



# CELEBRATING FITNESS!

MAY 2019

## Weekend Warriors Beware!

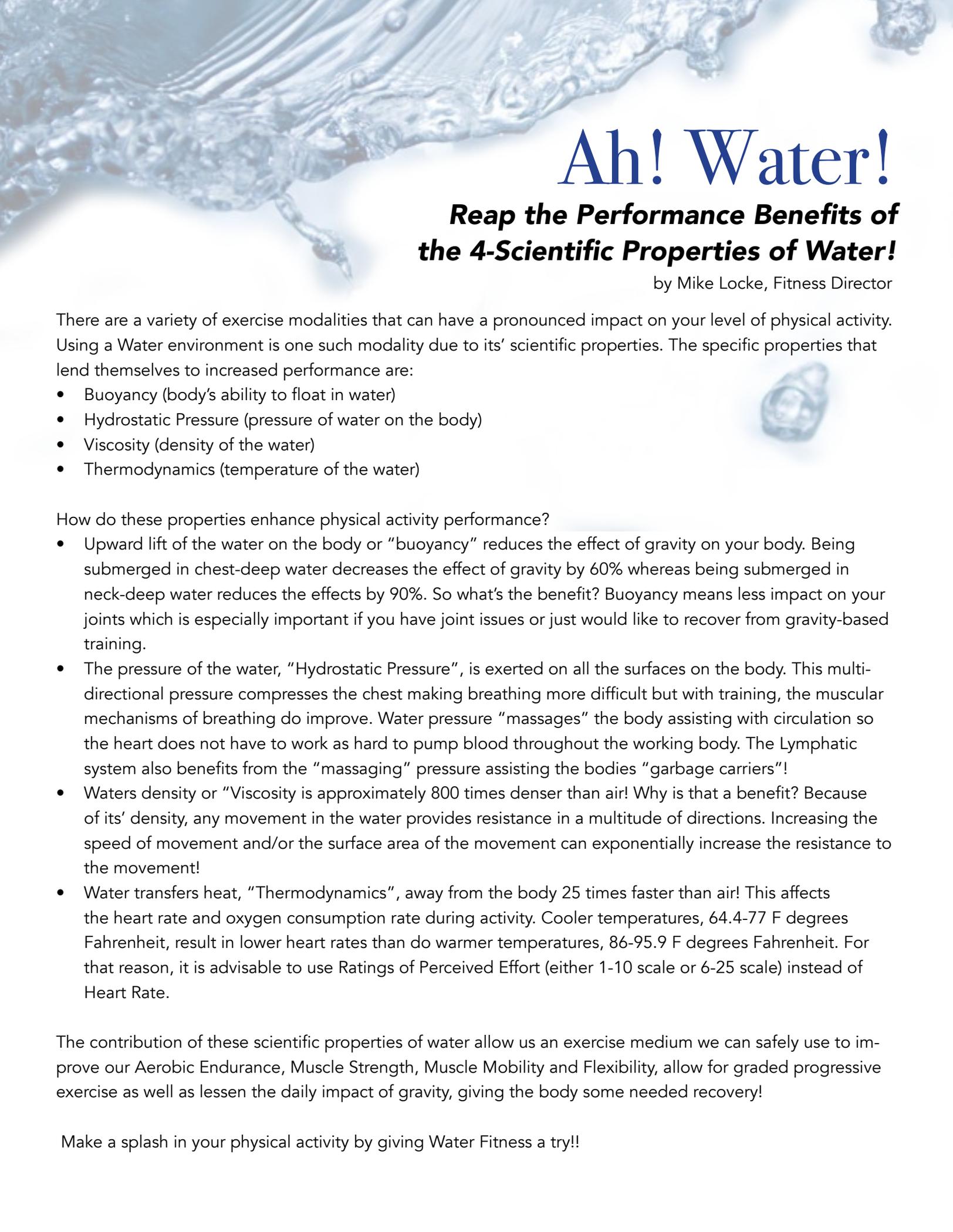
Now more than ever it is important to get in shape for you weekend activities. It would be a shame to have an injury sideline you this spring/summer season. As we age, (this is for all of you twenty-somethings too!) we need to pay more attention to staying in shape (or perhaps getting into shape) for our hobbies and passions. A tweaked back, shoulder or knee will rainout all golfing, baseball, softball, gardening, waterskiing, or hiking plans. For those of you contemplating Ski to Sea, you need to prepare, don't get hoodwinked into participating without adequate training. Too many injuries occur during Ski to Sea that wreak havoc with all of your activities for the rest of the summer.

Come in and talk to one of our trainers, consultations are complimentary! They can help you train specifically for any activities you might like to take on. Come in and learn how to use do some new exercises which can prepare you appropriately for your weekend activities. Both the Freemotion and Technogym Radiant machines can be adjusted to train you for everything from golf, to chopping wood, tennis to hiking and swimming. We also have some new classes coming online in May.

You absolutely do not have to stop doing the things you love if you just take some time this spring to train for them. Aging and atrophy are not synonymous. Study after study of the geriatric set is showing strength gains with moderate weight lifting protocols. We can all get better as we age, not just get older, it just takes a little more work than it used to, but the rewards are all the sweeter!

Respectfully  
Cathy Buckley



A dynamic splash of water in shades of blue and white, with bubbles and droplets, creating a sense of movement and freshness. The water appears to be falling or splashing from the top right towards the bottom left.

# Ah! Water!

## **Reap the Performance Benefits of the 4-Scientific Properties of Water!**

by Mike Locke, Fitness Director

There are a variety of exercise modalities that can have a pronounced impact on your level of physical activity. Using a Water environment is one such modality due to its' scientific properties. The specific properties that lend themselves to increased performance are:

- Buoyancy (body's ability to float in water)
- Hydrostatic Pressure (pressure of water on the body)
- Viscosity (density of the water)
- Thermodynamics (temperature of the water)

How do these properties enhance physical activity performance?

- Upward lift of the water on the body or "buoyancy" reduces the effect of gravity on your body. Being submerged in chest-deep water decreases the effect of gravity by 60% whereas being submerged in neck-deep water reduces the effects by 90%. So what's the benefit? Buoyancy means less impact on your joints which is especially important if you have joint issues or just would like to recover from gravity-based training.
- The pressure of the water, "Hydrostatic Pressure", is exerted on all the surfaces on the body. This multi-directional pressure compresses the chest making breathing more difficult but with training, the muscular mechanisms of breathing do improve. Water pressure "massages" the body assisting with circulation so the heart does not have to work as hard to pump blood throughout the working body. The Lymphatic system also benefits from the "massaging" pressure assisting the bodies "garbage carriers"!
- Water's density or "Viscosity is approximately 800 times denser than air! Why is that a benefit? Because of its' density, any movement in the water provides resistance in a multitude of directions. Increasing the speed of movement and/or the surface area of the movement can exponentially increase the resistance to the movement!
- Water transfers heat, "Thermodynamics", away from the body 25 times faster than air! This affects the heart rate and oxygen consumption rate during activity. Cooler temperatures, 64.4-77 F degrees Fahrenheit, result in lower heart rates than do warmer temperatures, 86-95.9 F degrees Fahrenheit. For that reason, it is advisable to use Ratings of Perceived Effort (either 1-10 scale or 6-25 scale) instead of Heart Rate.

The contribution of these scientific properties of water allow us an exercise medium we can safely use to improve our Aerobic Endurance, Muscle Strength, Muscle Mobility and Flexibility, allow for graded progressive exercise as well as lessen the daily impact of gravity, giving the body some needed recovery!

Make a splash in your physical activity by giving Water Fitness a try!!

# What's in a Drill?

## **Introduction to Freestyle and Backstroke Drills**

by Brittany McIntosh, Aquatics Director

Many of us use swimming as a supplement to our dry-land workouts. We hop in the pool to stretch out and work a little of that lactic acid out of our systems. Swim a few laps, call it good and go about our day. But did you realize that you can get a lot more out of your workout?

Swimming is a complex sport and one that most people think of as a 'high-dedication' sport. In order to improve, you must be in the pool 2+ hours a day. And to improve your speed and endurance at the point of a competitive swimmer, yes, that kind of effort is necessary. But it's totally possible to improve your stroke technique and physical fitness without putting in that massive amount of work. Swimming should be fun!

That's where Drills come in. Drills are a way to hone a specific skill in a stroke – you can do drills to improve kicking, breathing, body positioning, any number of factors that contribute to your efficiency in the water. A drill is simply a way to modify your stroke to focus on these skills, then see how they affect your stroke!

Try out a few of these Drills, and add them to your repertoire!

### **Freestyle**

- **Zipper Drill:** Pretend that there is a zipper running from your hip to your shoulder. As you are doing your pull and bringing your hand out of the water, use your thumb to 'zip up' the zipper. The intent of this drill is to correct arm positioning during a freestyle stroke!  
Link: <https://www.youtube.com/watch?v=jBWEwihZeg4>
- **Clenched Fist Drill:** This is a simple one. Just do regular freestyle, with a closed fist instead of an open palm! You'll notice that it is harder to pull effectively. This drill is to teach you how to correctly pull water when you cannot rely on your 'paddling' hands.  
Link: [https://www.youtube.com/watch?v=hwBk\\_8UDCgQ](https://www.youtube.com/watch?v=hwBk_8UDCgQ)

### **Backstroke**

- **6-Kick Switch:** To perform this drill, do one stroke. When you bring your hand above your head, instead of pulling underneath your body, rotate to the side and hold your positioning for 6 kicks. Then complete your pull and repeat with the other arm. Alternate this pattern, making sure to 'over-rotate'.  
Link: <https://www.youtube.com/watch?v=zTCrC9frLQs>
- **Kickboard Positioning:** This drill uses a kickboard to improve your body positioning and balance in the water. Hold our kickboard at hip-height, then do a stroke with one arm, the other holding the kickboard in place. Switch hands, and repeat. Then bring your kickboard above your head, and repeat again. In a third, optional position, hold the kickboard out of the water, pointed at the ceiling, and repeat again.  
Link: <https://www.youtube.com/watch?v=pn9SP2ucA8Y>



# Nutrition

## ***Raise your hand if you love berry season!***

by Shelby O'Hagan, Nutrition Consultant

May is just the start of our glorious berry and fruit-growing season here in the Pacific Northwest. Keep an eye out for local berry stands selling strawberries through June, raspberries through July, and blueberries through August. Not to mention the wild blackberries found growing everywhere from along creeks and trails to running rampant in neighborhood allies.

We're lucky to have such easy access to berries and fruit. Not only does enjoying berries tickle your taste buds, but it arms and protects your body from poor health! Berries are loaded with antioxidants, vitamins, minerals, fiber, and more. They can help prevent disease, reduce inflammation, and even ease the aging process just to name a few of the many benefits.

What's more is the fact that these berries (and some fruits) are local! Traditionally, our ancestors ate fresh produce that was local and in season. Not only did this ensure greater nutritional value (produce slowly loses value after it is harvested!) but it supported the local economy! In today's world, consuming produce that is out of season and grown out of state or in another country contributes to our growing environmental issues. If these aren't reasons enough to enjoy a handful of local berries every day this summer, I don't know what is.

One of my favorite ways to enjoy berries is fresh off the plant, but they're also wonderful with freshly whipped cream! If you remember from several months ago when we discussed the importance of the macronutrients, fat from the cream will help slow down the digestion of the berries, make you feel fuller, and provide energy for longer! Plus it's delicious!



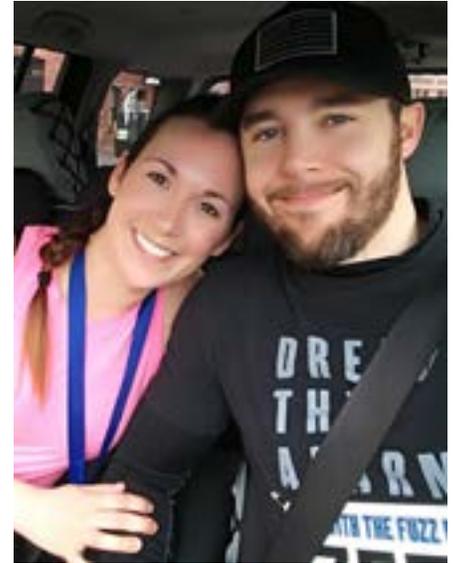
If you'd like to learn more about nutrition and how to get yours in order, please visit my website at [bit.ly/rebelyum](https://bit.ly/rebelyum) or email me at [shelby.ntp@gmail.com](mailto:shelby.ntp@gmail.com).

# Members of the Month

## **Nic and Natasha Ruff**

Nic and Natasha Ruff have been an exceptional part of the BAC community for about 4 years. Natasha tends to do her workouts with an emphasis on building cardio strength and Nic likes to focus his training on lifting and building core strength, however, he does like to change it up every now and then to work on cardio, too.

Nic is from Leavenworth, and Natasha is from Sedro-Wolley, but they met right here in Bellingham. In their free time, they really enjoy going to concerts. Despite having somewhat different tastes in music, Nic liking alternative rock and Natasha being more into country, they both still have a great time seeing any type of live music.



When we asked Nic to talk to us for this little write-up, he said that their mentality with exercise is that the world is better when we help other people, and in order to help other people we have to first start by helping ourselves to be the best we can, mentally and physically. That is what makes Nic and Natasha such a great part of the BAC, and why we have chosen them as May's members of the month.

# Employee of the Month

## **Megan Laird**

Congratulations, Megan, on being May's employee of the month. Megan started working the front desk in August 2018. Since then, Megan has worked all hours of the day. You will most likely see her working early mornings and well into the evenings.

Megan grew up in Vancouver, Washington and then made her way to Castle Rock. She participated in competitive gymnastics for 10 years and also played volleyball while in high school. She has been in Bellingham since August, attending Western Washington University full-time. Megan is majoring in Marketing but also hopes to experience becoming a real estate agent as well.

When Megan isn't at school or working at the club she likes to visit her family and her precious dog Teddy on the weekends and whenever she can. One of her favorite places to travel to is California to see her best friend!



Megan has proven time and time again how reliable she is. She is the definition of what a team player is—always willing to help out and lend a hand when needed. Thank you Megan for everything you do!

# Janet Rhoades

## ***This is not goodbye!***

### **From Janet...**

Twenty-two months ago I announced to Cathy and my co-workers I would be retiring, of course at the time it was a long ways off. Now in only 10 more days I will be officially retired. Yikes!

My 19-year journey with BAC has been more than just a job! I have had the privilege of working with an outstanding management staff who I count as my extended family and good friends through thick and thin. The adventures and experiences we have shared could easily fill a book, most of them involving lots of laughing, some crazy road trips and the commitment to continually bring improvement to our job and members.

I feel incredibly fortunate that although I am retiring I will still maintain contact with our fabulous members in a new role as a "member." My relationship with our members has always been a bright spot in my life and I appreciate the chats and confidences I have shared with many of you. Thank you from the bottom of my heart for an amazing ride!

Pura Vida-  
Janet

### **From BAC Staff...**

BAC says a fond farewell to a long time employee Janet Rhoades. She is retiring in April to spend more time with husband Rod, kids and grandkids. Janet started here in 2000, as Front Desk Supervisor, then moved into a combo role as Front Desk Supervisor, member services and in charge of Accounts Receivable. She has been the go-to person for all things BAC. For many years the saying for the staff was: "If Janet doesn't know about it, it isn't happening."

Janet has always been the one behind the scene—making sure the Front Desk had all the correct information, registration sheets were current and available, and the proper publicity was deployed. Janet will be sorely missed. Carly Miller who many of you will recognize is returning to BAC to take over Janet's Member Services Director position. Please be sure to welcome Carly as she learns her new position.



# Active Aging...**Commit to stay fit in May!**

Bellingham Athletic Club offers a wide range of exercise and aquatics classes. During the month of May we will be highlighting specific exercise and aquatic classes designed for adults who want to continue enjoying an active and spirited lifestyle. Join us and experience the difference!!!

May 5-11

## **Zumba Gold**...Cordata with Celine

This class takes the popular Latin dance-inspired workout of Zumba and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. Wednesdays @ 8:30 am in the Cordata Gym.



## **RetroFit**...Cordata with Theresa/Lesley

A moderate-paced, low-impact class designed for people who are comfortable with basic choreography. Focus is on simple movements. This is a great starting class for all ages, beginners, and members coming back from rehab injuries. Mondays @ 8:30 in the Cordata Gym.

May 12-18

## **Strong and Stable**...Downtown and Cordata with Lesley

Every class features exercises that increase balance, mobility, and strength in order for you to continue enjoying an active and fulfilling lifestyle. Mondays & Wednesdays @ 8:30 am Downtown. Fridays @ 8:30 in the Cordata Gym.

## **Strength and Stretch**...Downtown with Lesley

This class is for any fitness level. The focus is on a combination of body weight exercises, bands, and other tools to challenge your strength and full body stretching to compliment your training program. Tuesdays @ 8:30 am Downtown.

May 19-25

## **Aqua Aerobics / Aqua Zumba**...Cordata with Jill/Toni/Carrie/Cindy/Myra/Lynn/Gayle

Get a great cardio low-impact workout in the water! Great for all abilities and fitness levels. Looking for a water aerobics class with a twist? Try out Aqua Zumba! It is a fast-paced, body-toning water workout that combines the rhythm of a traditional Zumba class with the increased resistance in the pool. Check [Pool Schedule](#) for days/times.

May 26-31

## **Pilates/Yoga**...Cordata with Jen/Michal/Freddie/Elena/Lesley

This class is designed to work your powerhouse muscles – abs, lower back, thighs, and buttocks. The discipline emphasizes correct form to help develop strength, flexibility, muscular endurance, coordination, balance, & good posture. Designed for all levels. Check [Group Exercise Schedule](#) for days/times.

# Heat or Cold?

## **“Should I Treat my Pain with Heat or Cold?”**

by Alicia Jenkins, Performance Physical Therapy

This is a common question I receive from patients I see at Performance Physical Therapy. The answer will depend on what you are trying to achieve by using cold or heat? Decreasing pain? Increasing mobility?

To find your answer let's first begin with how each type of treatment works:

### **Cold Therapy:**

Cold therapy is also known as cryotherapy. It works by reducing blood flow to a particular area, which can significantly reduce inflammation and swelling that causes pain, especially around a joint or tendon. It can temporarily reduce nerve activity, which can also relieve pain.

### **Heat Therapy:**

Heat therapy improves circulation and blood flow to a particular area by increasing temperature. Blood has essential nutrients that your body uses to accelerate the healing process. Increasing the temperature of the afflicted area can also soothe discomfort and increase muscle flexibility. Heat therapy can relax and soothe muscles and heal damaged tissue.

### **When To Use Ice:**

Ice is generally used in the first 24-72 hours following an injury. I also have patients ice an area that has been injured after exercises or any other kind of physical activity.

### **When to use Heat:**

Heat is generally used once the inflammation process has calmed down or on chronic injuries. You can also use heat on sore/tight muscles to loosen them up.

### **Heat and Ice Contrast:**

I often times will prescribe patients to use a heat/cold contrast technique at home to help facilitate injury recovery. This technique helps to pump fresh blood into an injured area as blood has the nutrients our body needs for healing while also keeping inflammation down. Heat will pump blood to the area to help heal the injured tissue and then switching to cold calms down any inflammation. Switching back to the heat again pumps fresh blood to the affected area which helps with the healing process. Start with either heat or cold and always end with cold. In this technique, the patient will ice the area for 5-10 minutes then switch to heating the area for 5-10 minutes. Alternating between the two 4-5x per treatment.



# Heat or Cold?...*continued*

## **How To Make Your Own Reusable Ice Pack:**

Here is a simple way to make your own ice pack that will mold to the body part you want to ice:

1. Fill a large plastic freezer bag with 1 cup of rubbing alcohol and 2 cups of water. If you need more or less just keep that same ratio. I like to add food coloring to mine to make the pack the color of my choosing.
2. Try to get as much air out of the freezer bag before sealing it shut.
3. Place the bag and its contents inside a second freezer bag to contain any leakage.
4. Leave the bag in the freezer for at least an hour.

Precaution - Be sure to always use a layer between the cold pack and your skin to avoid burns!

Here's to a healthy body and a active lifestyle.

With your BAC membership, our downtown office offers free 15 minute quick checks. These are short appointments which offer you the chance to get an understanding of what type of injury you are dealing with, and a recommendation on the next step in resolving the issue.

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## Court Sports

### ***Happenings on the racquetball courts***

by Wanda Collins, Racquetball Advisory Staff

Racquetball season is wrapping up. We had a wonderful turnout at the Northwest Open in March. BAC member, Victor Camacho won the men's open division; Victor and his partner, Hollie Scott won the men's open doubles division.

Spring league has started and is being run by Wanda Collins. Remember that during the summer months we still have Tuesday, Thursday, and Sunday doubles challenge courts; Tuesdays and Thursdays in the evenings, Sunday usually starts at 10am. We have goals for fall league! Spring league numbers are steady and consistent with the last few sessions. However, in the fall we would like to double those numbers. We want to offer more divisions that are competitive for everyone!

As a courtesy to BAC staff and other members PLEASE pick up after yourselves; there has been a lot of towels and garbage left behind each night.

Be sure to check out the Washington Racquetball Association website for information on upcoming events and news happenings in the state. If you or someone you know is interested in being on the WRA board, now is the time to check it out. There are many positions up for re-election; President, Secretary and Junior Representative to name a few. If you're passionate about the game and want to help grow the sport, or even just want to be more involved this might be for you.

I hope that everyone has a good summer, and we'll see you around the club!

# Safety

## 5 Simple Steps to Safety on Your Deck and Porch

by Susie Landsem, Aging in Place by Design



May is my favorite month of the year. Besides the excellent celebrations of Mother's Day, Memorial Day and my birthday, May brings some of the best weather we have in the Pacific Northwest. That means spending time outside on our decks and porches. We want to make sure that both are safe.

Here are 5 steps towards your deck safety;

### **Check the Deck**

Winter weather can do damage to decks by snow and rain causing cracks and loosening connections. Look all the way around your deck, including underneath if possible, checking for loose or rotting boards, rusty connections, and screws in the structure. These things need to be fixed right away.

If you don't have the skill or experience to do this kind of work, find a handyman. The BIAWC website and Angie's List are great referral sites for qualified contractors.

### **Test the Railings and Stair Treads**

Just like the deck, stairs and handrails can get cracked or loosened over the winter. Make sure that treads are sturdy, with no wiggles. Handrails should be tightly fastened. Harsh weather can make paint blister, causing cracks and splinters on the handrail. Sand these down until they're smooth and repaint as necessary.



### **Handrails for Safety**

Consider adding handrails to stairs that don't have any, even short sections of stairs. They're good for everyone using the stairs, and particularly helpful for older people who have less mobility.

### **Clean the Deck**

A winter's worth of weather will add debris and dirt to the deck. In some cases, mold and mildew can develop, making the deck slippery and dangerous. Sweep the deck first, getting rid leaves and dirt. Some people like to pressure wash at this point. Be sure to read the warning labels about the recommended pressure to use on wood or composite deck before starting. It's easy to take off paint and even crack the wood if you are too enthusiastic.

Once the surface is clear, it's time to use a deck cleaner for the wash cycle. Cleaning agents TSP and bleach have been used for years, but they are toxic both to the user and the



# Safety...continued

environment. Consider using a homemade mixture of vinegar and water or baking soda and water, or an environmentally approved cleaner like Simple Green. Look for the Green Seal to know a product has been certified for environmental and health excellence.

## **Add the Finishing Touch**

After cleaning, your deck may need to be repainted, stained or sealed now that it's been cleaned. Consider using a paint that has non-slip texture in it for added safety. Anti-slip stair tread tape is easy to install. Add lighting to avoid tripping accidents and a nice glow in the evening. Solar powered sensor lights are great for this purpose.

## **Clear the Clutter**

Most decks and porches don't have built-in storage, but there is lots of stuff that accumulates on them. Chairs, cushions, barbecue tools, planters, and hoses are some of the items that may end up on your deck, causing tripping hazards. Attractive weather resistant storage boxes provide a way to stow the stuff and additional seating.



According to the Consumer Product Safety Commission, an average of 33,000 people are injured because of structural failure of a deck, porch, railing or staircase. Now is the time to make sure your deck is a safe place to enjoy the sun. A little maintenance will go a long way towards your summer enjoyment and safety.



### **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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