



## **From the Desk of Frank Santana:**

Are you tired of seeing white? A memorable winter indeed! The good thing is that this weather creates the perfect opportunity to really focus on getting your health in order. Let's face it there is not many opportunities for any pleasurable outdoor activities competing for your time and energy so why not hone in on improving your health?

We'd like to make one recommendation to all of our members, attend one of our terrific group exercise classes; they are free to all of our members and offer a great way to get your cardio workout in with enthusiastic teachers leading the way. The popular Tuesday and Thursday 11:45 AM circuit training class offers a fast paced resistance training and cardio workout for the high powered lunch crowd, try it, you'll love it!

The count down to the end of winter is here. Just another few weeks and the grass will start to turn green, the daylight will get longer and before you know it you and your body will be ready for spring. Soon we'll be shopping at those farmer's markets for those seasonal fruits and veggies! Ah what a positive thought!

## **Message from our Membership Counselors:**

**BRING YOUR FAMILY OR A FRIEND!!**

Now is the time to get your friends and family members involved!

Staying locked up at home or dining out for nearly every meal is no way to jump into spring! We all associate time together with friends and family with FOOD! Instead come try swimming laps, sitting in the whirlpool, jogging around the track or ride the elliptical together!

Bring a friend or family member out to try out a group fitness class or just to workout for the day!

Set up a time for a tour of our facility and then stick around for a workout.

Our free group fitness classes might be the way to go but we always have personal trainers on staff to motivate you to the next level! They are our fitness experts and are ready to answer your questions and give you a great heart pumping workout!

Everyone here at 7 Flags loves to get healthy! Spread your energy to get healthy as well to all your friends and family members... tell them that you workout at 7 Flags and you would love to show them our facility!

Contact Jenae for more information! [jhalstead@7flags.com](mailto:jhalstead@7flags.com)

## **Message from the Tennis Gallery:**

Well, spring is near and the tennis program is still “springing” into high gear with many opportunities for new or old members to get involved. We are still offering Cardio Tennis on Friday and Saturday mornings from 10 – 11 am, Men’s Doubles Leagues on Tuesday and Thursday evenings and Saturday morning, Women’s Progressive Doubles Leagues on Wednesday evenings and Friday afternoons, Mixed Doubles Leagues on Sunday evenings for the beginner – advanced level players, and much more! Email the Tennis Director at [tschlader@7flags.com](mailto:tschlader@7flags.com) for more information on these tennis-playing opportunities!

For Spring Break Camp information please email the Junior Director Marina McCollom at [mmccollom@7flags.com](mailto:mmccollom@7flags.com). Look for more details on upcoming Spring and Summer Junior Camps soon, which can be located on our tennis website! Interested in Junior Match Play? Well, ask Marina to be put on the playing list!

## **Message from the Personal Training Department:**

### **Why Diets Fail**

By Reid Jansonius

NASM-CPT

7 Flags Personal Trainer

If you are exclusively dieting to achieve a weight loss goal, I have some bad news for you. You’re going to fail. It’s inevitable.

Why?

The answer begins and ends with your metabolism – the higher it is, the more calories your body requires even in a resting state. Your resting metabolic rate is determined by many things – your body composition, genetics, your activity level and more.

And dieting – especially very low calorie dieting - causes your metabolism to drop like a ton of bricks. When you severely restrict the amount of calories you take in, think about the message you are sending your body. You are quite literally starving yourself, and the body responds by becoming extremely efficient at conserving energy and storing the food it receives as fat.

Furthermore, when you diet, you may think the scale reflects lost body fat, but in reality, the body will use both fat and lean muscle for its energy needs (keep in mind that the more lean mass you have, the higher your RMR will be).

So, when you inevitably resume your old eating habits, your decimated RMR ensures that all the weight comes back, and then some. Crash dieting is a temporary fix to a permanent problem (an unhealthy lifestyle) and is, to be frank, an exercise in futility and frustration.

To truly change your body and improve your health, you need to make a commitment to a healthy lifestyle. That means regular exercise and eating a well-balanced diet over an extended period of time.

Long term, sustainable weight loss means losing between one and two pounds a week by creating a small caloric deficit of about 500 calories. Be realistic – if you are constantly hungry, you won’t stay on that diet for long. Starving yourself is not the answer.

Instead, the answer is the largely the same as it's always been: regular exercise combined with a diet rich in whole grains, vegetables, and fruits and low in fat and processed food.

A smart diet will keep you feeling full and provide the energy you need for an active lifestyle. Regular exercise – especially resistance training – will help you achieve that 500 calorie deficit as well as keep your metabolism elevated.

It's a simple plan, but certainly not easy one to maintain on your own.

If you're serious about making a commitment to weight loss, talk to a 7 Flags personal trainer. They're certified professionals who can put you on a unique exercise prescription, in addition to providing the motivation and accountability you need to stick to a long term plan.

Set up an appointment today, and let an expert get you on the track to achieving your weight loss goal!

### **THE BOOT CAMP CHALLENGE:**

The Boot Camp Challenge class will be held on Tuesdays and Thursday mornings from 530a-615a & Wednesday evenings at 600p to 645p and Friday evenings at 430p to 515p. 12 week class \$400.00 per individual. \$700.00 per couple. Developed by the Military to discipline and condition recruits while in "Boot Camp", Incentive Training targets your major muscle groups and cardiovascular system, raising heart rate and metabolism. This intern increases endurance, increases muscular strength, improves cardiovascular condition, burns fat and tones the body much faster then conventional exercise methods. I GUARANTEE results within 2 weeks of attending my class!!!

### **A Message from Massage:**

**Chair Massage Mondays:** March 1 and April 5, 9-11am and 6-8pm.

10 minutes just \$10! Don't forget to save \$10 and a few minutes for a cool-down after your workout! Stretching also available.

***Coming in May – Massage Seminars!***

**Couples Massage Seminar:** Learn how to address common complaints such as shoulders, back, headaches, hands & feet as well as a basic routine for a relaxing massage. Everyone remains clothed with the emphasis on relaxation and relieving aches & pains. This 2-hour seminar costs \$50 per couple and is tentatively scheduled for Saturday, May 1.

**Email Erin at [PersonalBestMassage@q.com](mailto:PersonalBestMassage@q.com) with your preferences:**

- A) Saturday morning 10am-noon
- B) Saturday afternoon 1-3pm
- C) Friday night 7-9pm

C) Friday night 7-9pm

D) Week day morning 10am-noon

E) Week day afternoon 1-3pm

**Infant Massage Seminar:** Learn how to give massage to your child! If you are interested in this one-time, two-hour seminar being offered, please contact Erin at [PersonalBestMassage@q.com](mailto:PersonalBestMassage@q.com).

## **Message from Aerobic:**

### **Flags Water Exercise – Tone – Tighten – Strengthen your posture and Increase your flexibility**

Holly Lewis Certified aquatic fitness expert is your instructor/coach. Holly starting teaching Aquatic Exercise class in 1987 and continues to coach her student's with a combination of intense guidance, challenging routine for beginning and high level students. Precise control and proper body alignment must be performed to receive the results to tone and tighten your arms, abdominals, butt and thighs. Our goal is to understand each participant's fitness goal. Provide education and guidance, encouragement to understanding what muscle group we are working. Consistent precise controlled movements are demonstrated throughout the 45 minutes class. At 7 Flags we believe "Health is Wealth" your goals are #1.

#### **The Class Includes:**

**Warm Up** - Gradually elevates the heart rate with muscle conditioning and mild stretching.

**Upper Body Toning** - Extremely effective exercises specifically designed to strengthen each of the major muscle groups in the chest, back and arms. Uniquely beneficial in improving posture with a focus on the core abdominal lower belly to strengthen the back.

**Lower Body Base Moves** - Water aerobic movements including bicycle the legs holding in your hands water dumb bells for balance and walking variations that elevate the heart rate, burn fat, and tone the gluteus, thighs and abdominals.

**Impact Variations** - Learn how to modify each of the base moves to limit or increase the impact and intensity. Each base move can be adapted to fit the needs of any fitness level.

**Aerobic Routines** - Combines the upper body exercises with the base moves to create fun and effective water aerobic routines.

**Cool Down** - Stretching and relaxation exercises to finish up your invigorating swimming pool water workout.

Class sizes limited to provide proper guidance and appropriate coaching.

Private lessons available upon request.

Call 515-278-8888 or email [hlewis@7flags.com](mailto:hlewis@7flags.com).

[www.7flags.com](http://www.7flags.com)

From the Desk of Frank Santana

**Message from the Kid's Gym:**

Finally, spring is in sight! I can't remember a longer winter, or bigger snow drifts. I do believe I'm starting to see signs of a spring thaw!

I know that the kid's are in need of some sunshine and fresh air! Spring break is coming soon as well. If your in need of affordable fun

for the kid's, 7 Flags Kid's Gym is the place your looking for. I'm looking forward to seeing you there!

**THINGS TO REMEMBER!**

- 1.) Please remember to bring socks!
- 2.) Please remember to give your receipt to the Kid's Gym supervisor!
- 3.) Have a great March into spring!!!

Thank you

Kid's Gym Manager

Maggie