



# CELEBRATING FITNESS!

OCT. 2019

## We All Need to Stay Active

***“Don’t lie down when you can sit—Don’t sit when you can stand—Don’t stand when you can move.”***

Laurence E Morehouse

Few things are more important as we move through the different stages of life than good health. I constantly thank my lucky stars that good health has been a cornerstone of my life. It allows me to do all the things I love, from skiing and boating to actively taking care of my grandchildren. Few things contribute more to good health than physical activity. So as the shorter, wetter, colder days of Fall and Winter approach, resist the urge to cocoon at home on the couch. This is the time to move your concern for your health to the top of your priority list. Push yourself out of your chair and take a brisk walk, or come into the club and grab a quick workout.

Our Group Exercise Director, Jeri Winterburn, just completed a club-wide survey of the Group Exercise class participants and has prepared an exciting and diverse [Group Exercise schedule](#). The schedule covers the gamut of class offerings from spinning, to Cardio, to Strength & Pilates, to Yoga, and of course our wonderful water exercise classes. BAC offers more than 80 classes a week designed to meet all your exercise needs on a schedule that moves you through stretching, strengthening, and cardio training. So come check it out. You’ll find a club full of neighbors and friends making their health their priority and fitting physical activity into their busy lives.

All of us need to stay active. The longer we continue to use our bodies the longer everything will keep working well. Physical activity can reduce our risk of heart disease, diabetes, high blood pressure, osteoporosis, and cancer. It also increases self-esteem and reduces feelings of anxiety and depression. I have always said, “if we could put exercise into a pill, we’d be successful beyond our wildest dreams.” Sometimes even the thought of “working out” is daunting—don’t let it be! Make the decision when you have that thought, to just head to the club. I guarantee once you are here you will find the energy to complete your workout or class and when you leave, you will do so with a smile on your face. You will be proud that you accomplished your goal—you got in another round of activities that will contribute to your physical and mental health, for today, tomorrow and many years to come.

Remember life is an endurance event and you need to train for it. Your staff here at BAC is looking forward to seeing you in the club and helping you achieve your fitness goals.

Respectfully, Cathy



# Fitness

## ***Is Your Exercise Program Balanced?***

by Mike Locke, Fitness Director

In life, we are constantly trying to look for balance in our lives: work, home/family, play/recreation etc. Shouldn't we look for balance in our exercise program as well?

As with anything in our life, balance creates an environment of success, enjoyment, contentment, and happiness. Exercise is no exception! A balanced exercise program challenges us physically and mentally, relieves stress, helps us recover, and enhances our overall health.

What does a balanced exercise program look like? Some of the components of a balanced program should include aerobic/cardiovascular endurance, muscular strength/power, tissue flexibility and mobility, joint mobility, movement and coordination, breathing, and balance. Fortunately here at BAC, we have a number of options in which to choose and craft a balanced exercise program that you can enjoy.

If you are someone who likes to exercise with a group of people there are a variety of options for you. For aerobic/cardiovascular training we have Aqua Aerobics, Aqua Zumba, Bootcamp, TBC, Insanity, HIIT, Step, Cardio Dance, Zumba, and Revolution. For muscular strength/power/movement training: Power Pump, Bootcamp, TBC, HIIT, Strong, Strong and Stable, Aqua Aerobics, and Pilates. And for tissue flexibility/balance/breath training: Yoga, and Strong and Stretch.

Typically, aerobic/cardiovascular training should be done 3-5 times/week, strength/power/movement 2-3 times/week, balance/tissue flexibility-mobility every day with one training session devoted to it 1 time/week at least.

One of the benefits of a lot of our classes is that they incorporate many of these components into each class session but as you can see, we also offer classes that address specific areas. If you are curious about how to balance your exercise program, Jeri Winterburn, BAC Group Exercise Director, Mike Locke, Director of Fitness, and our Group Exercise and Personal Training Staff are here to help.



# Aquatics

## **BAC Welcomes New Aquatics Director!**

by Lindsay Williams, Aquatics Director

Hello! My name is Lindsay Williams and I am the new Aquatics Director at BAC! I am a native of Whatcom County, growing up in Ferndale. I graduated from Western Washington University with a degree in Communication. Some of you may be familiar with my mom, Jill Robertson, who has taught water aerobics at the club most of my life. I hear she is a staple around here, especially with her costumes.

I started working as a lifeguard in the summers at the Bellingham Golf and Country Club in 1997 when I was in high school. Eventually, I began teaching swim lessons and have grown to love helping children get over their fear of water and become competent swimmers. While working other jobs when I was newly married, I found ways to continue to teach lessons. In 2009, I became the Assistant Aquatics Director at the Country Club. Since then, every summer I trained their staff, organized over 2,000 swimmers into classes, and help run a hugely successful and popular swim lesson program.

My husband, Brett, and I are getting ready to celebrate 16 years of marriage this fall. We have 3 children: Jack is 10, Maelle is almost 7, and Carys is 3 ½. We often wonder what we did for entertainment before we had kids as they are constantly making us laugh. We love playing games together, watching movies, going for walks (especially to Starbucks!), and just spending time together. We also enjoy rooting on our beloved Seahawks and were just able to attend our first UW football game as a family.

All three of our kids have been in and around the water their entire lives. Because of this, they are all-natural swimmers and very confident in the water. Our youngest actually passed the swim test this summer—swimming across the shallow end and back without touching the bottom. Our oldest has one of the most beautiful breaststrokes I have ever seen. And my sweet middle girl has made friends with every swimmer, instructor, and lifeguard at the pool. I really love being a mom and taking pride and joy in my children. Although, they do occasionally drive me crazy.

My biggest encouragement for families with young children is to expose them to water at an early age. Not only playing and splashing in the bath but also finding ways to get in a pool with them. It's so much easier when they're young and haven't quite formed their own opinions. But, if you or your child haven't spent much time around water, it is never too late to learn. I've had the opportunity to teach all ages of beginners, even adults, and it's admirable and encouraging. I enjoy building trust with my students and pushing them to their full potential while being gentle and firm. There's a lot of fun to be had in and around the water! I'm looking forward to building on my experiences here at BAC!



# Dear BAC Water Aerobic Friends

Carrie Vike-Hillary, our beloved Wednesday instructor, is taking an extended leave of absence from teaching. Her life is now full—traveling and enjoying time with her family. I am delighted for her, but she will be hard to replace.

Cathy, Jeri and I are working diligently to interview and hire instructors that will be a good fit for everyone in Carrie's absence. During this time of transition, I am asking for your usual patience, kindness, and grace with our new instructors. I know change can be difficult, but I am confident we can build a loyal, dedicated team again.

Here is the current schedule for September and October.

- Gayle will be subbing Monday, Sept. 23, Wednesday, Sept. 25, and Monday, Sept. 29
- Victoria will be teaching on Mondays in October. I will introduce her on Friday, October 4th.
- Toni will be teaching Wednesdays in October.

All for now. I will keep you updated as soon as I have news to share.

Jill Robertson



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# Racquetball

by Jessie Scott, Racquetball Advisory Staff

## 2019 Fall Classic!

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 TBD) We are looking forward to a fun tournament, please bear with us as we make some changes to our operations.



# Yoga Tips

## **Give Your Workouts a Boost!**

by Jeri Winterburn, Group Exercise Coordinator

Yoga is a wonderful workout for many different reasons. Among them, it's a good way for people of all ages to get active while remaining safe and comfortable. Additionally, it can help you learn to relax and get focused, and it's a great tool for feeling better when stress becomes overwhelming. However, what about yoga workouts for people who want to take their routine to the next level? If you're feeling bored or unchallenged by your workout, it may be time to think about how you can change it up while staying motivated.



There are many ways to go about it, and they're all personal to your needs. Whether you want to boost your strength or learn how to get into deep meditation, there are several things you can do to improve your workout. By using specific tools and resources, you can take yoga to a whole new level. Think outside the box; use tech, apps, and online tutorials to your advantage.

Here are a few tips on how to give your yoga workout a boost.

### **Make Your Yoga Routine More Mobile**

Yoga is one of the most popular forms of exercise in the U.S. because it can be done just about anywhere. So, when you're feeling stressed, you can find a little space and practice meditation and stretches that will help boost your mental health. Individuals with busy schedules can fit it easily into their day, especially with mobile apps like [Down Dog](#) that provide tutorials and recommendations. If you're in the market for a new device that allows you to run the latest apps and take your yoga practice with you on your journeys, check out newer iPhones and find one that fits your budget and data plan. If you're an Android fan, don't fret — there are plenty of top-notch Android phones that can do the exact same thing.

### **Try Something New**

There are plenty of tools you can use that will boost your yoga workout, including stability balls and yoga straps. These tools will help you keep your workout fresh and exciting while giving you a new way to work different parts of your body, but it's important to make sure you find the right ones for your needs. Also, do some research on the specific tools you're using so you can make sure you're getting the maximum benefit from them.

### **Create Your Own Workout Space**

Yoga can be done in a variety of places, but it can be really helpful to have your own space to practice in. Since yoga and meditation go hand-in-hand, a quiet spot is ideal, one without any distractions and that has plenty of room for you to move around. So, look for a place in your home that is away from the main flow of traffic, and include a way to play music, use scented candles, and a comfy yoga mat so you can practice in style.

## Yoga Tips (cont.)

### Go Outside

Changing the scenery can go a long way toward helping you find new inspiration with your yoga routine. If you usually take a class, consider looking for one that is held outdoors, or take your mat to a local park when the weather is nice and spend some time in the sun doing your poses. Not only will this help you enjoy your workout more, but it's also a great boost for your mental health to spend time outdoors. You can even check online to see if there are any outdoor classes near you that will allow you to bring your dog along, as spending time with pets can help you reduce stress.

When it comes to workouts, yoga is one of the most beneficial. No matter how you choose to practice yoga, make sure you stay safe while you practice, especially when using tools. And when you're ready, don't be afraid to take things to the next level.

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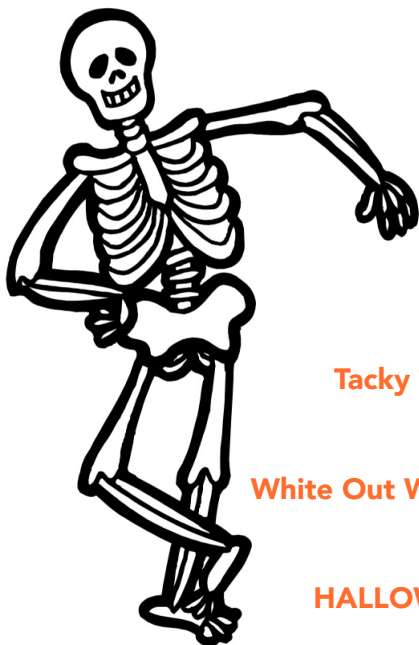
## Youth Programs

### Birthday Parties

As we head into the colder months of the year we would love to host your child's next birthday party! Kids will get to play games, do crafts, eat cake, and splash around in our indoor heated pool! Escape the cold and rain and let us do all of the work for you. We will set up everything so that all you have to do is show up! We can even get the cake! Contact the front desk or Izy at [YouthPrograms@bellinghamathleticclub.com](mailto:YouthPrograms@bellinghamathleticclub.com) to set up your next Birthday party!

### Friday Night Out

Need a date night? This month's FNO will be Halloween themed! Drop your kids off for some spooky games, activities, and trick-or-treating. Show up in your best costumes as we enjoy pizza, the pool, and a movie throughout the night! We hope to see you on Friday, October 18th 5:30 to 9:30 at our Cordata location!



## SPOOKY SPIRIT WEEK FOR KIDS CLUB!

**Monday, October 28th**

**Bed Head Monday:** Crazy hair and pajama day!

**Tuesday, October 29th**

**Tacky Tuesday:** Bright colors, mismatched clothing, anything weird and wacky!

**Wednesday, October 30th**

**White Out Wednesday:** Dress up like a ghost with a white sheet or wear an all-white outfit!

**Thursday, October 31st**

**HALLOWEEN:** Dress up in your costume and go trick-or-treating around the club!

# Nutrition

## Happy October!

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

We've officially entered fall, and don't we know it...it's getting darker a little earlier and there's Halloween candy EVERYWHERE! Though goblins, ghosts, and vampires make for scary stories, the real monster to be aware of is sugar.

Within the last century, there's been a growing pandemic of elevated blood sugar levels which is wreaking havoc on our bodies. 200 years ago, the average American consumed around 10 pounds of sugar per year. Today the average American consumes around 160 pounds of sugar per year. That's the same as the average adult female!

Why do we need to worry about sugar intake?

Other than the fact that it's highly addictive, sugar intake affects our ability to maintain blood sugar balance. When we continue to bombard our bodies with sugar (glucose), we end up with overworked PALs (pancreas, adrenals, and liver) and excess glucose in the bloodstream. If this goes unchecked, it can

lead to Insulin Resistance, Type 2 Diabetes, or other diseases. It shortens the lifespan, enables degenerative disease, affects mental health and well-being, and reduces the overall quality of life. Yikes! Talk about scary!

Unfortunately, sugar is hidden in all kinds of foods, and it's extremely important to read labels and learn ways to limit intake, but we have a tendency to overeat obvious sugars too. Sweets are commonly used as rewards, comfort, and meal replacements. Halloween is an especially devilish time of year when stuffing ourselves and our children with "snack size" candies is not only accepted but encouraged. How can you make a difference this Halloween? Themed school supplies (such as pencils and pencil top erasers), temporary tattoos, and small toys are just a few examples of sugar-free treats you can offer your kids this season. If tricks are more your style then toothbrushes make for a great Halloween offering too! :)



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).

# Members of the Month

## **Jim and Karen Hollingsworth**

We are so honored to celebrate Jim and Karen as our October Members of the Month! They are both very dedicated to physical fitness and to BAC: Jim has been a member for 25 years and Karen for 33 years! Their careers and vacations have always been extremely active and demanding so working out at BAC has relieved stress and kept them fit.

Jim enjoys water aerobics and yoga classes. He also works out with his personal trainer, Cindy, whom he appreciates. Karen's activities include yoga classes, Aqua Zumba® on occasion, and Weights for Women. Karen has also expanded her horizon to take tap dance classes and return to ice skating which has been easier to accomplish because of BAC classes teaching her balance and coordinating with strength.

Living in the historical Fountain District gives Jim and Karen the opportunity to walk the many miles every week to BAC, the library, run errands, go to the movies and the theatre. They have enjoyed many world travel trips—just the two of them or occasionally with a guide or driver for a safe journey. They also have white water rafted and kayaked many, many times in Western North America and included their grandchildren on these expeditions.

Jim and Karen would like to thank the personal warmth of the greeters at the front desk, the amazing and positive Jill Robertson, their yoga instructors, Michal and Elena, who have them bend and twist in ways they didn't think was possible and a big thanks to Tiffany who cracks the whip over the class with Karen on Fridays. Thank you, Jim and Karen! We appreciate your humor, kindness and all the goodies you bring to BAC!



# Employee of the Month

## **Sophia DiPinto**

We are very happy to announce Sophia DiPinto as our October Employee of the Month! Sophia has worked at BAC for over a year. She does a little bit of everything: she works in Kids Club, you will see her at the Front Desk at both locations, and you may see her in the pool helping out with instructors and lifeguarding.

Sophia comes from a military family and has lived all over the West Coast and Hawaii. She often makes trips down to Oak Harbor since that is where her family currently resides. Sophia studies psychology at Western and hopes to go to medical school one day. Her main goal is to work in the field of trauma or neuro or maybe become a traveling surgeon.

Away from the club, Sophia loves to hike, read and she can sail almost proficiently after taking a course at WWU that she enjoyed. She always spends her time with her one-year-old cat, Milo.

Thank you, Sophia, for your dedication, patience, reliability, and thoughtfulness! We appreciate everything you do here at BAC!



# At Home

## Embrace October

by Susie Landsem, Aging in Place by Design

October is all about changing colors, cooler temperatures, shorter days, and Halloween. Adjusting can affect daily routines and distract from goals. Fortunately, there are ways to embrace October and stay on track.

### The Beauty

Parks and streets are filled with beautiful leaves turning bright red and orange, mellowing to gold and eventually falling. It seems like they change overnight, going from a lovely sight to the chore list.

### The Weather

How many seasons can be packed into one day? Sunny one moment, gusty the next and raining the next. Shorter days and changing weather provide opportunities to put off daily exercise—citing rain, cold, and wind to avoid going to the gym.

### The Celebration

Candy has been gracing local stores since August, but the urgency to be prepared for this “holiday” seems to intensify with each passing day. What’s the harm in a new plastic pumpkin an oversized bag of mixed candy bars?

A little strategy goes a long way to overcome the challenges of October. Here are my suggestions:



Walk along the Interurban trail or in Whatcom Falls Park. Oooh and ahh over the red, orange, and gold. And then, with a lightweight rake, work gloves, and designated compost pile, get to work. Skip the gym (a phrase not often seen in this newsletter). Recognize raking for what it is—a full-body, core building workout. Get satisfaction from the clean yard. The neighbors will be envious.

Changing temperatures and weather requires many layers and materials. After having moved from L.A. to Bellingham, a friend asked just how many coats she’d need to thrive here. The answer

is 5: vest, fleece, down jacket, windbreaker, and raincoat. Keep them in the back of the car for easy access. Add a hat and gloves.



Where's the upside here? Luxuriate in the heated seats of your car, while enjoying hot mocha purchased from the drive-through, because, you know, who wants to get out of the car in a squall? Ok, this strategy is a stretch so, find your own upside and believe it.

Halloween may be the toughest October hurdle. Treats are everywhere and very distracting. Here's an idea: buy a bag of your favorites, have one or two pieces every day, and here's the twist, enjoy them in the morning or early afternoon. Self-discipline weakens in the evening. If you've already had your treat, then you won't be tempted to have any more. Will it work for you? Sure, try it. And no, raking for a few hours does not justify more candy.

Well, there you have it, October explained and strategies in place. Prepared with a rake in hand, five layers at the ready, and sweet tooth satisfied. Remember to be visible in the dark by carrying flashlights, wearing reflective clothing, and be vigilant when crossing the roads. Enjoy the month!



**Susie Landsem**

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



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