



May 2008

NEWSLETTER

7 FLAGS OUTDOOR POOL WILL OPEN SOON!

The outdoor pool will open no later than June 1, 2008. We will be repairing tiles, cement, and cleaning it fully. The indoor pool is slated to be drained, repainted (including the lane lines) and refilled shortly after June 22, 2008. We appreciate the fact that we're getting more participation in the pools. Two of the reasons are more popularity in triathlon's (such as the Hy-Vee Triathlon) and people just waking up to the fact that water exercise is a great option for cardio workouts. We will do our best to accommodate all your needs in the pools, which is why we're waiting until after the Hy-Vee Triathlon before we work on the indoor pool. We'd also like to extend congratulations to Maintenance Director JR Peters who has just passed his exam as a Certified Pool Operator. Everyone have a great May!!

Marv Jones MS, Operations Director/CPO

Tennis!

Summer Tennis Camps

We are having our Jr. Summer Tennis Camp starting June 9th and running through August 14th. There are two 5-week sessions. Ages range from 5-18 years old. So sign up by calling the tennis gallery at 278-8888 ext. 747, we'll see you this summer!

Heart Rate Monitor

Don't enter the gym with out one. A heart rate monitor is a device that can help you exercise safely and effectively. It is very light weight and easy to use. It will tell you if your exercising enough, not enough or to hard. If you would like to lose weight, tone muscles or just improve your overall health, a heart rate monitor would be a great investment to help you achieve your goal. You can now purchase one at the front desk for only \$36.00+ tax.

Buy one today!!! Check out other 7 Flags merchandise we have available at the front desk!

Nursery



The nursery staff would like to welcome all the new children to our nursery this spring. We have many new faces. We want to remind our nursery members of our drop off service which is available between the hours of 8:30am and 12:30pm and 4:00pm to 7pm Monday thru Friday.

Effective May 10th the NURSERY will be closed on Saturdays. The nursery will re open on Saturdays again this fall from 8am-12pm.

If at anytime you have any questions please feel free to call the nursery... 278-8888 x749.

Kids Gym

The flowers are finally blooming and its time to take the kids out to replenish that all important vitamin D, otherwise known as "Sunshine"!

With the onset of warm weather come spring activities, t-ball, soccer etc. and while all that activity is great for the kids you need a break too! Exercise will help you cope with that busier than normal schedule. So bring the kids into the Kids Gym while you work on that stress reliever! Well be waiting for you.

For those of you that have joined 20/20 or SWAT, Congrats! Know that while you are working up a sweat your kids will be having a great time!

Please remember to bring socks for your children!!

We realize that your Nursery children would love to play out in the Kids Gym, however our policies regarding age and toilet training are there to protect both your child and others. Please respect them. If the nursery is closed the Kids Gym can not accept nursery children.

Thank You!

Maggie

SWAT

April session is off to a great start and a new session is always around the corner. If you have never tried a SWAT class, feel free to come in and talk with Jenae Halstead about trying out a class for FREE. Once you try a class you will see why the classes are so popular and people get the results they want. Stop by the bulletin board by the womens locker room to see pictures of two of our 7 Flags members that are still going strong in the program. They have made tremendous

progress and we are all so proud of their hard work and dedication to their health!

With any program cholesterol testing is imperative. Whats going on inside is as important as what you see in the mirror. Stop by the front desk to set up a time to get your cholesterol checked. It takes only 5 minutes to get your results!

Health Corner

Soda consumption has more than quadrupled in the last 40 years. The average American consumes five cans of soda each day. A typical serving of a soft drink once was 8 ounces, today a small is 12 ounces and a large soft drink is 32 ounces.

Soda is not a replacement for water. Water makes up about 70 percent of our body composition. Pure water is what we need to replenish our body's requirements. Water transports substances throughout the body. It helps to regulate body temperature and remove wastes from the body. Water is also needed for the digestive process.

Approximately 73 percent of all Americans are chronically dehydrated. Signs of dehydration of just 2 percent can result in fatigue and fuzzy thinking. A loss of 4 percent results in a decrease of muscle strength and endurance. A loss of 10 percent results in weakness and decreased tolerance for heat. Finally, a loss of 20 percent can result in coma or death.

Here are some interesting facts about soda you may want to keep in mind:

1. The sugar in soda can increase insulin levels in the blood, which over time can lead to type 2 diabetes, as well as high blood pressure, heart disease and weight gain. Consuming just

one can of soda a day can increase your weight by 18 POUNDS PER YEAR!!!!

2. Phosphoric acid found in many types of soda inhibits the proper absorption of calcium causing bones to become weak and teeth to become soft. Is it any wonder the incidence of osteoporosis continues to increase in America? Additionally, Americans have the highest incidence of osteoporosis in the world.

3. Many sodas contain caffeine, which acts as a stimulant and energy enhancer. However, caffeine increases urine output further contributing to water losses.

4. DIET SODAS (BOOOO!) contain aspartame, an artificial sweetener. Aspartame has been challenged by many people who claim they have had serious side effects, such as headaches, dizziness, seizures and nausea, from its use. For those who drink diet soda as an alternative to sugary soda, aspartame can interfere with the body's ability to reach weight-loss goals.

5. Soda also contains sodium, a nutrient that promotes water retention. When sodium levels are excessive in the body, the resulting water retention can cause other health risks, such as increased blood pressure.

6. Drinking soda can lead to other health problems because large amounts of soda can decrease your appetite for fruits, vegetable and essential nutrients.

7. It has been widely accepted that Coke can also be used to: loosen rusted bolts, clean up blood stains, clean corrosion off battery terminals and remove stubborn toilet bowls stains. Disgusting!!!

8. One glass of water can alleviate late-night hunger.

9. Obtaining the recommended eight to 10 glasses of water a day can ease joint pain.

10. Drinking at least five glasses of water each day can reduce the incidence of colon cancer, bladder cancer and breast cancer.

11. Drinking the suggested eight to 10 glasses a day can maintain appropriate weight levels.

12. If you are exercising vigorously, be sure to drink three cups of water for every pound lost after exercise.

If you are having some challenges or hesitations about quitting soda cold turkey, try to reduce your daily intake by one soda per day (it could save you 18 pounds per year). You can replace soda with a non-soda beverage, such as fruit juice, flavored water or for a refreshing mix, try adding some lemon and/or cucumber slices to your water. And after a week or two, cut out soda completely. That soda you have once in a while will taste so good.

As always, remember healthy living is all about balance and moderation!

Personal Training

The ability to increase strength, speed and conditioning levels, is dependent upon quality work, sound nutrition, your genetic makeup, and the proper amount of rest.

Rest is one of the main components in the fitness formula. It is often overlooked because we have been led to believe that more exercise is better. The key to maximum gains is the proper amount of quality exercise and adequate rest.

Exercise does metabolic damage to the body. This damage is repaired during the recovery phase. You don't get stronger from lifting a weight, overload is the necessary stimulus. Gains in strength however, are made during the resting phase. If

lifting by itself generated strength gains, you could lift seven days a week. You could perform an unlimited number of exercises and continue to make gains.

The ability to recover from exercise varies with the individual. Don't waste energy. Perform quality work when you run and lift. Your training partner may have the ability to recover from more exercise than you do.

Find out how little amount exercise you can perform to stimulate the best gains, not how much. After warming up make every exercise you do in the weight room count. Do not waste a set on non productive exercise. Run as few quality intervals as are needed to stimulate the best gains.

Maximum gains can be obtained with the right amount of quality exercise combined with the proper amount of rest. Exercise should make you feel better and perform better. If you don't, you may be doing too much exercise and/or not allowing adequate rest.

As you become more fit, you may need more time to recover, or must perform less exercise each workout. If you stop making gains before reaching a level of fitness you think you should reach, cut back on the amount of exercise.

You can enhance the body's ability to fully recover from exercise. Good eating habits are essential. Try to eat meals and snacks at approximately the same time every day. Develop normal and regular sleep patterns. A lack of a normal daily routine can disrupt the systems in the body used to help the recovery process.

There are indicators that can be used to determine recovery. Sophisticated urine and blood tests can be administered. Some experts claim that blood pressure and resting heart rate can be used. Feeling lethargic, losing strength or experiencing unusual soreness, going into a typical workout is also a sign of over training.

We've stressed the need for keeping accurate records in the weight room. If you don't make steady progress each workout, you may be over training. As you gain strength and become fit, you should be lifting more weight and improving your level of conditioning. The amount of energy you have available to recover from exercise doesn't change significantly from an untrained state to your most fit condition.

KEY POINTS TO REMEMBER

- 1. The key to maximum gains is the proper amount of quality exercise and adequate rest.**
- 2. Too much rest results in lower fitness levels.**
- 3. Not enough rest prevents full recovery.**
- 4. Find out how little exercise you can perform to stimulate the best gains.**