



It's Time for Re-Opening

Great news all BAC members: Gyms have been moved from Phase 3 to Phase 2 in the Governor's phased re-opening plan. During this shutdown we have cleaned the entire club, re-carpeted some areas, resurfaced the courts and studio floors, as well as the pool and painted just about everything.

Unfortunately, during phase 2 the pool, spas, saunas, and showers are off-limits. We are hoping restrictions are lifted soon as the CDC just came out with findings that the virus does not really get spread from surfaces to humans very easily.

BAC will re-open both clubs on June 8th!

The hours for this initial phase will be from 7am-1pm and 3-7pm at both locations Monday through Friday. This will allow cleaning and disinfecting mid-day between 1-3pm. Additionally, we will be open Saturdays only 7am-1:00pm. There will be a strict protocol for using the clubs: members will disinfect their hands upon entering the clubs, they will then scan for their temperature, and sign in acknowledging the absence of adverse symptoms, and the social distancing and disinfecting protocols. Each member will be given a spray bottle of disinfectant—they will disinfect before and after any use of any equipment. We will either block off every other piece of equipment or use placards to place on either side of the equipment each member uses. The placards and spray bottles will be returned to the Front desk to be disinfected before the next patron's use.



We will continue to keep the online classes going—as we won't be able to have any indoor group classes for some time yet. But we are brainstorming how we are going to be able to operate in Phase 3 and beyond.

We have been impressed with the number of members that have been logging in to the online classes, and quite impressed with the ingenuity of our instructors. Our online instructor group is being honored as our Employees of the Month! We are so proud of their hard work and dedication to you, our members. Keep in mind members don't have to take these classes live—members can access them when it works into their schedule, which has been a big hit. We are also looking to add some outdoor classes as weather and regulations permit so be sure to check out our website and emails for notice of these classes.

Respectfully,
Cathy Buckley



Advice on Starting Back at BAC

Transitioning back to the club workouts

by Mike Locke, Fitness Director

We are excited that in the very near future we will be allowed to open our doors to you as Phase 2 is initiated. Your patience and support have been overwhelming and very much appreciated. As we move to being able to utilize the clubs for activity and exercise again, we should keep some things in mind regarding exercise routines.

If you have not been exercising on a regular basis during “stay at home”, when the clubs do reopen please try to curb your enthusiasm just a bit and work back into your regular routine gradually. The last thing we would want anyone to do is hurt themselves and then be out again for an extended amount of time.

In preparation for coming back to the club, you may want to try one of our [online group exercise classes](#). You can participate live or when it’s convenient for your schedule. If you would like something that is a little more personalized our training staff is still available to help and would be happy to make some suggestions for you to get you ready.

Hopefully, all of you have continued to be active by going for walks, runs, hikes, or doing your own exercise in your home. It’s one of the most beneficial things you can do to cope and maintain your health. We look forward to seeing you all very soon! Stay safe!!



Racquetball and Handball News

by Wanda Collins, Racquetball Advisory Staff

If you are a racquetball or handball player, you are probably missing your time on the court...and the exercise. These sports provide a big anaerobic workout disguised as a game. You don’t even notice how hard your body works as you play. A person burns 600-800 calories in an hour on the court playing singles. As we ease into opening the club, the courts will be available for individual use, **but not yet for two or more people**. It will be a great time to drill and bring back those skills that you haven’t used in months. Spending time drilling on the court, in the weight room, and on a cardio piece will make you ready to go when we CAN play again. Stepping on the court to play a game without preparing will be frustrating and could lead to injuries.

To help facilitate court usage, we will block our court use for half-hour intervals. Most of you won’t be on the court much longer than a half-hour to drill. If you find that you can work at it for an hour, just reserve two half-hour time blocks. Contact the front desk beginning June 5 to reserve your time, and go for it!

I will be posting a racquetball drill sheet each week on court windows for your use if you need help organizing your time to get a maximum benefit. I will also be available for private racquetball lessons.

Ways to Cope With Stress

by Mike Locke, Fitness Director

No one really could have imagined what we all have been experiencing with the COVID-19 virus over the last 8-weeks. During this time of being at home, many of us are working from home, and others are teaching their children from home. It's been a stressful time for us all. Hopefully, you have found some positive ways to cope with the stress associated with everything that is happening.

If you are not, the CDC has a few recommendations to help you.

- **Take breaks from watching, reading, or listening to news stories**, including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
 - Take deep breaths, stretch, or meditate.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly.
 - Get plenty of sleep.
 - Avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling. Virtually communicate with your loved ones and friends.

The CDC has a number of other resources that you may take advantage of covering a host of different topics. You can access them by going on their [website](#).

The staff at BAC looks forward to having you back at the clubs real soon. In the meantime, please let us know if we can assist you in any way! We would be happy to help. Stay safe and we will see you soon!



Group Exercise

We Have Classes Online!

by Jeri Winterburn, Group Exercise Director

For those of you that aren't aware – we are offering several Group Exercise classes online at our Bellingham Athletic Club website – as well as many Facebook Live* classes. BAC's own Instructors teach these. Please check them out to stay motivated and in shape until we are able to do them together again in our studios!

[Facebook LIVE](#) classes include:

- HIIT with Tina
- STRONG & STABLE with Lesley
- STEP with Patti
- DANCE JAM with Patti
- BOOTCAMP with Jeremy & Melissa
- CARDIO MIX with Tina
- PiYo with Melissa
- MOBILITY, CORE, & STRETCH with Cindy
- POWER PUMP with Heather

Go to BAC's [website](#) to access classes when it fits into your schedule:

- DANCE JAM with Patti
- PILATES with Kate
- PILATES with Susan
- POWER HOUR with Kate
- STEP with Patti
- STRONG & STABLE with Lesley
- YOGA with Susan

In addition – we are updating and changing our online schedule and classes almost daily, so please go to our website to find more information – and MOTIVATION!

Thank you all so much for sticking with us as we weather this storm together. We can't wait to see you again soon inside the clubs!



Aquatics

Tips you can do at home to get your child comfortable in the water

by Lindsay Williams, Aquatics Director

With the closure of pools during this pandemic, and still some uncertainty over when we may be able to resume swimming lessons, here are ideas to work on some skills with your child in your bathtub or backyard pool:

1. **Practice blowing out their nose and mouth.** One of the most important things for a child to learn is to blow out their nose and mouth so they can clear the water from those areas. You can practice this outside the pool by pretending to blow out candles on a cake or blowing their nose into a Kleenex. When they've mastered this, you can practice blowing bubbles in the water. This will help them to hold their breath and not inhale water.
2. **Pour water over their head.** Use a cup to pour warm water over your child's head. You can start by trickling some water down, like a shower. Let it run down their face and over their mouth. This introduces them to the sensation of wetness: how the water feels as it flows over them. You can eventually work toward fully submerging their head.
3. **Play Simon Says.** Practice putting each part of the face in the water. Start with the chin and work your way through zipped lips, nose, ears and finally eyes. Eventually work up to holding their eyes in for up to 5 seconds, with their foreheads down and their entire face in the water.
4. **Teach them the Starfish Float.** Guide them to lay on their back and gently hold them in the floating position from underneath to help them relax. Encourage them to push their belly button up. As they become comfortable, gently release them so that they are floating with no assistance from you at all. Having the legs and arms spread apart gives your body additional stability while floating in the water.
5. **Teach swim language** - Children's confidence will soar when they see that they know the special words that are used in the pool. The tub is perfect for teaching and reviewing what words such as "splash" and "kick" represent in the pool.
6. **Include toys that encourage interaction.** "Manipulatives" such as bath toys or household sponges, help children practice motor skills while in the water. As a result, they will move their limbs more freely in the pool.
7. **Stay positive and encouraging.** Your child will feed off of you and how you approach the water. If you're confident and encouraging and celebrate their victories with water, no matter how big or small, they will associate water with positivity and fun!

Safety Tips: Make sure the temperature of the water is comfortably warm for babies or toddlers and that children are never unsupervised while in the water.



At Home

Getting Out and Coming Home

by Susie Landsem, Aging in Place by Design

Congratulations! Our community's commitment to staying-at-home has been tough and successful. Authorities believe that we're through the initial spread of COVID-19. Thank you for your dedication.



As businesses and services begin to re-open, there will be more opportunities for germs to spread. Staying attentive to the guidelines while we're out and about will be a challenge, but essential. I've got some ideas to help keep you and your home safe.

Keep it clean:

- Handwashing with soap and water for at least 20 seconds and drying off with a clean towel is the best defense to the spread of all transferable germs. Washing as soon as you get home is the best preventative measure—stop germs at the door.
- Have a nice smelling soap to keep washing a pleasant task. Avoid dry and cracking skin by following up with a favorite hand cream.
- Cloth masks need to be washed regularly - daily if worn for over 6 hours.
 - Disposable paper surgical masks are intended for one-time use.
 - It's best to have a couple of cloth masks in wash rotation.
 - Wash hands before putting on and taking off masks. Try that nice smelling soap mentioned earlier.
- Keep hands off of the face to stay safe.
 - Allergies are abundant this time of year causing runny noses and watery eyes. If needed, use a tissue, throw it away and wash hands.
 - Try to keep allergens out of the house with regular cleaning.
- Clean your phone and phone case. Check with the manufacturer for their recommendation for approved cleaning methods.
- Clean regularly touched surfaces. Door knobs, refrigerator doors, keys, seatbelts, and steering wheels are places that are touched regularly and should be cleaned routinely.
- Houseplants help to clean indoor air. They've been proven to boost moods, reduce stress, fatigue, sore throats, and colds.



Thankfully the weather has been nice and we've been able to get outdoors.

Most people seem to be adhering to the health authorities' regulations that will keep the spread of this terrible virus to a minimum. It's wonderful to know that someday soon we'll be able to get back to the gym.

Take care, stay safe, and healthy.



Susie Landsem

contact@aginginplacebydesign.com

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

Employees of the Month

Jeri Winterburn and her Group Exercise Online Instructors

We are so pleased to announce that Jeri Winterburn and her cadre on Online Group Exercise instructors are being honored as our Employees of the Month. They have done an excellent job marshaling their forces to reach out to and inspire our members to stay active.

Heather Calloway

Patti Douglas

Lesley Jones-Steinmetz

Jeremy Lemke

Melissa Lemke

Tina Schumacher

Kate Stevens

Cindy Whitney

All of these dedicated employees have challenged their comfort zones to “virtually” develop and run their various classes throughout this COVID-19 crisis. Their classes are available live on Facebook as well as cached on our website so members can pull them up and exercise at a time that is convenient.

If you haven't had a chance to experience one of these online classes, check it out by going to our [website](#) and/or [Facebook page](#) for the information and schedules.

All of these wonderful instructors have full lives and challenges of their own they are dealing with during the pandemic: from being housebound to having kids at home to trying to work their other jobs and homeschooling their children. Yet, they still found time to create new formats to help our BAC family stay fit.

Thanks to all who have shown such dedication to our BAC members.



Jeri



Tina



Jeremy



Melissa



Lesley



Heather



Patti



Cindy



Kate

Nutrition

Protein - The Master Building Block

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

Most people know protein as an important component for muscle growth, but it is necessary for much more than that. Protein is kind of like the master building block for the body and supports many vital functions including the immune system, digestion, blood sugar regulation, and more.

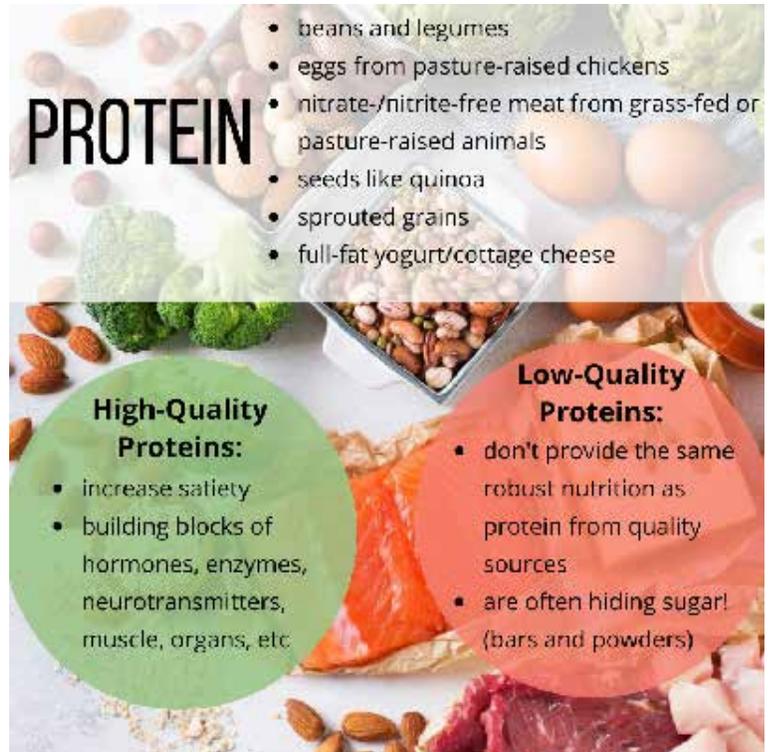
When choosing sources of animal protein, it's important to opt for grass-fed and pasture-raised as often as possible. Why? Well, for one, animals raised in those environments have access to more complete and natural diets. Maybe you've noticed on egg cartons the words "vegetarian fed" or seen the difference in eggs produced by vegetarian vs grass-fed chickens. The vegetarian eggs are pale yellow and mild in flavor in comparison to the natural eggs which are vibrant orange and taste wonderful. Part of the reason for this is that chickens are omnivores and meant to consume bugs in addition to grasses, etc. Animals given a full spectrum of nutrients provide more nutrition to us!

Here are some of protein's roles:

- increases satiety
- building blocks of enzymes, neurotransmitters, hormones, etc.
- building blocks of muscles, organs, skin, etc.

Appropriate sources of protein include:

- beans and legumes
- eggs from pasture-raised chickens
- nitrate-/nitrite-free meat from grass-fed or pasture-raised animals
- sprouted grains
- seeds like quinoa
- full-fat yogurt/cottage cheese



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.



CORDATA
DOWNTOWN

4191 MERIDIAN 360.676.1800
1616 CORNWALL 360.734.1616

www.bellinghamathleticclub.com