2003 ISSUE

SNOHOMISH FITNESS NEWS

119 Ave B Snohomish WA 98290 360-568-0588

CLUB INFO

CLUB HOURS
Mon. - Fri. OPEN at 4:30 AM
Mon. -Thurs. CLOSES at 9 PM
Fri. CLOSES at 7PM
Sat. 9 AM -3 PM

BABYSITTING HOURS
M/W/F 9 AM- 1:30 PM
M & W 7-8 PM
Tues. & TH 9-10:30 AM & 5:30 - 6:30 PM
SAT 9-11 AM
$3 hourly per child
$2 hourly each additional child
Monthly rates are $35 monthly 1 child
2 children $45- & 3 children $55 monthly



PAYMENTS We can hold memberships for $10.00 for up to six months for medical reasons or vacation plans not less than 1 month and not more than 6 months. Must pay up front and it is not retroactive. Please don't ask- NO EXCEPTIONS. . Any payments more than 10 days past due will be charged a late fee. Your promptness is greatly appreciated.

AUTOMATIC PAYMENTS
We can now automatically deduct your monthly payments from your credit card account . This is a great way to avoid late charges or trying to remember your due date.

UPCOMING EVENTS

The Aerobathon for St. Jude Childrens Research Hospital is April 12TH at 9:00 AM at the club....Workout with us, with all the instrucotrs or do your own workout for the kids! Help us raise money for the cure..St. Jude Hospital turns no one away!Joanna (SFC Aerobic Coordinator) is the lady in charge.
SFC will be hosting a workshop for anyone wanting to be a personal trainer! It will be a two day workshop JUNE 21st and 22nd...IFPA Certification.Pick up a flyer at the club. Please let us register as a group through SFC!

Remember to pick up an Aerobic Schedule and watch the white board sign located up front.We have many classes to pick from:Crosstraining, Pilates and Yoga, Basic Stretch and many step classes from, Power pump,Hi/Lo and Aerobic classes.

If life just seems to get in the way of your workout,make an appointment with onw of our trainers.We will match you up to the best! Meet your goals!
FREE Consultation....Then $35.00 /1HR.

Watt's New Hair Salon

Jennifer Watt is here for your hair care needs!
Always ready and with a smile too.
Salon hours are:
Tues 9:30-4 & 5:30-9
Wed 9:30-4:30
Thurs 9:30-4 & 5:30-9
Fri 9:30-4:30
Sat 9-3
Checks or Cash.

FITNESS FACTS

THE CHICKEN SOUP REPORT
February, 2003

Teach Your Parents Well

Eating and body image disorders are affecting pre-teen girls in greater numbers. Recent studies reveal that 42% of first-, second- and third-grade girls want to be thinner; 40% of almost 500 fourth-graders surveyed say they diet "very often" or "sometimes;" and 46% of 9-year-olds and 81% of 10-year-olds admit to dieting, binge eating or fear of getting fat, according to the Harvard Eating Disorders Clinic in Boston. Experts warn that parents who constantly count calories, exercise fanatically or obsess over their own weight or body shape may be sending the wrong messages to their kids.

An Inside Peek

At the Fred Hutchinson Cancer Research Ctr. in Seattle, 173 sedentary, overweight women, aged 50-75, were split into two groups -- one doing stretching, one doing aerobics. After 1 year, the aerobics group lost between 3.4 and 6.9% of their intra-abdominal fat (fat surrounding internal organs) even without changing their caloric intake. High levels of intra-abdominal fat raise the risk for heart disease, stroke, diabetes and some cancers. Those achieving the greatest benefits did aerobics 5 days a week, for 45 minutes a day. The stretching group had a slight increase in intra-abdominal fat.

Blood Lines

C-reactive protein (CRP) is one of the newest players on the heart health front. In recent data from the ongoing Women's Health Study, high levels of CRP were better predictors of a first heart attack or stroke than high levels of low-density lipoproteins (LDL -- the so-called "bad" cholesterol). CRP rises with inflammation which researchers believe may precede plaque build-up in blood vessels. Researchers also believe that CRP and LDLs may identify different high-risk groups and, therefore, should both be tested to predict risk.

Supplemental Information

As promises of weight loss and youthful energy attract more consumers, there are still safety concerns with over-the-counter dietary supplements. These herbs, vitamins, minerals, amino acids and other "remedies" are "regulated" but not "evaluated" by the Food and Drug Administration prior to hitting the shelves. According to a study from Wayne State University, 1/3 of supplement-related problems are moderate or severe and include seizures, heart-rhythm disturbances, liver dysfunction and even death. Among those products "more likely to be a problem" are ma huang (ephedra), guarana, ginseng and St. John's Wort.

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Weight Room Etiquette
(Be Kind to your fellow club members)

❖ Always return plates and weights when finished. Not everyone can lift those heavy plates. And gym time should be spent working out, not searching for the right size dumbbells.

❖ No weights on benches. Duh, this causes tears in the fabric.

❖ Need a spot? Make a friend and ask someone or ask at the front desk. This is not the time to be shy, instead be safe!

❖ Clean & disinfect benches after use. Thank you, thank you, thank you!

❖ Let others utilize the equipment in between your sets. Remember what your Mom said about sharing? She was right!

❖ No kids in weight room. We cannot stress this enough. The weight room is NOT a child oriented room. They could get hurt!

❖ Got a question? Please ask!

We want your time at SFC to be productive, health oriented and fun, so remember your weight room etiquette!

Q & A

Splitting up[your workouts

Q. Due to time constraints, I've been splitting up my workouts so that I do a portion in the more or less effective than doing it all at once?
A. I commend you for finding a way to fit your exercise program into your schedule. I'm not aware of research that shows split workouts are either more or less effective when it comes to improving your fitness level. It really depends what you're doing and how you are splitting it up.

For instance, if you are lifting weights daily, you're not allowing enough time for recovery. Muscle growth occurs during rest time — not during your strength-training sessions, which is a common misconception.
Reasonable recovery time between strength training sessions is anywhere from one to five days. So I would suggest breaking up your strength-training days.

A major concern would be if you're doing too much during your sessions — also known as overtraining. Symptoms of overtraining include loss of strength, speed and endurance; loss of appetite, sleeplessness; chronic aches and pains, and chronic colds or respiratory infections. Additionally — and most common — are overuse injuries such as tendonitis, unusual fatigue and irritability.

On the other hand, if you are splitting your aerobic activity one day and the next you're splitting your strength training, that's fine. If you are able to do this five days a week, that seems like a pretty solid program.
Keep track of the intensity levels of your training as well. It isn't necessary to have all five days of your activity be high-intensity. I would encourage alternating intensity levels — one day high, one day low.
Trainer tip: Time for a reality check. For those of you who are pursuing your New Year's resolutions religiously at the gym, be aware of the black hole of too much, too soon.

Right around now is the time people either burn out or fall away from their lofty fitness regime due to injury. Make sure your commitment to getting fit is a reasonable program that will build gradually. If it's too much too soon, you'll be setting yourself up for the same fall again next year. Play it smart and start simple!

Nicki Anderson is a certified personal trainer, author and owner of Reality Fitness in Naperville.

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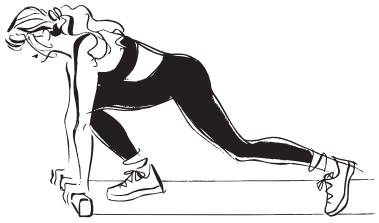
Should Stretching Be a Part of Your Pre-Exercise Warm-Up?



By Barbara A. Brehm, Ed.D.

Many athletes and weekend warriors have questions about whether to include stretching during their warm-up. Several studies have raised questions aboutthe benefits of pre-exercise stretching. Before making any changes in yourwarm-up routine, consider the following.

Pre-exercise stretching may not be beneficial.

People who stretch during the pre-exercise warm-up generally do so becausethey believe that this practice will reduce risk of injury and musclesoreness. Studies suggest that, for most sports, this may not be the case. When researchers have compared groups of people who stretch or don't stretch
before activity, they have found little difference between the groups in rates of injury, types of injury or muscle soreness.

Because stretching during the warm-up has been recommended by physical educators and coaches for such a long time, it is surprising that researchers do not find a strong, clear benefit. While not all of the studies agree, they do indicate that we need more information on the physiology and biomechanics of stretching and flexibility. At this point, it appears that our intuition regarding the potential benefits of pre-exercise stretching do not have enough science to back them up. In fact, while pre-exercise stretching may be beneficial for some sports and activities, it may be a waste of time for others -- time that could be better spent in a more thorough warm-up.

Pre-exercise stretching may cause injury

While most studies find neither benefit nor harm from pre-exercise stretching, the research is not unanimous. A few reports suggest slightly less injury in stretching groups, but others suggest more injury in those who stretch before exercise.

Studies have shown that stretching can increase muscle soreness and cause muscle damage. While such damage may be part of a process that promotes greater flexibility in the long run, just as muscle damage from strength training promotes stronger muscles over time, inducing such damage at the beginning of a workout does not make sense. In addition, improper stretching
positions may cause harm to joints by placing too much pressure on sensitive joint structures, or by over-stretching ligaments.

Another concern is that prolonged passive stretching appears to decrease a muscle's maximal force production. This can result in a decrease in strength for up to one hour after the stretch. This may affect athletes who participate in sports that require maximal muscle force production for performance, such as powerlifting, basketball, football, soccer, volleyball,
and many track and field events. Many runners and other endurance athletes have stopped stretching before exercise for this reason, as well.

Given these concerns, it appears that stretching during the warm-up period may be a bad idea for some activities, especially those requiring strength and power. And it may be unnecessary in sports that do not require much flexibility.

Many people should still stretch during warm-up

If your sport or activity requires a great deal of flexibility, as with gymnastics, dance, yoga and some martial arts, you may still need to incorporate quite a bit of stretching into your warm-up to prepare for the upcoming activity.

Stretching is also part of most physical therapy injury rehabilitation programs. If your therapist has advised special pre-exercise stretches, continue to follow these recommendations. And if stretching during the warm-up has kept you injury-free, remember that the research is not
conclusive at this point. You may wish to continue stretching.

Regular stretching for lifelong health and fitness

If you decide you don't need to stretch during your warm-up, you will still need to find another time to stretch, such as after exercise, or during a separate session. Flexibility, like all fitness measures, is governed by the "use it or lose it" rule. Although stretching before exercise does not appear to have many short-term benefits, a lifetime of regular stretching can increase flexibility and slow the loss of flexibility that occurs with age. Improvements in flexibility may also prevent back or other orthopedic problems, and improve quality of life for older adults. FM

Barbara A. Brehm, Ed.D., is professor of exercise and sport studies at Smith
College, Northampton, Mass.

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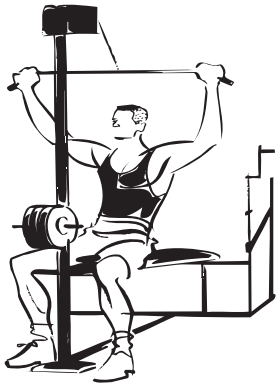
IHRSA: Americans Still Not Exercising



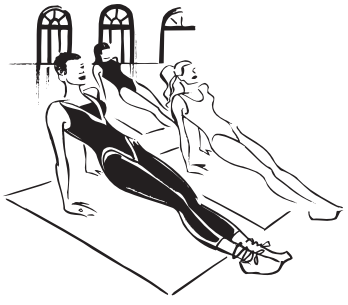
BOSTON-- Americans' support of physical health and fitness has increased in the past two years, but people aren't acting on their values. According to a recent survey commissioned by the International Health, Racquet & Sportsclub Association (IHRSA), half of the people polled claim to value physical fitness more than they did two years ago, and nine out of ten believe that regular exercise is essential to weigh management. However, 61 percent of U.S. adults, or nearly 108 million people, are either overweight or obese and the numbers continue to rise.

The survey, conducted by American Sports Data, Inc., showed that people have become desensitized to the obesity epidemic. While they claim to understand that being overweight or obese is not healthy, an alarming number of respondents (65%) stated, "Everyone can't be thin, some people are just overweight."

It's shocking that obesity causes 300,000 deaths per year in the United States, but because there are so many overweight Americans, people have come to consider that condition as normal or acceptable,"
stated John McCarthy, Executive Director of IHRSA. "We need to show people that through exercise and a healthy diet, they can maintain good physical health, lower stress levels and avoid medical problems that are commonly associated with obesity, such as high cholesterol, diabetes and heart disease."

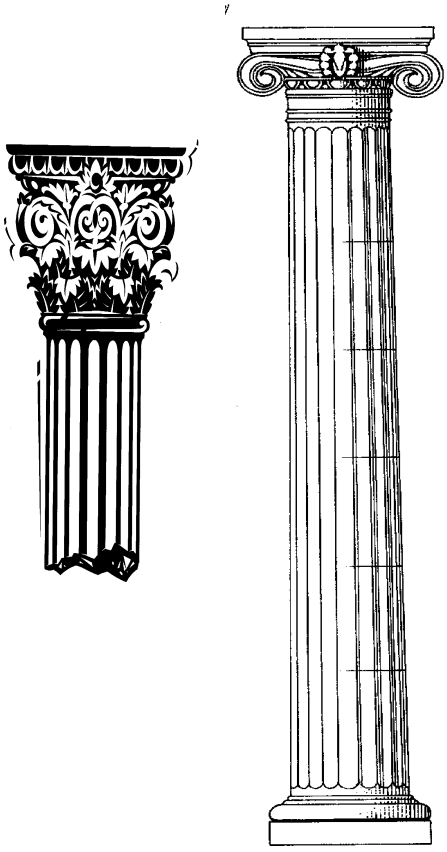
IHRSA has committed itself and the industry to actively seek solutions for the obesity epidemic. Working in conjunction with other health organizations and the government, IHRSA will push to introduce education, tax and health reforms, and identify new ways to encourage people to take an active role in protecting their own health.

IHRSA has already begun acting on this resolution, by organizing a citywide health club open house in San Francisco. In celebration of "Get Fit San Francisco Day," IHRSA member clubs in San Francisco invited the public to tour and workout in their clubs free of charge on March 1. Plans are already underway to organize a similar event in Washington,D.C. this May, when IHRSA will be meeting with elected officials to
discuss obesity and preventative solutions.



Why you should take BioChoice!

All Vitamins Are Not Created Equal



Today, we can expect to consume approximately 20 pounds of chemicals and food additives by dry weight each year. And, for those who tend to be regulars at fast food restaurants or eat frozen convenience foods, the total could reach as much as 40 pounds of chemicals and food additives each year! The impact of these facts are much greater than you may realize. Frankly, many of these additives can cause the body to misidentify foods and process them through the system inefficiently. Your immune system is greatly challenged because it cannot detoxify these elements from the food fast enough and many of these foreign chemicals slip through and float directly into the blood stream as if you have a virus or other kind of bacteria in your system. Your body may respond to this chemical insult in any number of physical ailments such as irritable bowel syndrome, chronic headache, fatigue or stomach problems. On a milder reactionary level, the edge may be taken off of your athletic performance, and you experience an increase in muscle weakness or even inflammation of joints.

An excerpt from an article by *Deb Davis*/ Personal Fitness Professional magazine/ January 2002

This reinforces why we take Biochoice/Egcel, Immune 26 everyday to give the body the tools it needs to balance and support the immune system and keep it healthy!

Snohomish Fitness Center

119 Ave. B
Snohomish WA 98290
Hours: Mon-Thurs 4:30 am - 9 pm
Fri 4:30 am - 7 pm
Sat 9 am - 3 pm
Closed Sundays

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