sunday, November 11th

If you are interested in playing in the Infusion Solutions Fall Classic Racquetball tournament, please make sure to register by Sunday, November 11th. Sign up online or fill out an entry form at the Cordata Location and drop it off at the front desk!

We want to thank Don and Rowena Birnel of Infusion Solutions for sponsoring this event! We are looking forward to filling the club with holiday vibes, good racquetball and great company!

Not a racquetball player? If you plan on using the club during tournament weekends, please remember that there will be a few extra people around- with so much activity in the Racquetball hallway it can get a bit crowded! It might not be a bad idea to give the downtown club a shot for a weightlifting or cardio workout. Of course the racquetball community always welcomes new players and spectators, so feel free to join in on the fun if you find yourself at the Cordata Location.

As always, if you have any questions about racquetball, feel free to contact Jessie Scott at [racquetball@bellinghamathleticclub.com](mailto:racquetball@bellinghamathleticclub.com) or give us a call at (360) 676-1800

## YOUTH PROGRAMS



Did you know that Kid's Club runs their very own family swim? Come by the pool from 10:30-11:30AM on Friday Mornings and join us for some fun in the water!

We also offer Birthday Parties at the Bellingham Athletic Club! They run in the afternoons and evenings on the weekends. Kids get to play in the gym, have some great party time upstairs and then finish with an hour to swim in the pool! We include set up and cleaning, as well as an optional cake order to make things as simple as possible for families - that way the only thing you have to worry about is making sure everyone is smiling and having a blast! Check out the Cordata location or give us a call at (360) 676-1800 for more information!

# AQUATICS NEWS

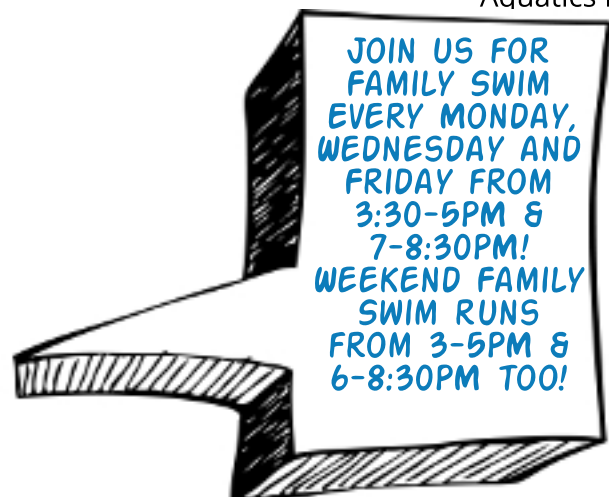
With the days growing shorter and darker, our heated indoor pool will become more and more appealing to members and guests. This makes it a great time to talk about how we can most effectively share the pool and still get our workouts done. Here are a few tips for keeping pool time a cool time for everyone!

1. If you are swimming laps, please try to find a spot in a lane. Are the lanes busy? Feel free to ask other swimmers if they wouldn't mind circle swimming to save space. Not everyone is comfortable with sharing a lane though, so please respect their answer.
2. The far right lane is available for reservations! If you want a lane to yourself, please take advantage of this opportunity and reserve online, over the phone, or in person at the Front Desk.
3. If the lane is reserved, please respect the member's choice to exercise however they choose.
4. If you are water running or similarly exercising in the pool without swimming full laps, please find a spot in the large area. There is a bar running the entire length of the pool, and therefore plenty of space for everyone who wishes to exercise within reach of the wall.
5. When you're finished, please place towels in the dirty towel bin by the exit. This helps keep our locker rooms and pool deck clear of clutter and keeps towels in circulation for other members.
6. Guidelines for Kids in the Pool:
  - Kids under the age of 16 are allowed in the pool only when a lifeguard is on duty. This includes kids who have their Junior Orientation, and those whose parents come in with them. Please check out Pool Schedule for Family Swim times!
  - Kids are allowed to go in the hot tub! They are restricted to 5 minutes at a time, with at least a 10 minute break in between. This is for their safety! Kids are not able to regulate their body temperature with the same accuracy as adults. This makes them prone to overheating. Please do not bring your baby or child under the age of 4 into the hot tub.

These are all great ways to make sure everyone receives the opportunity to swim - whether that's to improve joint flexibility, cardio, or just for fun! Happy fall, and don't forget that we offer swimming lessons too! Group Lessons take place on Tuesdays and Thursdays in the morning, afternoon and evening, and are offered at every level from infant to adult. Inquire about pricing and scheduling at the Front Desk.

Brittany McIntosh

Aquatics Director





# SAFETY

## Fall into Safety

The beautiful colors of October have passed into the windy month of November. Here are some winter safety recommendations for you and your family living in homes and apartments.

### Everyday Life

Are you an evening or morning walker? Wear something reflective or carry a flashlight. This goes for bike riders, skateboarders and strollers. My husband and I wear headlamps because we have a dog and need to see where he's left his packages. Stay on sidewalks whenever possible.

Morning drivers - clear your windows (all of them) before pulling out into traffic. I know it can take a few more minutes but it will also save you from accidents. Buy a window scraper to make it easy. However, if you find yourself in a pinch, using the edge of an *old* debit/credit card can be an effective way to scrape frost off of your windshield.

Keep the front entry of your home clear. Rain, leaves and the dark can make entries hazardous. Be sure potential obstacles are removed or easily seen. While you're at it, check the outdoor lights to make sure they're working and powerful enough to be useful.

Consider a landline. November is infamous for power outages and you don't want to be caught without a phone in case of emergencies. Generally, landlines work even if the power is out. Contact your service provider to confirm that this is true for you. Extra battery packs for your cell phones are good to have on hand. External battery packs can charge a phone up to 2 - 4 times, depending on the battery and your particular phone.

### Visiting Family and Friends for the Holidays

The holidays are a busy time for everyone, especially the event hosts. Keep your home safe for all ages with these tips:

Look for tripping hazards. Here's what to look for:

- Newspapers, books and toys might be left at the end of a favorite couch and can be dangerous.
- Small rugs in kitchens, bathrooms and bedrooms are opportunities for slipping and falling. Remove them if possible. If not, use grip tape which can be found at any hardware store.
- Make sure there is plenty of light in hallways and bathrooms. Plug-in night lights are easy solutions
- Provide a stool at the sink and toilet for little ones so they don't have to reach too far.

Daylight savings time is my reminder to prepare our home for winter. Use these to improve the safety of your home. Remember, safety is no accident.



Susie Landsem

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

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

# HOLIDAY EVENTS & TIPS

## HEALTHY HOLIDAY TIPS

As we head into the holidays we are often tempted into overindulgence and mindless eating. Here are a few tips to stay on track:

- 1) Don't show up hungry! Skipping meals won't save you calories and if you sit down and are 'starving' you will just eat more.
- 2) Eat small portions of your favorite 'indulgences'. Use a tablespoon to serve yourself a small portion and skip the food you don't absolutely love.
- 3) If you are not in charge of the meal bring a healthy side dish. This will ensure you have something healthy to eat!
- 4) Return to your routine. If you overindulge in one meal don't sabotage the entire weekend. Get back into the gym or take a walk and drink your water. The faster you get back on track the less chance you'll have of gaining weight.

Have a fun and healthy holiday season!



Tina Schumacher  
AFAA, CAN Fit Pro  
PN Certified

Precision Nutrition



**Don't forget about our Annual Turkey Burn! This is a class we run on Friday, November 23rd, the morning after Thanksgiving. This year Instructors Heather and Susan will run a fun-filled, calorie burning class from 9:00-10:15AM at the Cordata Location in the gym. Join us and work off a little of that feast!**

## Giving back with our Annual Food Drive!

Our Annual Thanksgiving food drive will start a few weeks early this year! We want to encourage all of our members to bring in any extra food they have lying around their pantry. If you bring in a bag of food **between October 15th and November 26th**, you will receive a free 1 week guest trial pass to give to friends or family! There will be a collection bin set up at the entrance. Take a look through your kitchen and see how you can help out, then start thinking about who you'd like to bring along to your favorite class!



*Feeding our community since 1972*