



CELEBRATING FITNESS!

NOV. 2019

Thanksgiving: Both clubs closed

Friday 11/29:

Cordata: 7am-7pm (No classes except Turkey Burn)

Downtown: 7am-2pm (No classes)

Find Your Reason

As the blustery winter winds blow in the month of November with shorter days, wetter weather, and limited outdoor activities, make a plan to maintain all the gains made through the active summer months. We need to keep moving, so come on into BAC an extra day or two and make your exercise routine a little more robust (perhaps helping yourself to be a little less robust before the holidays!) While scheduling more time for your exercise, you will hopefully find time to reflect on all that is good in your life. Take time to think about how you will ensure you schedule fitness into your busy lives. Sound health will help you enjoy many years of fit living to come.

At BAC we are focusing our efforts on helping members and non-members alike to "Find Your Reason" to keep up a rigorous exercise program. Finding your reason can be a short-range goal such as completing a walking or running race, or a longer-term motivation to stay fit and be sure you are around for your family. Post your reason in a prominent place (on your fridge or mirror) and share it with friends and family so they can help you stay the course during the dreary winter months, when all we really want to do is curl up in front of the fire.

If you feel so inclined, share your "reason" for staying fit with us. We will be posting our members' reasons on the bulletin boards at each club. They may be anonymous or not. It's up to you. They can be pictures, poems, or drawings. Turn in "your reason" to Carly in membership and receive a free gift. We want to help you remember why you are here 3-4 times a week. We want to encourage you to "go that extra mile" when your own energies are flagging. When you keep your inspiration right in front of you it is easier to make it happen.

These events are happening soon:

Toys for Tots: Our annual campaign will begin December 2nd. Be thinking of some active toys to give this year. With the emphasis on childhood obesity, it's a great idea.

Caring and Sharing with the Troops: Our Kids Club staff is heading up this project. The kids in Kids Club will help gather things for care packages as well as coloring and writing notes. Look for a list of donation items the kids and staff will develop.

We count on everyone's participation to make these events special, so be prepared to help out the BAC staff in supporting our community.

Respectfully,
Cathy Buckley



Fitness

Glide Disc - Backward Lunges

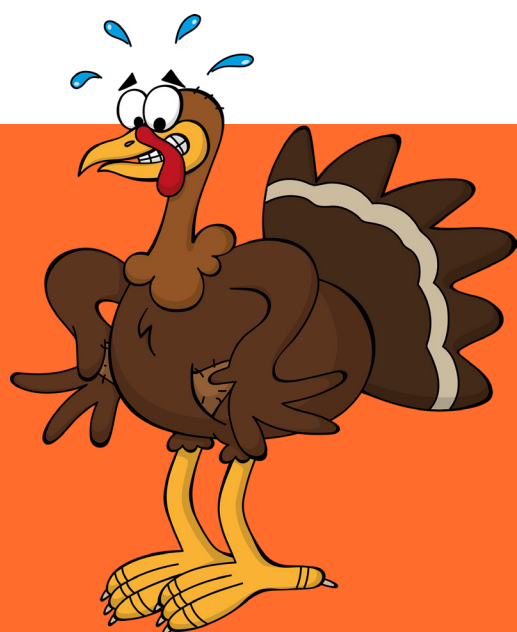
by Mike Locke, Fitness Director

In the last two exercises of the month, we have looked at the progressions for split squats. The next exercise in that progression is adding movement of one leg to that stationary movement.

Backward lunges are the next progression to Split Squats. In the backward lunge, we are actively taking a step backward with one leg and descending downward until our front thigh and rear leg form two 90 degree angles. It is important that we keep both feet at least shoulder width to as wide as hip-width. If we narrow our stance or cross the mid-line of the body we increase the likelihood we might lose our balance and fall. From the 90-90 position, we transition back up to a standing position lifting through our hips while maintaining our posture and balance.

Using a Glide disc is a great tool to help you learn how to effectively do a backward lunge. Place the foot of the leg you will be moving backward on the disc. You should have the forefoot of your shoe on the disc. Carpet discs are hard plastic whereas hardwood floor discs are nylon. Both slide very easily on hard and carpeted surfaces so be careful as you slide the disc. When you initially begin, you can use a solid support or a mobility pole to assist you with balance. Later on, as you progress you can load your hands with weight or place a barbell on your shoulders.

Backward lunges are a great exercise for the upper thighs and the hips. If you have questions on this exercise please speak to one of Personal Trainers or Group Exercise instructors.



Turkey Burn

When: Friday, November 29th

Time: 9:00-10:00am

Where: Cordata gym

Cost: Free to members and non-members!

In an effort to help you burn off those extra calories consumed on Thanksgiving; join us for our special Turkey Burn class to be held on Friday, November 29th at the Cordata club from 9:00 am - 10:00 am. This is always a great class, be sure to come in and enjoy the fun!

Welcome to BAC!

Andrea Wagner - Group Exercise Instructor/Personal Trainer

AFFA, ACE, CPT-NASM

BAC is excited to welcome Andrea Wagner to our Group Exercise and Personal Training Staff!

Andrea comes to us from the Tacoma/Gig Harbor area with over 28 years in the Health and Fitness industry. She has held positions as a manager, personal trainer, fitness instructor, and mentor. Her love of health began in college where she studied Exercise Science (Eastern Washington University) and earned her first, of many, certifications.

Her story actually has Bellingham in it. Over 25 years ago, Andrea began her introduction to the fitness industry at Fitness Plus, a women's only fitness facility that was managed at the time by BAC's own Group Exercise Director, Jeri Winterburn. It was during that experience she realized the impact she could make on other people's lives while doing what she loved in the health and fitness industry.

Andrea then proceeded for the next 10 years to travel with a variety of companies, managing health facilities, and training and instructing classes (she also managed 8 departments at Nordstrom for 16 years). She then settled down in the Gig Harbor area and had three children. Now 15, 13, and 11.

Andrea has extensive experience teaching Barre, Spin, Pilates, TRX, Senior Fitness, Posture, and Strength-formatted classes. She believes in a safe, well-balanced class that is progressive, challenging, and fun. Sometimes hurt can be so good but still fun. Andrea will be teaching the Monday and Wednesday evening Boot Camp Class, and the Wednesday morning Retrofit class at Cordata. At the Downtown club, Andrea will be teaching the Tuesday evening Revolution class and the Saturday morning Revolution class. Andrea will be available for new personal training clients as well. She can be reached either by contacting the front desk or Director of Fitness, Mike Locke.

Aside from the many "inside" facilities Andrea has been involved with, she enjoys daily hikes in the woods with her Lab. Being in nature is essential for her, and a recommendation for clients. Any time with her growing children is quality time. She also reads, a lot. Some topics include, but are not limited to, cellular biology, quantum physics, intermittent fasting, energy, conscious parenting, longevity, and disease prevention. She believes in living a joyful life by taking care of our inside being as well as our outside vessel. Andrea loves deep conversations and figuring out challenges so please hit her up with questions!

She is thrilled to be bringing her enthusiasm and experience to our BAC community and looks forward to connecting with our members and seeing what we can achieve together.



Aquatics

by Lindsay Williams, Aquatics Director

Family Swim Hours

Now that the rain is starting and fall sports are winding down, you may be looking for indoor activities to do during the week with your children. Our indoor, heated pool is a great place to burn some energy and get some exercise! Our trained and friendly lifeguards are there to keep an eye on and interact with your family. We offer several family swim times throughout the week. AND, if your child is at least 6 years old or has passed the swim test, you can even drop them off and go work out or run to the store!

Our family swim hours are below.

MONDAY	3:30-5:00 PM	7:00-8:30 PM
WEDNESDAY	3:30-5:00 PM	7:00-8:30 PM
FRIDAY	3:30-5:00 PM	7:00-8:30 PM
SATURDAY	3:00-5:00 PM	6:00-8:30 PM
SUNDAY	3:00-5:00 PM	6:00-8:30 PM



New Evening Time for Angelfish Class

In other exciting news, this fall, we have been offering our Angelfish class at 5:30 in the evening with Sydney McDonald as the instructor. This class is for parents and their children who are too young for group lessons, from 6 months to 3 years. Sydney has been teaching swimming lessons for 15 years and is really gifted in her role. She loves giving students of all ages confidence in the water, and really celebrates when they learn to swim on their own. If you've been thinking about doing a parent and child class in the water, this is the perfect time! Our next session starts on October 29th!

New Group Exercise Class

Yoga For Better Posture with Leslie McKee

Our posture represents how we live in our bodies. In this workshop we will explore ways to improve our posture by finding a neutral spine and pelvis to stand taller, alleviate back and neck pain, and move through life with greater ease. This workshop is open for all levels.

When: Saturday November 16th, 2019

Where: Bellingham Athletic Club, Cordata Studio

Time: 10:45 am – 12:45 pm.

Cost: \$25 for members, \$30 for non-members, sign up and pay at front desk.



Youth Programs

This month our **Friday Night Out** will be a painting party! Bring your kids for a night of turkey painting, swimming, dinner, and a movie to finish off the night! We are also opening it up to parents to paint with your child for some cute Thanksgiving decorations! Come join us on Friday, November 15th, from 5:30 to 9:30 pm! Watch our Facebook page and look for flyers around both clubs for more details!

We will also be doing our annual **Shop-and-Drop** on Black Friday, November 29th! Cost is \$15 for members and \$20 for non-members. Drop your child off at 8 am for a movie, snacks, and swimming. Shop till you drop for all your holiday needs during a worry-free morning while your child has fun with us until 12 pm! Happy shopping!

We will also be holding a donation drive through November and December for **Troop Boxes**. Bring in any non-perishable food items like granola bars, gum, beef jerky, instant coffee, nuts, etc. Personal items are also needed such as toothbrushes and tooth paste, lip balm, Neosporin, baby wipes, eye drops, deodorant, razors, shampoo, etc. Any other items are greatly appreciated too! We will be bringing these items to a local VFW where they will be sent to troops overseas. See flyers for more ideas and donation items!



2019 Fall Classic

Sponsored by Bellingham Axe, Lucky's Speed Shop, and Jacks Paleo Kitchen!

Keep your eyes open for entry forms at the club! This tournament will be held November 23rd and 24th, 2019. We will be offering all divisions and prizes will be Thanksgiving themed. We are not sanctioning this tournament...what does that mean for you?! It means that we **MUST** have each participant fill out entry forms completely (I will make myself available to help out with this), it also means that there will be no additional USRA/WRA fees tacked on!

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.



Pickleball Beginners' Clinic

Want to join the pickleball craze? This is a great sport for everyone! It is also the world's fastest growing sport. Easy to learn and challenging, too. We'll show you all the basics in our basketball gym during this fun hour of snacks and pickleball.

Sign up at the Cordata front desk!

When: Saturday November 16th

Time: 11:00am-12:00pm

Where: Cordata gym

Free to members



Group Exercise

New and Exciting Classes!

by Jeri Winterburn, Group Exercise Coordinator

Our Group Exercise schedule is always updated with the seasons – and our Fall changes went into effect on the first of October. With the change of seasons come some new and exciting classes you might not be aware of.

At the Cordata club, we have added a Tuesday night PiYo class at 5:30 p.m. with Melissa. The definition of this class is a mix of Pilates, which focuses on muscle and core building, and yoga, which focuses on strength and flexibility. This is a TOTAL body workout and is designed to strengthen small muscles (triceps, shoulders, biceps, calves) and large muscles (hamstrings, back, and chest). But don't let the name fool you! Here are 4 things you need to know about this class:

- You'll sweat A LOT! - This class is like going out for a run, without putting too much pressure on your body. It's great for people who have struggled with injuries and are looking for a low impact workout – where sweat is included!
- You'll get a good STRETCH! – PiYo is fast-paced, and you will get a perfect total-body stretch while raising your heart rate.
- You'll gain ENDURANCE – This workout focuses on cardio and muscle building including squats, lunges with pulsing and a lot of core sculpting. You will step out of class feeling strong and sweaty!
- It's FUN! – Most members have said that they enjoy the fast pace and music in this class.



If you are looking for a great workout that gets it all done in under an hour – give it a try!

We've also added another Retrofit class on Wednesday mornings in the gym with our new instructor Andrea, beginning at 8:30 a.m.

At our DOWNTOWN club, we have added another Strong & Stable class with Lesley on Thursday mornings at 8:30 a.m.

And KATE'S BACK! She will be teaching Power Hour on Tuesday and Thursday mornings at 5:30 a.m. After taking the summer months off, the early morning crew is thrilled to have her back to get their days started right!

We have Cindy teaching a Thursday Power Pump class at 12:00 for all of you that want to squeeze in a lunchtime workout.

So mark your calendars and attend some new classes this month. Most of these classes were added due to high requests from our members. Please remember: these classes are "Group" exercise so if they aren't well attended we will look into other options, with the possibility of canceling them from our schedule.

I always love to hear your ideas and feedback – so please don't hesitate to email me anytime at grouplex@bellinghamathleticclub.com.

Nutrition

Issues with Acid or Digestion

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

Do you keep a packet of Pepto-Bismol in your bag or Tums by the bed? Do you experience bloating or excess fullness after eating? Heartburn or acid reflux? If you said yes to any of these, then 1) you're not alone, and 2) there are a number of ways to feel better without chemicals or other harsh medications!

You may be surprised to learn that heartburn and other acid problems are actually a result of LOW stomach acid and not excess! Stomach acid is necessary not only to break down food in the stomach but to allow food to move from the stomach to the rest of the digestive system. When you have low acid, food stays in the stomach for too long and eventually begins to rot. It's gross, but it's true! Low stomach acid production can result from a number of issues, but stress, eating too quickly or while distracted, and poor diet are a few common examples.

Here are a few natural remedies that may help reduce or soothe indigestion and heartburn:

Raw, fermented apple cider vinegar (ACV) with the mother: Add a teaspoon or two to a glass of water and drink before a meal. The acidity of the vinegar stimulates natural acid production in your stomach. I recommend ACV to my clients who experience indigestion as well.

Fresh lemon juice: Add a squeeze of lemon to your water (hot or cold) between meals. Similarly to vinegar, the acidity in the lemon helps with acid production and digestion.



Raw, fermented sauerkraut or vegetables: Add as much sauerkraut or other raw, fermented vegetables to your meals as you like. The naturally occurring bacteria and yeast from the fermentation are great for your gut and can help ease digestion.

Mindfulness: Practice mindfulness as you prepare or wait for your meal as well as while you eat. Mindfulness is the practice of being in the present moment. When you are present with your meal and eliminate distractions and stress, you actually stimulate the digestion process -- acid production included! Take a deep breath before you enjoy that first bite. Notice the smell, colors, textures, flavors, and any sounds. Try putting your utensils or food down between bites.

Of course there are many other ways to remedy issues with acid or digestion; however, these are some great tricks to help get you feeling better.



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

Andy Andrewson

Andy has been a member of BAC since 2008. You can find him on the racquetball courts three or four days a week playing league, as well as challenge court times for singles and doubles. He's also working actively as our racquetball league organizer for this season but that's just one of his pursuits at BAC. You can also find him in our workout areas five days a week lifting weights and doing some interval training to keep himself in great shape.

Andy was raised in Leavenworth, WA where he spent a lot of time hiking and fly fishing. He came to Bellingham in 2005 to attend Western Washington University. He graduated with a degree in computer science and a minor in chemistry and is currently employed as a software developer for a local tech company.

Andy's life is very full! When he's not at the gym or at work, he finds time to play classical guitar and watch a little Netflix—his favorite show is Stranger Things. He's also a Gonzaga basketball fan and watches all their games and the NCAA Playoffs. He's been married since 2014 and they have a mini dachshund at home named Mulder who loves to burrow in blankets.

His future wish list includes a trip to fly fish in New Zealand.

Thanks for being a great addition to BAC, Andy!



Employee of the Month

Carly Miller

Carly took over the Membership and Front Desk Departments in April 2019 and has done a fantastic job assembling a wonderful staff and taking charge of membership and sales. Carly is dynamic, energetic, cheerful, dependable and willing to do whatever it takes to get the job done! We are proud to recognize her outstanding effort by awarding her Employee of the Month for November.

Carly originates from Vancouver, WA and at the early age of 18, she moved to Bellingham. In August of 2013, she was hired as a part of the Kids Club staff. Over the course of 3 years, she worked in different departments and became an integral part of Bellingham Athletic Club.

Outside of the club, Carly stays active by running, hiking, and boxing. Carly likes to explore what the Pacific Northwest has to offer, and is always up to learn something new. A good book or TV show, cheering on her favorite sports teams—the Seahawks, Oregon Ducks and Portland Trail Blazers, and spending time with friends round out her personal time.

Thanks, Carly for all you do for BAC!



At Home

Fall into Safety

by Susie Landsem, Aging in Place by Design

The beautiful colors of October have passed into the windy month of November. Here are winter safety recommendations as the seasons change.

Everyday Life

Are you an evening walker or a morning runner? Make sure you wear something bright and reflective. A headlamp or flashlight works well. This goes for bike riders, skateboarders, and strollers, too. Don't count on drivers to see you. 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. 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 such as these:

- 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 on the backing. Find it 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 tips to improve the safety of your home. Remember, safety is no accident.



Susie Landsem

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



CORDATA
DOWNTOWN

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