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

## FYI FOR YOUR INFORMATION

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

July 19th, 2003 at 8:30 am is when we host the Annual Kla Ha Ya River Run & Walk! This is our 5 mile Run & 1 mile Walk, plus the always popular Kid's Dash! We need volunteers to help with all aspects of this event. Please contact Deni to lend a hand.This is a lot of fun, so come join in! .

.

## What's Happening?

7PM Step 101 Class has been cancelled for the Summer. The 5:30 pm Monday & Wednesday are gouing gangbusters so come join the fun! And please feel free to check out the Boot Camp class on Saturdays at 9 am!

Please don't forget about our excellent Yoga classes on Tuesdays at 10:30 am, Wednesdays at 7 pm and Thursdays at 8 pm. The benefits are many including increased or renewed flexibility, strength, balance and relaxation. If you're feeling stressed ( and who isn't? ), take these classes and you'll love the difference!



## Just a note to say that BioChoice does help!

Hi Deni,

Just a follow-up on our discussion Fri.
We were harvesting last week which requires to work 16 to 18 hour days to keep everything working. We are also in the allergy season which affects me. In fact in years past I would end up with a sinus infection every spring at this time requiring antibiotics.
Well after a couple of long days I felt like I was loosing ground with my health so I doubled up.[Biochoice in the morning and at night]. This is not the first time I have had to go to biochoice twice a day to keep my health up.
See you ,Mike

# FITNESS FACTS

## THE CHICKEN SOUP REPORT
June 2003



### Get the Picture?
Getting a better picture of your spine doesn't necessarily lead to better treatment, according to a new study from the University of Washington.
Researchers followed the progress of 380 men and women who were seen at clinics for low back pain. Half received spinal x-rays; half received rapid magnetic resonance imaging (MRI), a procedure which provides clearer images of the spine than x-rays and is significantly more costly. The MRI group was 2.5 times more likely to undergo spinal surgery. After a year, most had improved, but both groups were equally likely to still report continued back pain, discomfort and disability.

### Something's Fishy
Oily fish can prevent sudden cardiac death, but researchers have never known why. Now, a new study on rats from Harvard Medical School shows that the polyunsaturated fatty acids in oily fish prevent irregular heart rhythms by blocking excess sodium and calcium currents in the channels of the heart. The American Heart Association recommends at least 2 servings of oily fish per week such as salmon, mackerel, lake trout, herring, sardines, fresh tuna or canned tuna in water.

### Feeling the Pressure
Revised blood pressure guidelines from the National Heart, Lung and Blood Institute focus on a new condition called "prehypertensive." Hypertension is still defined as blood pressure higher than 140 over 90. But recent studies have shown that heart disease risk increases once blood pressure levels rise above 115 over 75. The new guidelines call for a different treatment for these "prehypertensives" including regular exercise, avoiding a salty diet, drinking less than 2 alcohol drinks per day and losing weight if overweight.

### Gender Bias
A small study from Duke University Medical Center suggests that women's and men's bodies respond differently to exercise. While women start out with fewer capillaries in their skeletal muscle than men, they increase the number of capillaries at a faster rate than men once they begin exercising. Capillaries are small blood vessels that carry oxygen-rich blood to the muscles. Since both the men and women increased their aerobic capacities about 20%, researchers surmise that men may rely on other factors than capillary density to increase exercise capacity.

*Copyright 2003 SOF, Inc.*

## Summer Sensibility aka Hiking 101

To all our hikers.....this is good info from Mike Bueler, who teaches this stuff....and will be our fearless leader whenever he can....(although he hates to be in charge!) Thanks Mike.....
Hi Deni,
The hiking season is here!! Be aware when hiking in the mountains, conditions can change rapidly. The weather in the parking lot could be shorts and tank top while on top it could be long pants and jacket. The weather can change rapidly to cold winds, rain or snow.
If it's hot- dehydration and sunburn can be and issue. Wet conditions can lead to hypothermia.

The following is what's called "the ten essentials', and should be carried on all hikes:

1. Map
2. Compass
3. Flashlight or headlamp
4. Extra food
5. Extra clothes
6. Sunglasses
7. First-aid kit
8. Pocket knife
9. Matches
10. Fire starter



# 9 Good reasons why you should get in the pool (or lake, or ocean)

Recently, United States Masters Swimming (www.usms.org) issued a statement for those with active lifestyles that swimming can be a "rigorous, effective fitness workout - and be fun in the process." While this may seem obvious to readers who are habitual swimmers, there are athletes out there who think pools are strictly child's play or summer fun. There is also a widely circulated fallacy that swimming is not an
effective form of weight loss.

With warm weather around the corner, many American Red Cross, YMCA, and Jewish Community Centers are offering classes and organized workouts for the uninitiated.

Therefore it seems appropriate to offer a brief recap of the reasons why everyone can benefit from swimming as a primary, secondary, or alternative form of physical fitness to complement their existing routine.

### 1. Heart helper
Swimming provides unparalleled cardiovascular conditioning, provided you practice consistently and with good technique. While other forms of exercise may be more effective at elite levels (such as running or cycling), incorporating swimming into a cross-training routine and pushing yourself in practice will result in overall improved fitness.

### 2. Balance your build
Swimming builds longer, leaner muscles that complement the shorter denser muscles that develop from weight training. These "swimmer's" muscles also help boost metabolism to keep
calories burning longer.

### 3. Cross-training
Swimming not only boosts cardiovascular capacity while increasing muscle strength, but it also gives your body a break from higher-impact activities like basketball, running, and weightlifting. By creating a balanced workout routine, athletes avoid injury by allowing their body time to heal, while not forgoing daily training sessions.

### 4. Increased flexibility
A heated pool relaxes muscles, increasing flexibility and enabling important stretching. Also, after intense lactic-acid-building endurance workouts (running, cycling, weights), an easy swim helps flush out toxins — preventing joint & muscle tightness and soreness the following day.

### 5. Strengthen your core
Swimming develops core body strength because it utilizes all the body's muscles simultaneously. Although 70% of a swimmer's effort comes from the upper body, kickboard and fin workouts can provide an excellent leg workout.

### 6. Endurance
Swimmers are able to swim longer than they can sustain other activities. With the right technique, a swimmer will be able to train for longer periods of time than if he/she were running and as a result, more calories are burned.

### 7. Adventure
Swimming has branched out from the darkened, indoor community pools of yesteryear. Many new health club chains offer clean lap pools, and local communities are finding renewed interest in
outdoor facilities during the summer months. Seek out available natatoriums in your area (www.swimmersguide.com) and if you are able, locate a natural body of water (lake, ocean, pond, or quarry) and explore the joys of open-water swimming.

### 8. Social outlet
Imagine meeting the man/woman of your dreams, and seeing what they look like without their clothes on for your first date! That's one benefit, at least, of joining a masters team or triathlon training group. In addition to the possibility of romance fueled by mutual interests, team programs offer peer motivation and professional coaching to provide you with increased performance results.

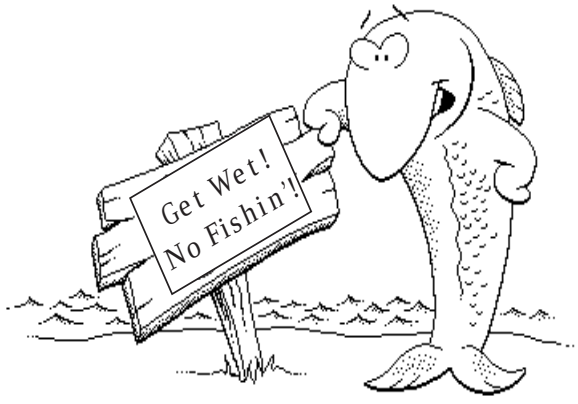
### 9. Weight loss
"People who consistently swim strenuously enough to be out of breath when they finish, and elevate their heart rate, do burn calories and lose weight," says Jane Moore, M.D., a physician and active swimmer from Tacoma, Wash. "The key is to push yourself a bit."

Putting on a swimsuit and appearing in public should also motivate one to shed a few pounds, says Kris Houchens, head coach of the YMCA Indianapolis SwimFit Masters.

Whatever your reason, or whatever the excuse of a friend or partner, that swimming has not been incorporated into a consistent fitness routine, the list above should illuminate the ways in which the sport can add to your quality of life.

Consider making a positive change and research the swimming opportunities in your community today!

Copyright © 2003. The Active Network
Alex Kostich



# Blast from the Past!

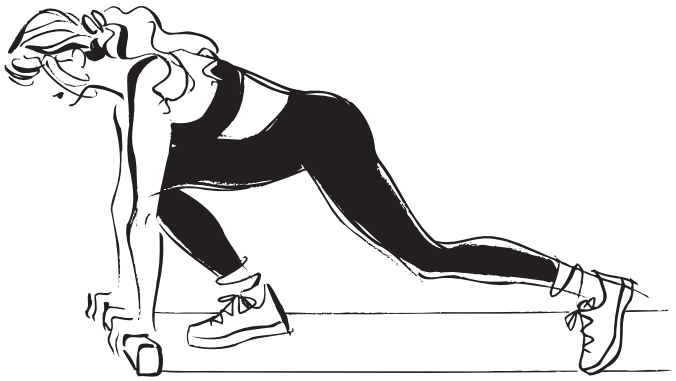
## Some excerpts from or Fall SFC Newsletter 1992

### FROM KARIN'S KORNER

SCARY THOUGHT: A three and one half ounce bag of potato chips packs 35 grams of fat. Trust me, that's a lot of fat! Grab these munchies instead, which ban the blubber: Pretzels, air-popped or light microwave popcorn, graham crackers, popsicle, hard candy, rice or corn cakes, jelly beans, dried fruit, bagel, low-fat yogurt.
If we a contest for Aerobic's Longevity (steady, consistent participation of 9 years or more is a must)- I nominate the following: Debbie Schneider, George Price, Kathy Waltz, Cookie Swartz, Donna Walker & L.P.

### FAST FORWARD TO 2003!

This was also the Autumn (1992) that Karin came in bright and early to teach 7 a.m. on Tuesdays and Thursdays.
Karin's been a constant over the years with a fantastic attitude, caring teaching style and smiles for everyone!
Always there with 110%, that's our Karin Jones!



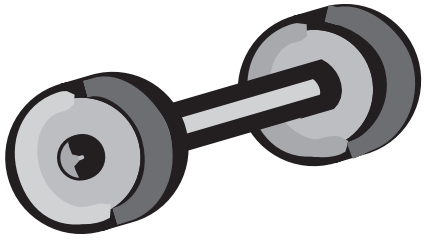
### News Flash 1992!

From the SFC Staff - People are being overexposed in the locker room! Please be considerate and close the door behind you.

### PERSONAL BESTS: 1992

Mike Bueler recently climbed the west ridge of Mt. Stewart (9500'). Mike said at 5500' with no rock shoes he was able to pull himself up to the next ledge. Could it be that bench & sculpting with weights at noon has increased Mike's endurance as well as strength? He has almost convinced his fellow climbers of just that!

Somethings never change: In 2003 Mike is still taking the noon class religiously and (you know it) , climbing those peaks!



# My Life with BioChoice! by John White

Up to the age of fifty I always enjoyed good health and I have been athletically active all of my life. My favorite sports are power lifting and track and field. I had enjoyed some successes in both sports in both national and international competitions. Then for personal reasons I stopped working out for a short period from1991 - 1996. During that period I went away from my normally active life and basically just let myself go. It also during those years that I began to have some health problems. I have had arthritis in both knees for a long time and I began to have arthritis pain in my shoulders and elbows as well. I started having continuous battles with sinus infections, as well as allergies and was diagnosed with mild asthma. Needless to say I didn't have a very positive outlook on life.

In 1997 I decided to try to get back some of my old lifestyle and I joined the Snohomish Fitness Center (SFC). It was tough getting started again but the comradery and positive attitude of the SFC environment helped me keep it going. The most difficult part of progressing back to a reasonable level of strength and fitness was a relentless siege of colds, flu and allergy attacks. At one point my allergies were bad enough to put me in the Intensive Care Unit for 3 days. My asthma got to a point where I was on two different kinds of inhalers and I was Tylenol Sinus' best customer. I don't remember the exact time frame but it was probably sometime in late 1998 or early 1999 Deni Maroni, the owner of SFC began trying to get me to try Bio Choice. Deni is a believer and is totally passionate about Bio Choice, so much so that I began to look for ways to sneak into the club so I wouldn't have to listen to her preach. Finally in early 2000 after a 3-week bout of pneumonia, I relented and gave in to Deni's nagging and said I would try it for two months. We agreed that if, after two months, I didn't see an improvement I would give it up and she would leave me alone.

The rest as they say is history. I absolutely did not believe that it could work and expected that after two months I would stop and go on with my life as it was. The proof, as they say, is in the puddin. I haven't had a cold, flu, sinus infection, or allergy attack since that first dose and I have what would probably be called a high exposure rate to colds, flu, and other infections. I work in close quarters with 75-100 other employees where the incidence of these maladies is high. I travel by air extensively where the possibility of infection is also high. I am beginning to feel "bullet proof". But that isn't all there is to the benefit's of Bio Choice. Aside from just feeling better, not having these ailments has many other benefits for me.

My 3 day-a-week workouts are very intense and I handle very heavy weights. These workouts typically last two hours. Since Bio Choice I recover from my workouts faster which considering the fact that I will be 62 this summer makes me feel very good. I believe that Bio Choice has also helped to mitigate the arthritis pain. It is not nearly as persistent as it was before. Not having any of my old maladies has allowed me to maintain an aggressive and productive workout schedule, which in turn has allowed me to achieve some personal goals in powerlifting competition and track and field. I hold the Washington State Record, in the Bench Press and Deadlift for age group 54-60 and expect, this year to set the same records in age group 61-67. I also compete with the Seattle Masters Athletic Club and hold several meet records in the Hammer and Weight Throws. Last year I had the National best throws in the 200lb and 300lb weight throws in age group 60-65.

I am able to do all of this and still have ample energy for my job at the Federal Emergency Management Agency. My job is to put people and equipment into the field to help communities recover from natural and man-made disasters. When I am in the field, in my job, many times the days are 12-16 hours and the pressure is sometimes intense. I used to come home from these trips with colds and the ever-present sinus infection and have to take several days or more of sick leave. Since I began taking Bio Choice I have not taken a personal sick leave day in 3 years.

So, has Bio Choice changed my life? ABSOLUTELY!


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

**360-568-0588**