



CELEBRATING FITNESS!

SEPT. 2019

Fall BAC Into the Club

We've had a wonderful end of summer, and we've missed a lot of you who have been out playing in the sunshine! Now it is time to get back into those great workout habits established during the "rainier, colder" times of the year. To welcome you back from summer we are having a photo contest that highlights all the great things you can do because you stay in shape here at BAC. This year we are particularly in water shots. See Summer Photo Contest for details. We are very excited to see all the adventures our BAC members had while away from the clubs.



Jeri Winterburn, our Group Exercise Director, is busily preparing a new schedule with some new classes for your enjoyment. Look for the new schedule to start the first of October. Downtown hours will transition off of the Summer schedule following the

Downtown Shutdown September 27-29th. Be sure to check signage and the website for schedules. If you don't have a current email in our system be sure to update that for us, as it is the fastest, and easiest way for us to let you know when there are schedule changes or class cancellations.

The Cordata Club received its annual facelift with new paint and deep cleaning. The gym ceiling was repaired, and new lights and two large fans were installed—you should have seen us trying to get a lift into the gym. The pool was emptied and resurfaced, and we did a flooring repair to install a mat coming out of the pool. All carpets were cleaned, new shower curtains hung, and ceiling tiles cleaned and or replaced. Be sure to thank Brian Porter and Mike Locke. Most of the staff stayed long hours to get the work done with minimal days closed. So come on in and enjoy the new fresh look of BAC Cordata.

Respectfully, Cathy Buckley



Split Squats

Body Weight and Loaded Progressions

by Mike Locke, Fitness Director

In the last month's installment, we introduced you to Assisted Split Squats, a stationary exercise to help you gain and maintain strength so that you may kneel down to the ground and then rise back up to standing. Once you have mastered the Assisted version of the Split Squat it is time to progress to the bodyweight unassisted Split Squat and then to the loaded version.

The mechanics for performing the bodyweight Split Squat are exactly the same as you did for the assisted. Start with your feet parallel about shoulder-width apart (see picture 1). While keeping your feet shoulder-width apart step back with one foot approximately one stride length (see picture 2). This time let your arms hang down by your sides with your feet shoulder-width apart and one stride length from each other. Slowly lower your body until your front leg is at 90 degrees and your back knee touches or almost touches the floor. The back leg will also form a 90-degree angle. Pause and reverse the motion back up to the starting position. Make sure you push through the floor with the entire foot of the front leg and lift through the hips of that same leg. Complete for the prescribed number of repetitions then repeat on the opposite leg for the prescribed number of repetitions.



Picture 1



Picture 2

Please see one of BAC Personal Trainers if you have any questions regarding how to perform the assisted Split Squat exercise or how to include it your exercise routine. They would be happy to assist you.

Youth Programs

As school, sports, and Seahawk football start, drop the kiddos off for our Sportastic September Friday Night Out from 5:30 to 9:30 pm on September 20th! Have your child dress up in their favorite sports team gear as they do crafts, games, eat pizza, and swim, followed by popcorn and a movie! Sign up at the front desk by Friday, September 20th at 2 pm!



As we approach flu season, we would like to remind you that only healthy kids should attend Kids Club. This is to prevent the spreading of sickness. If your child has a fever, runny nose, coughing, etc. we ask you to wait 48 hours from its end to bring them in. We want to keep the kids and the staff healthy! Thank you!

We have decided to keep the Friday morning Family Swim time from 10:30 to 11:30 since we had so much fun in the summer. Come practice your swimming skills throughout fall and winter in our nice heated pool and hot tub. If no one is in the pool by 11:00, we will consider Family Swim over for that hour... so suit up and come to the club to swim on Friday mornings!

Aquatics

Farewell from Brittany!

by Brittany McIntosh, Aquatics Director

With the change in season, there will be a few changes around the pool. Some of you may know that I am leaving BAC in September to pursue a degree in Film at Eastern Washington University! However, with Eastern located all the way across the state, it means I must say goodbye to all of my friends and students at BAC. I have enjoyed every minute of the 5 years (my, how the time flies!) that I have been teaching at BAC. You all have changed my life for the better and I've learned just as many things as I've taught over the years.



We've all had a lot of fun in the pool, and I want to charge each of my students with a new challenge: Take the patience, joy, and skills that you've learned here and take them with you into the future! You may find yourselves swimming in places you could never imagine, so remember all of the important things you learned to get you there! And when you do, send us a photo of all the cool places you have swum. I will miss each and every one of you, and I want to thank you for making the last 5 years an absolute blast! I know you will all excel in the months and years to come. Thank you to the BAC members and staff who have truly been my family—you've given me memories that will last a lifetime.

Best wishes going forward, and enjoy your fitness journey, wherever the road may lead!

Summer Photo Contest

To welcome you back from Summer, we are having a photo contest that highlights all the great things you can do because you stay in shape here at BAC...this year we are particularly interested in those that include water!

Submissions will be open from September 1st through the 20th! Members and non-members are welcome to enter. The winner will be announced on October 1, so start flipping through your summer albums and send us your best action shot! The top photo will receive a gift certificate for 1 month of swim lessons.

All entries may be posted in the clubs and on our website/ social media. If you have photos you want to share get them to Carly (memberServices@bellinghamathleticclub.com). We are very excited to see all the adventures our BAC members had while away from the clubs.



Devon Neuhauser, Splashing into Summer!

Group Exercise

by Jeri Winterburn, Group Exercise Coordinator

As we prepare to put the warm weather and summer camping trips aside until next year—it's time to gear up for Fall!

The club has been quiet, and the Group Exercise classes smaller in attendance. This has led to the cancellation of a few that just weren't enough for a "group". It just doesn't make sense to continue to hold classes that aren't consistently getting a minimum of 5–10 members on a regular basis. Moving forward, we are taking a closer look at our schedule, and a suitable solution for both instructors and members alike. This includes evaluating spreadsheets of the past years' attendance in both club studios, and the gym.

We plan to begin the Fall schedule on the first of October.

In the meantime, if you have suggestions, please feel free to email me at groupex@bellinghamathleticclub.com. We value your membership and will do our best to provide a diverse mix of classes to keep you fit and healthy!

Hope to see you back in the studio soon!



From the Courts

Racquetball News

Fall programming is happening for racquetball!

Junior Lessons

Program begins the week of September 3.

September Racquetball Clinics

Beginners Clinic is Monday, Sept. 16 and the Mini Skills clinic is Monday, Sept 23.

Sign up for both at the Cordata front desk.



Nutrition

Enjoy the Fall Harvest

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

Summer is slowly coming to an end and soon it will be time for the fall harvest! Though the warmth and fresh greens of summer are wonderful, I certainly look forward to cozy fall sweaters and soups. In the next few months, as our leafy greens and summer squash harvest come to an end, we may notice more winter squash and root vegetables becoming available. Hearty, complex carbohydrates like butternut squash, Brussels sprouts, leeks, and potatoes become more of a focus and that's perfect for the changing weather. Not only do these starchier carbohydrates taste delicious and comforting, but they're loaded with fiber, vitamins, and minerals. Not to mention that they're often sweet and oh so satisfying on a chilly day.

Two of my favorite ways to enjoy the fall harvest are in a veggie medley of roasted squash, beets, and Brussels sprouts. Simply clean, cube, toss in avocado oil, salt, and pepper, and roast at 400 for about 20-30 minutes or until soft.

Depending on the size of your veggies, you may choose to move the veggies around and roast an additional 10-20 minutes. I like to drizzle mine with balsamic vinegar and garlic reduction for some extra yum!



Another way to reap the benefits of winter squash is in a soup or puree! Roast your winter squash of choice until soft. Scoop the flesh out and move to a food processor or use a stick blender in a bowl to puree the squash until smooth. I like to add butter for some extra staying power and flavor. From here the choice is yours—blend with bone broth and add meatballs or other savory elements for a savory soup, or top with cinnamon and a bit of maple syrup for a sweet snack/side. What an amazing way to get tons of nutrition and show yourself some love!



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.

Member of the Month

Charles Marcks

Charles has been a member at BAC for 10 years and his daily routine starts with a great morning workout at the Downtown club; he greets everyone with a smile and has a positive attitude that encourages others. He refers to the gym as his playground, setting up circuits and performing challenging exercises.

When Charles began utilizing the facility he would focus mainly on cardio and weights, after noticing some low back pain he hired a trainer and took his fitness to a new level. His consistency each day with a guided program has created joy in coming to the gym; he looks forward to his group training with friends and has had incredible muscle, flexibility and endurance gain. Charles would like to give a big shout out to his trainer Lynette Reilly; she has given him guidance, motivation, and inspiration. She has been a tremendous help to not only reach his goals but keep him excited to continue his journey!

Charles is originally from Palm Springs and lived there until he was in his 20's; he moved to Bellingham from Portland, OR back in 2006 and hasn't left since because of all the beauty the Pacific Northwest has to offer. Charles is the CFO at Whatcom Museum, loves to read, has been with his partner, Marc for over 30 years and has a tuxedo cat named Pixel. A fun fact about Charles is that he doesn't own a cell phone!

Thank you, Charles, for your commitment to BAC and always putting a smile on everyone's face!



Employee of the Month

Alexa Locke

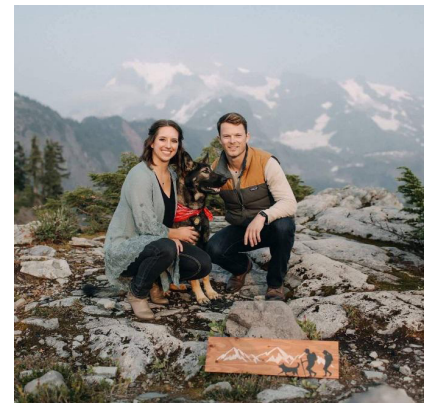
September BAC Employee of the Month, Personal Trainer Alexa (Thompson) Locke, has had a very busy 2019!

This past May Alexa married Sean Locke, was accepted to Graduate School in the Kinesiology department at WWU and passed the firefighter exam for the Ferndale Fire Department. Whew!

On top of that, you will typically see Alexa at both BAC locations training clients in the late afternoons and early evenings as well as conducting her group personal training classes. When not at BAC you can find Alexa teaching activity classes in the Kinesiology department at WWU or making coffee as a barista at Woods Coffee in Ferndale. Needless to say, she keeps herself very busy!!

In her downtime, Alexa and her husband Sean love to take advantage of all the beauty that Whatcom County has to offer. On their days off they like to hike and camp in the mountains with their German Shepherd, Koda, or bike and run the country back roads. They also enjoy hunting through thrift and antique stores for treasures, visiting the array of craft breweries we have locally, and just relaxing at Sean's parent's farm.

Congratulations and Happy Birthday to September BAC employee of the Month Alexa Locke. Thank you for your dedication, energy, enthusiasm, and care you give to not only your clients but to all the BAC membership!

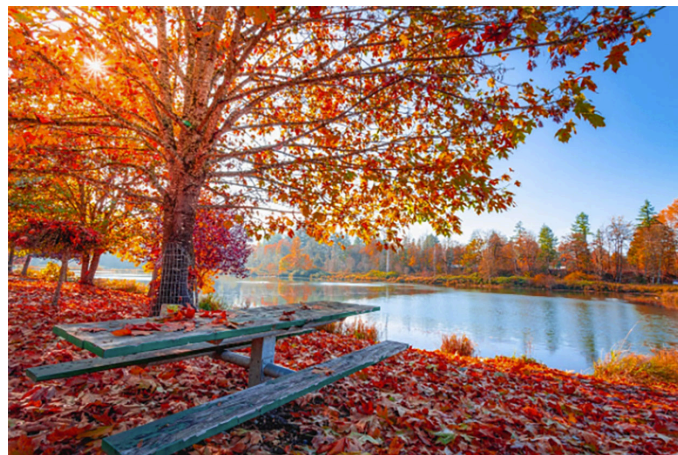


At Home

Let There Be Light

by Susie Landsem, Aging in Place by Design

I love September in the Northwest. The leaves turning red and gold, fresh apples off the trees and the crisp feel of the morning air. What I'm not crazy about are the shorter days, with less natural light. Light plays a crucial part in our health and as Fall creeps in, it takes more work to get the right light for different activities. The solution is to have different levels of light, from low to bright, soft to intense, and everywhere in between.



Using different bulbs, fixtures and switches will help create a variety of lighting options. Here's a basic guide for interior lighting choices.

Bulbs

Incandescent bulbs are the old school screw-in A-type bulbs. Of all the bulbs on the market, they are the least inexpensive and efficient. They aren't recyclable and should be tossed in the garbage. Incandescent halogen bulbs have been slowly replacing incandescent bulbs. These bulbs are dimmable, with a wide range of light value and come in soft or warm colors. While halogens are 25% to 30% more efficient, they are also significantly more expensive. The idea is that they last longer, save energy and cost less over time.

Compact fluorescent lights (CFL) are the spiral looking bulbs. They are more energy-efficient, have a warmer light and are more expensive than the halogen bulbs. They take a while to warm up, are not dimmable, and need to be recycled. Because of their size and shape, CFLs don't fit in some fixtures or lampshades.

Light-emitting diodes (LED) are the most efficient. They have a bright light, turn on instantly and last the longest. They are dimmable which is great for lighting levels. LEDs come in several colors of lights making them versatile for specific uses. They don't need to be recycled. Puget Sound Energy often has deals on these lights, mostly on the brightest and coolest bulbs.



Fixtures

Recessed cans are used in ceilings to provide a cone of illumination. They are often used in the kitchen, bedroom, living room, and hallways. Cans can be used on their own, as spotlights for areas of interest in a room, or provide a level of light that enhances other fixtures. Cans are relatively inexpensive and come in a variety of sizes, shapes, and finishes.

Track lighting is a system of lighting where light fixtures, such as pendants or cans, are attached anywhere on a continuous track device which contains electrical conductors. Tracks are great for



providing multiple directions of light along one line. They are often used in kitchens, dining rooms, and closets. There is an endless variety of possibilities of tracks and their fixtures.

Task lights are for specific areas of work and reading that require bright light. Under-cabinet mounted lights in the kitchen are a good example of task lighting for meal prep. Table and floor lamps can be task lights used for reading, crafts, and detailed work.

Switches

Rocker switches are easy to use for all ages and stages of life. The rocker switch turns the light on and off. Rocker switches can have a dimmer lever which makes them versatile for light control.

Motion sensors turn on as soon as they sense motion. They can be set on a timer to turn off after a certain amount of time with no motion. These are useful in bathrooms, halls, and rooms that are used infrequently.

Touch sensor switches respond to touch on the light plate. They can be used to turn a light on and off or to dim with a touch or swipe. These can be wall switches for room light fixtures. They are also found on lamps.

Smart switches are gaining popularity as home heating/lighting systems and appliances are run from central home control hubs. They are programmable with smart home systems, set on timers and levels of light. Smart switches can be accessed remotely with computers and cell phones.

All of these switches can be illuminated to be easily found in the dark. My recommendation is to add lights to just a few switches in the home, especially the bedroom. Too many will add a lot of light to a room and may disturb sleep.

When used together, bulbs, fixtures, and switches provide a variety of amounts and colors of light. When planning on new lighting, consider what activities will be happening in the room to figure out what levels will be needed. For instance, the kitchen will need a ceiling light source for all over-illumination. Task lighting should be available for food prep. If the kitchen has an eating bar, dimmable pendants on a track will add soft ambiance for eating or brightened for detail work like homework.



Good lighting is important for safety and comfort in our homes. There are many more types, shapes, and colors than this list. Make sure that there is enough light where it's needed, that there are provisions for options of intensity, and that lighting controls are easily accessible by everyone in the house.



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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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