



March 2011 Newsletter

Message from 7Flags:

Important Message from 7Flags Management and Staff:

Please take note that we have added the capability for member's to access their 7flags Health & Fitness membership account through our website, www.7flags.com. Member's can now access and take full control of their account activity and information, add and/or delete services incurred, add and/or delete billing and any updating desired or required. You can now print out whatever information you desire at your convenience. We have also created on our website, www.7flags.com a "Members Only FAQ's" which answers most of the frequently asked questions by members.

All you have to do is go to our website, www.7flags.com log in at the "Member Log in" prompt using your bar code id number as your "user id no." and the initial password for all members is 7flags. Once you have access, please change your password.

Now ALL 7Flags Members have access to all of their account information and account activity from the convenience of your home or office 24/7, members will no longer have to go to the front desk and/or wait at the front desk to have most if not all of your account questions answered and/or receive account information promptly.

Next Month we will continue with our "Monthly Healthy Eating Suggestions".

Message from the Trainers:

The TRX Suspension Trainer and why you should try it

By Reid Jansonius

TRX suspension training is the most effective, functional and challenging method of resistance training to be developed in years.

Suspension training utilizes your own body weight to give a total body workout in a short amount of time. Every exercise performed develops balance, coordination, and core stabilization. In fact, it is practically impossible to perform suspension training without engaging your core. The end result is more muscle recruitment all over your body – and that means more calories burned in less time and stronger, more toned muscles.

7 Flags personal trainers frequently work with clients using suspension training. It might look a bit strange, but its effectiveness is beyond question (just ask those clients!).



No matter your fitness goal, suspension training can help you reach it. Top professional athletes like Carmelo Anthony and Drew Brees incorporate TRX training into their programs, but any average gym goer who wants to get stronger and leaner can benefit. Check it out!

Experience the benefits of TRX Core Suspension Training FREE during the week of April 18th - April 23rd. Schedule your FREE appointment at the front desk or with a Personal Trainer TODAY.

Lori Graff, RD, LD

Spring Cleaning for Your Health...

With spring finally here, it's time to think about spring cleaning. When most of us think of spring cleaning, we think of the traditional cleaning and organizing, but what about spring cleaning for your health?

Here are a few tips for spring cleaning, the healthy way:

Change your workout and reduce stress -

All winter long we have been doing the same routine. Enjoy the nice weather and move your routine outside! Take a brisk walk or go for a bike ride. Cool down after the workout by slowing down to listen to the birds and observe plant and wildlife along the way. Look to see what flowers, grasses and other plants are along your route. Use these cool-down times to plan your next workouts, home activities and best of all, relax to help reduce stress.

In with the new and out with the old -

This is a good time to go through the refrigerator and throw away all the expired foods. Check the expiration dates on jars, cans and staples such as condiments and salad dressings to make sure you are not exceeding the expiration dates. Outdated food items are not always safe to eat even if they do not appear to be spoiled. Spices and other shelf items also expire, due to the natural oils in the products becoming unstable in changing room temperatures from summer to winter and back to summer.

The truly natural cleansing tool -



Drinking water is absolutely vital to good health. It is important that you drink water before you actually feel thirsty. Try adding fruit or even cucumbers to the water. This will help give it some flavor without a ton of calories. Your goal should be drinking at least half of your body's weight in water per day. If you weigh 150 pounds, then 75 ounces of water should be your goal. Of course, coffee, alcohol and soda pop do not count because they are overall very dehydrating to your body. If you have trouble drinking 8 ounces of water at a time, try drinking water in 4- to 6-ounce quantities more often.

More matters -

It's not often we say the more the better; however, when it comes to fruit and vegetable intake, more matters. Plus, it's also the perfect time of the year for fresh produce. Keep an open mind and be willing to try new products along with new combinations.

Message from the Tennis Gallery:

April Tennis Newsletter

Hello tennis fanatics! Springtime is just around the corner and the tennis program here at 7Flags still has a lot to offer! We have leagues for all levels throughout the week on Tuesday, Wednesday, Thursday, and Sunday evenings. For more information on times, formats, levels of play, etc please email our Tennis Director Tylor Schlader at tschlader@7flags.com or call the tennis gallery at 515-278-8888 ext 747. Private lessons are always available upon request just email tschlader@7flags.com or fbliss@7flags.com to set up an appointment.

For our juniors: 1st Annual Tennis Kid's Fest - April 30th, 11-3 pm. The event is FREE of charge for all children ages 3-12. Enjoy a free tennis clinic demonstration, experience the Quick Start tennis format for kids ages 10 & under, sign up for summer camps at discounted rates, play fun games, win prizes, and much more! Also, our summer junior schedule is out. Summer camps start June 6 - August 13. 10 weekly camps with more time options. If you would like more information please contact the tennis gallery at 515-278-8888 ext. 747, Marina McCollom (mmccollom@7flags.com) or Faith Bliss



(fbliss@7flags.com).

As always, check out the tennis website through www.7flags.com for information on spring and summer clinics that are being offered. Everything you need to know is located on our website. We hope to see you all out on the courts throughout the week!

Health News: **Warning Signs of Inadequate Sleep How Many Apply To You?**

Snoring can be more than a disturbance to a bed partner. Although most snoring is harmless, loud and continuous snoring may be a warning sign for a serious and even life-threatening sleep disorder called sleep apnea, especially if it is accompanied by noticeable daytime sleepiness, or waking up feeling unrefreshed.

Sleep apnea is characterized by pauses in breathing during sleep. People with the sleep disorder awaken frequently during the night gasping for breath. The resulting interrupted sleep can lead to excessive daytime sleepiness which, in turn, can cause symptoms of depression, irritability, learning and memory difficulties, and falling asleep in situations demanding alertness, such as while driving. Sleep apnea contributes to an increased risk for high blood pressure, heart attack, and stroke. Snoring on a frequent or regular basis has been associated with hypertension.

At somniTech sleep disorders center here in Des Moines, we are often asked more about the physiological process involved with apnea and to explain how it is detrimental to the cardiovascular and circulatory system. During an apnea, when the patient's airway is obstructed or partially obstructed, a decrease in blood oxygen level occurs. Eventually, this decrease in blood oxygen level triggers the body to awaken and "jump-start" the heart in response to the drop in blood oxygen. At this point, the cells of your body carrying oxygen to the heart and the heart muscle itself have been deprived of oxygen and are being required to work extra hard to re-oxygenate the blood stream. This can occur hundreds of times a night in a patient with untreated sleep apnea. In essence, the sufferer has a compromised circulatory system doing extra duty. Sleep apnea affects your body on the cellular level! Treating sleep apnea not only makes you feel more rested, but allows you to repair your circulatory system and the cells circulating oxygen throughout your bloodstream.

According to the National Sleep Foundation's 2002 *Sleep in America* poll, snoring is a common problem among America's adults. More than one-third of respondents (37%) report snoring at least a few nights a week, with more than one out of five (27%) indicating they snore every night! Because it can be a symptom of a serious problem, and one that can be treated, it is important for anyone who snores to discuss the problem with a health care provider.

"The impact of our sleep habits goes beyond our health," said *Renee Fitzhugh*. There are many daytime consequences of a bad night's sleep. Lack of sleep impairs work performance, increases the risk for injuries, and affects our mood and behavior."

somniTech, Inc sleep disorders center works with the National Sleep Foundation (NSF) as a Community Sleep Awareness Partner® to help increase awareness about the importance of sleep and the treatment of sleep disorders. Many people may not be aware of symptoms that can signal inadequate sleep. These include:



- dozing off while engaged in an activity such as reading, watching TV, sitting in meetings or sitting in traffic;
- slowed thinking and reacting;
- difficulty listening to what is said or understanding directions;
- difficulty remembering or retaining information;
- frequent errors or mistakes;
- narrowing of attention, missing important changes in a situation;
- poor judgment in complex situations;
- difficulty coming up with a new approach to a problem when the old approach is not working;
- depression or negative mood;
- impatience or being quick to anger; and
- frequent blinking, difficulty focusing eyes, or heavy eyelids.

Any of these problems experienced on a regular basis may be related to an individual's sleep habits and should be discussed with a doctor or other health care provider. somniTech sleep disorders center works with the National Sleep Foundation (NSF) year-round to help increase awareness about the importance of sleep and the treatment of sleep disorders. For more information visit NSF's Web site at www.sleepfoundation.org or www.somnitech.com.

[7Flags article for April 2011](#)

Massage News:

Summer Special: 5 hours of massage for the price of 4!

Purchase 4 hours of massage at \$240 and get the 5th one free.

Consider this your "Sport Pack" or "Spa Pack," depending on your taste.

"Sport Pack" – Put massage into your training schedule whether you prepare for that 5K, marathon, or triathlon. Sport massage can reduce recovery time between workouts and keep minor issues from becoming major ones. With a background in sports and deep



tissue massage, Erin has helped athletes with plantar fasciitis, shin splints, piriformis syndrome, and tendonitis among other things.

And don't forget the post-event massage for your reward!

“Spa Pack” – Good health includes relaxation and detoxifying the body, which naturally happens with massage. Pair this with your favorite exercise class, a dip in the pool and a session in the sauna and you have your own private “stay-cation.” Try reflexology or aromatherapy besides Swedish relaxation massage.

Runners/Triathletes: Get 10% off all massages 1 hour or longer if you are registered in the following races:

Clive Running Festival

Hy Vee Triathlon

Des Moines Marathon

Offer good from April 1 until one month after each event.

Chair Massage Mondays: April 4; 9-11am and 6-8pm 10 minutes just \$10! Don't forget to save a few minutes for a cool-down after your workout!

Gift certificates available at the Front Desk.

Everyday deals on massage:

1. Get \$10 off your first massage with Erin.
2. Refer a friend and get 20% off!
3. Join the Rub Club – after 10 massages you get one FREE!

Contact Erin at 491-8721 or PersonalBestMassage@q.com to schedule your massage.



Kids Gym Message

KID'S GYM NEWSLETTER

I know they keep telling us that spring is just around the corner but I'm beginning to have my doubts! Are you feeling that same stress of winter blues weighing you down? Remember that exercise is the greatest stress reliever there is! Kids too feel the stress of cabin fever!

A couple of hours in the Kid's Gym will so them and you a great deal of good! I can't wait to see you!

PARENT'S NIGHT OUT WILL BE HELD ON APRIL 29 PLEASE RESERVE YOUR SPOT BY APRIL 25! Have a great Easter!

Thank You

Kid's Gym manager

Maggie



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