



## May 2011 Newsletter

### Message from 7Flags

#### Message from 7Flags:

Spring will arrive and summer will be just around the corner. At least keep telling ourselves that's what will happen! We are scheduling the opening of the outdoor pool to be Memorial weekend weather permitting. We have scheduled some routine maintenance and upgrades to the indoor pool this summer so we will close the indoor pool simultaneous with the opening of the outdoor pool. At this point we are not sure precisely how long the indoor pool will be closed but will keep our membership informed via posted signs and/or our newsletter.

We have received numerous positive responses from our members in regards to their ability to directly access their respective membership account via our website. It is an easy, convenient and 24/7 method to stay informed about your status. Many thanks for the kind comments!

This month we continue our suggested "Food Rules" for healthy living. These are just mostly common sense and please remember that no matter how often you work out or how rigorous your workout, if you are ingesting "unhealthy bad food" you are in essence eradicating the health benefits of all that time, sweat and energy spent on that workout!

1. If it came from a plant eat it, if it was made in plant don't!
2. It's not food if it arrived through the window of your car!
3. It's not food if its called the same name in every language!  
(Bic mac, Cheetos, Pringles)
4. Eat colors! ( the variety of colors of veggies reflect various antioxidants)
5. Eat animals that have themselves eaten well!

#### "May 15 - June 15

7 Flags Member Referral Contest

Everyone knows someone who needs to improve their health. Help your friends, family and coworkers get fit by referring them for a 7 Flags membership and receive awesome prizes!

1st place (most referrals): New bike, courtesy of Bike World

2nd place: 6 months membership

3rd place: 3 months membership

Every referral: FREE personal training session or 3 FREE tanning sessions

**Keep an eye out for contest rules and more details!"**



## Message from the Trainers

### Benefits of Kettlebell Training By Reid Jansonius

**7 Flags will be doing a personal training promotion May 16th-21st. Set up a free kettlebell training session with one of 7 Flags' certified trainers and experience the benefits of kettlebell training for yourself!**

Maybe you've seen the weight training tools around the club that look like cannonballs with handles attached. They're called kettlebells, and they're a simple, yet different strength training tool that's excellent for building and toning muscle, as well as melting body fat.

The difference between kettlebells and standard weight training equipment like barbells and dumbbells lies in the kettlebell's strange shape. The center of gravity is farther away from the handle, forcing your body to recruit more stabilizing muscles. It also allows for a variety of swinging movements that are difficult to emulate with dumbbells.

Traditional strength training often focuses on isolating muscles; kettlebell training focuses on whole-body, functional, athletic movements. This sort of compound, multi-joint training is vastly superior to machines for increasing strength, improving muscle tone, and reducing body fat.

In fact, kettlebell training is an incredibly efficient way to build strength and burn fat at the same time. The prevailing myth is that the two are mutually exclusive, when in reality the metabolic cost of throwing the weight around will get your heart rate going just as well as a treadmill or recumbent bike. Additionally, developing lean, toned mass increases resting metabolic rate, so your body will burn energy from fat stores all day long.



## **Weight Loss Hindrances For Women**

### **By Lori Graff, RD LD**

Weight loss is tough for everyone but below are some of the problems seen more commonly in women.

#### **Eating on the run**

Women have very hectic lives, and often find that they need to eat on the run. When you eat fast, you do not truly appreciate the food in front of you and are more likely to get hungry again shortly thereafter. In addition, women often rely on energy bars and drinks, which can provide several hundred calories, but then they end up eating full meals in addition to these supplements.

What can you do when eating on the run?

- . Pack yourself a nutritious snack before heading out the door, trying to combine protein and carbohydrate; some good choices include:
- . Crackers and beef jerky
- . Apple slices with a cheese stick
- . Roasted Edamame and high protein pretzels

#### **Eating like a man**

Many couples find themselves going out to eat as their main social event. It gets us out of the kitchen, allows us to spend time talking to each other, and it certainly tastes good. Most restaurants offer low-calorie or low-fat choices; so, that is not the problem. All of this is meaningless, though, if we are easily persuaded to order dessert or another fruity drink, or we unconsciously try to eat the same amount as the person that we are dining with.

What can you do about eating out?

- . Get the restaurant's menu to review before going out to eat.
- . Ask your server to bring a take-home container to the table with your meal, and promptly put half of your meal in the container

#### **Emotional eating**

Sure, men do it too, but not as much as women. Women are, by nature, amazingly resilient, but we also have a tendency to hold our feelings inside. This leads us to feel that we could use a little comforting, and if we cannot find another way to get this comfort, food becomes the easy cure. The downside is that it is very emotionally upsetting to no longer fit into any of your clothes.

What can you do about emotional eating?

- . Try to figure out what feelings usually cause you to eat more than you are physically hungry for, and try:
- . Brainstorm other things that could help you recover from the emotions, once you have established what your patterns are, and try going for a brisk walk, if you are angry.



. Coming up with your own list of what to do, because everyone is different

Weekday vs. weekend

Oh, we are so nutrition-minded during the week. A little high-fiber cereal for breakfast, a nice leafy salad for lunch, and some baked fish or chicken with rice for dinner. OK, so maybe we are not quite that well behaved, but we are pretty darned close! Then the weekend comes, and it all falls apart. Drinks with the girls, big dinners with our family, the Sunday morning brunch tradition, and before you know it, it is Monday morning, and we are upset with ourselves.

What can you do to keep weekends healthful?

- . Stop defining foods as "good" or "bad"-the only "bad" food is food that is spoiled and could make you physically ill
- . "Better" is an acceptable term-a slice of plain cheese pizza is better than the one loaded with sausage, pepperoni, and extra cheese
- . Do not starve yourself during the week; even if you do not normally crave a food, by Friday night it will seem impossible to pass it by, if you have not eaten enough all week
- . Make food the sidebar in your life, not the main article; during the weekend, do what is important, such as:
  - . Relaxing
  - . Planning activities that everyone enjoys and that do not entail consuming large quantities of food

**Lori Graff, RD LD**  
**Wellness/Life Coach**  
**Certified LEAP Therapist**

Grand Avenue Hy-Vee Dietitian making lives easier, healthier, happier



## Message from the Tennis Gallery

### *May 2011 Tennis Newsletter*

April Showers bring May flowers, which also means SPRING TENNIS IS HERE!!! As always 7flags Tennis is here for you. Our 5 indoor courts are just what you need when the clouds set in and it's raining or when it is blistering hot and you need a place away from the sun. Courts are available for you use, 1 hour is \$24, 1-½ hours is \$36, 2 hours is \$48 and free for tennis members. If you would like to reserve a court please call 515-278-8888 and speak with one of our desk workers.

We will be continuing men's league and women's PDL throughout May and into the summer. If you are interested in the next session please contact Tylor Schlader, Director of 7flags Tennis, at [tschlader@7flags.com](mailto:tschlader@7flags.com). We still have Cardio Tennis on Saturday mornings from 10:00 - 11:00 am. "Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout." Everyone is welcome, all levels, and all ages!! It is free for tennis members or for the very low cost of \$10 each Saturday.

Marina McCollom, Director of 7flags Junior Tennis, started the 2<sup>nd</sup> session of Spring Clinics the week of April 25<sup>th</sup> and will continue these clinics for 5 weeks with the last Spring Clinics the week of May 23<sup>rd</sup>. If you are interested in jumping into one of our junior clinics or have questions please contact Marina at [mmccollom@7flags.com](mailto:mmccollom@7flags.com).

We have some of the best tennis instructors here at 7flags. Each pro is willing to help improve your tennis game to new levels through private lessons. These are available to anyone and everyone! Please contact [faith7flags@live.com](mailto:faith7flags@live.com) or call 515-278-8888 ext 747 and we can get you set up with any of the tennis pros and with better strokes in no time.

**Enjoy the Spring!!**  
**7flags Tennis**



## **Kids Gym Message**

I'm not sure but I think it's May! I hope so because we could all use some warm sunny days. Maybe more of those spring flowers will show up!

With warmer weather we brake out the sandals and flip-flops. PLEASE remember socks as my supply is getting short of matching pairs!

When bringing your child/children into the club please keep them under control all the way back to the kid's gym! This is for your child's safety as well as everyone else's!

Signing your child/children into the kid's gym can only be done by a legal adult! Older siblings, unless 18 years of age or older,

CANNOT sign in or pick up! Your child/children must be signed in, in order for them to stay! If you have older children that are not members of the kid' gym please keep them off of the equipment!

Please be considerate of the Kid's Gym supervisors when picking up your child/children. Our hours are clearly posted on the door if we close at 8:00pm please have your children picked up by that time!  
This does not mean coming in at 8 and watching your children play!

We lock the doors at 8pm! Thank you for your cooperation in this matter!

For most families, May is one of the busiest months of the year. This is no different for me, as I have a daughter graduating from high school. I am a bit over whelmed! There fore we will be skipping PNO for the month of May. I will schedule again for June so watch for the date on the June news letter!

HAVE A WARM AND SUNNY MAY!

**Thank You  
Kid's Gym Manager  
Maggie**



## Massage Message

### Massage News:

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

Purchase 4 hours of massage at \$240 and get the 5<sup>th</sup> 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:** 1<sup>st</sup> Monday of the month; 8:30-10:30am 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](mailto:PersonalBestMassage@q.com) to schedule your massage.