



BRINGING STRENGTH,
FLEXIBILITY & BALANCE TO
OUR COMMUNITY

FOCUS ON WELLNESS

DECEMBER 2009

UPCOMING DATES

SOLSTICE RUN
Saturday, December 12

IF STAFF HOLIDAY PARTY
Saturday, December 12
club closes at 5:00pm

CHRISTMAS EVE
Thursday, December 24
club hours 5am - 4pm
No Group Fitness classes after 1pm

CHRISTMAS DAY
Friday, December 25
club closed
so that our Staff may enjoy the holiday
with their loved ones

NEW YEAR'S EVE
Thursday, December 31
5am - 4pm
No Group Fitness classes after 1pm

NEW YEAR'S DAY
Friday, January 1
club hours 6am - 6pm
Modified Group Fitness schedule



New Year's Resolutions: Don't Go There Alone!

So you've decided to set some ambitious new fitness goals for 2010. You're gung-ho, fiercely determined, all fired up, and you announce to anyone who'll listen that this time you're actually going to follow through and DO IT. But for some reason, those near and dear to you merely roll their eyes and heave a cynical heard-it-all-before sigh. And deep inside, you don't really blame them.

Ok, perhaps you've had some disillusioning brushes with gung-ho in the past. If your New Year's resolutions have a long sordid history of fizzling out by February, you have two options: you can either give up and never make them again, or you can make them again but this year try an entirely different approach. This year, you can come to Island Fitness and hire a fitness consultant to help keep those fired-up flames burning year round.

What exactly is a fitness consultant, you may be wondering, and what do they do?

A fitness consultant is a trained professional whose job is to help you set realistic goals and a realistic time frame within which you can achieve them. Your consultant will perform a series of hands-on tests to assess your baseline fitness level, present various options for designing your optimal fitness program, then help you orchestrate a plan that will get you from where you are now to where you want to be as efficiently as possible. The same tests

are repeated every three months to monitor your progress, and if you're stuck, if either you or the program isn't working, the consultant will sit down and help you figure out a Plan B. A fitness consultant is NOT a personal trainer. He or she does not teach you how to exercise or prescribe a specific workout routine. If you need help in this area, your fitness consultant can assist you in selecting a personal trainer from our staff who will be the best possible match for your goals, abilities, schedule, and personality. A consultant can also help you select the most beneficial classes or super groups, determine whether nutritional coaching or metabolic testing would be helpful for you, and suggest other resources at Island Fitness that can help keep you successfully on track while having fun.

A fitness consultant is NOT a person who scolds you, judges you, nags you, embarrasses you, or makes you feel bad about your fitness situation. Your consultant will be your own personal cheerleader and team captain, a friendly supportive ally who encourages you, guides you, checks up on you periodically, and becomes delirious with joy when you do achieve or surpass your goals.

So this year don't let your motivation flag. Find out how hiring a fitness consultant can help you keep the Resolve in Resolution all year long.



PRESENTED BY **Go Run!** I.S.L.A.N.D. **Fitness**

Give Everyone on your list gifts of Health & Wellness

- * Membership to the Island's best fitness club!
- * A relaxing 90-minute Hot Stone Massage
- * Personal Training, Nutrition Coaching, or private Pilates Reformer sessions
- * Yoga Mats * Fitness Balls * Apparel * Gym Bags
- * Heart Rate Monitor & Cardio Coaching

Still stumped? Come talk to us; we have a gift to suit everyone on your list!

Thank You

to the following for their continued support of our campaigns and promotions:

Island Sports
Eagle Harbor Inn
Dr. Hurlow at the Doctors' Clinic
Eagle Harbor Chiropractic
Real Foods
Tree House Cafe
Sensaria
Stellar Skin
Esther's Fabrics
Clif Bar



Got vitamin D?
Keep Seasonal Affective Disorder (SAD) away by taking 1000 mg a day

WINTER BREAK STUDENT SPECIAL
up to **3 WEEKS FOR \$40** +tax

MUST BE A FULL-TIME STUDENT RETURNING FOR WINTER BREAK. CANNOT BE COMBINED WITH OTHER OFFERS OR PROMOTIONS.

HOT STONE MASSAGE

A unique therapy that incorporates traditional massage techniques with the healing power of warm basalt stones and aromatic oils.

Brings relief from deep muscle tension.



BODYMIND BODYWORK

1-5-L-A-N-D **Fitness** STUDIO AT ISLAND FITNESS

HOLIDAY CHEERS



FROM THE NUTRITIONISTS AT ISLAND FITNESS

We wish you the very best this holiday season! While you're out celebrating, keep in mind these tips to stave off those extra holiday pounds and stay healthy in the new year.

Here's our advice:



1. Plan Plan Plan!!! If you are partying in the evening, keep track of what you eat during the day. We don't want you to go without eating until the party, but be sensible in your choices leaving extra calories for the party.



Know your party food & drink choices:

flute of champagne	91 cal
glass of red wine	125 cal
glass of wine spritzer	50 cal
glass of eggnog	330 cal
two mini spinach and cheese quiches	102 cal
four breaded mushrooms	75 cal
bowl of raw vegetables with hummus dip	160 cal
two hamburger sliders	300 cal
one chocolate truffle	75 cal
one sugar cookie	75 cal
slice of pumpkin cheesecake	225 cal

2. Eat your vegetables. As the chart above illustrates, a bowl with hummus lets you stand by the festive table and not get into trouble.



3. Be mindful in your alcohol selection. The creams in eggnogs or hot buttered rum add extra fat calories that are all too present in other holiday foods. Look for fizzy water punches or wine spritzers.

4. Start your day with breakfast. It has been shown that people who eat breakfast keep the calories at bay. While you're at it, add an ounce of protein—like an egg.



Those protein calories will keep your blood sugar from spiking and falling in the late morning.

These tips are brought to you with the very best wishes for a wonderful holiday season and a happy 2010!

Results!

When I first came to work at Island Fitness as a massage therapist a little over a year ago, I was firm in my resolve to stop caring about my weight. I felt like I had tried and failed everything, so it was safer to not get my hopes up, to just stop trying. The rest of the staff encouraged me to try personal training, or to talk to Becky, our very own nutritional coach. But I kept telling myself I couldn't let anything deter me from my resolve to give up. It would be too difficult to fail again.

The rest of my story I blame on Gavin. After several attempts at convincing me to try personal training, he asked me if I would help him train a new staff member in how to do fitness assessments. They needed a volunteer for practice. Now there couldn't be any harm in an assessment, right? I know I'm overweight, everyone else knows I'm overweight, so we'll just go through the motions of doing this assessment for training's sake and reaffirm that it's hopeless. But to my complete surprise, the conclusion following the assessment was that the situation was NOT hopeless.

I told Gavin I couldn't focus on my weight since I didn't think it could ever change, so he very sneakily suggested we work on my posture instead. Sure, why not? Whoever felt the burden of failure over bad posture? Gavin set up



a routine to work on strengthening my shoulders and back. Within a month or so a very curious thing happened: I lost a full pant size! And in a few months I lost another!

Now I was finally convinced of what the trainers here had known all along, that it really wasn't hopeless. I was ready to start working towards the goal of reaching a healthy weight. It's been a little over a year now and so far I've lost 62 pounds. I try to meet with Gavin for training every month, and I've met with Becky a number of times to tweak my eating habits. I also have regular massages to help reduce stress, since I see a direct correlation between weight gain and stress in my own life. Massage also helps ease the effects of those particularly challenging workouts.

I've lost 10 pant sizes and in a few more weeks we can probably bring that total to 11. I haven't been this size since high school. I still have about 20 more pounds to lose, but this time I'm sure it can be done. Thank you to the wonderful people here at Island Fitness for their unflinching support.

-BAILEY NICKEL

Together, we can make a difference (and become more fit, too!)

In support of Breast Cancer Awareness Month (October), Island Fitness hosted a "Pink Treadmill Challenge." For every mile run on our designated pink treadmill from October 15th through November 15th, we pledged 5 cents to the Breast Cancer Research Foundation. We also challenged our members to pledge as well. We raised over \$450! Thank you to Leona S., Ron C., Amy M. and Julie R. for your extra contributions!



It's time for the **Holiday Rowing Challenge!** Each year, from November 26 through December 24, Concept 2 hosts the Holiday Rowing Challenge. Participants who register keep track of their meters on an online logbook. If you row 100K meters or more, Concept2 will donate 2 cents for every meter rowed to one of several charities. At Island Fitness, we add an extra incentive! Join our good natured competition between the genders! Yes, it's the return of "The Men vs The Women"! In 2008 the men eked out a narrow victory. With a combined 2,500,000 meters rowed, we contributed enough meters rowed for Concept2 to donate over \$500. Whether you join the online challenge or not, get your competitive juices flowing and burn some calories as well!

Have you had your

ANNUAL REVIEW?

The Annual Review is a once-a-year check up to ensure that your current fitness plan is still on track. Your Coach or Trainer will recommend any modifications to your exercise or nutrition routine. Recommended for all members.

Call to schedule your Annual Review today!

Annual Review includes:

- Cardiorespiratory exercise testing.
- A body composition analysis.
- Flexibility and strength testing.
- Measurement of blood pressure and resting heart rate.
- Body circumference measurements.
- Muscular endurance assessments.
- Determination of equipment knowledge based on range of movement, speed and control of exercise, breathing patterns, body positioning and isolation.
- Equipment technique demonstration.
- Comparison to previous data.
- Review and modification of fitness prescription.

ASK THE TRAINER!

“Every year I make a New Year’s Resolution to get in better shape. I start exercising with the best intentions, but I burn out in a couple of months. How can I set myself up for success?”

From Personal Trainer **Megan Livingston**:

Getting fit and losing weight are among the top New Year’s resolutions. Yet despite good intentions, very few individuals achieve their goal.

How can you prevent derailment and stay on track?

My three tips for avoiding exercise burnout are to establish effective goals, allow your body time to recover, and work to prevent boredom.

I. Establish Effective Goals

Setting goals provides a long-term vision with short-term benchmarks that can help you focus your time and energy.

An effective goal is specific. If your goal is to “lose weight,” first consider what motivates you to accomplish this goal. Then, be specific and state your goal positively, such as “I want to lose ten pounds to look and feel better and be healthier.”

An effective goal is measurable. Establish tangible benchmarks that specify how you will progress to reach your long-term goal. They should also include a realistic time frame to create a precise target to work towards. These short-term goals allow you to identify if you are advancing toward your long-term goal. They also help raise your confidence, motivation, and determination. For example, “I will lose one pound a week,” or “In the first week, I will replace one soda with a glass of water.”

An effective goal is attainable. Create an achievable goal that will challenge you. And, be realistic when you establish a goal. For example, consider the time you are willing to invest. Do not hesitate to reevaluate your fitness goal and make adjustments if you find your goal is too modest or too far out of your reach.

2. Allow Your Body Time to Recover

Another way to transform your vision into reality is to avoid overtraining.

Sufficient recovery from exercise is essential to

allow your body to repair, rebuild, and prepare for future workouts. Recovery also benefits you mentally. Taking a day or two off each week does not mean you have fallen off the wagon, and in fact could prevent you from exercise burnout. (Again, keep the big picture in mind.) For example, allow one to two days for recovery after strength training before lifting again. During this time you can continue to carry out aerobic exercise.

How do you know if you’re doing too much? According to the American Council on Exercise (ACE), the following are signs of overtraining:

- Decreased performance
- Agitation, moodiness, excessive fatigue
- Chronic or nagging muscle aches or joint pain
- More frequent illnesses and upper-respiratory infections
- Insomnia or restless sleep
- Chronically elevated heart rate at rest and during exercise

3. Prevent Boredom

Variety is the spice of life. To avoid exercise burnout and improve your fitness results, vary your workouts. Changing your exercise routine also prevents reaching a plateau where your body has adapted to the work and as result, no visible changes are occurring.

First, consider varying the intensity of your workouts. Contrary to popular belief, if you work out close to your maximum at each training session, you could reach a point where recovery takes weeks or even months. A more productive approach is to use intervals varying in high and low intensity in a single workout, or vary your intensity from day to day.

You can also vary your mode of exercise (often referred to as cross-training), also within a single workout or from day to day. For example, within a single session you could include 15 minutes of

rowing and 15 minutes of running; or balance out two days a week of cycling with a day of swimming. Cross-training can allow for a more well-rounded workout experience, and prevent injuries caused by muscle imbalances or overuse due to repetitive motions.

Other ways to prevent boredom include changing the time of day you work out or switching the days you work out. A different atmosphere and change in routine can help you stay motivated.

It’s important to remember that reaching your goals requires a positive mindset coupled with consistency. Consider a New Year’s resolution “not as an unbreakable promise to yourself, but as a positive statement about possibilities,” says psychologist Jason Elias, Ph.D. To help you attain your New Year’s resolutions, establish effective goals that are specific, measurable, and attainable. Prevent overtraining and thwart boredom by allowing your body time to recover by taking a day or two off, and varying your intensity and mode of exercise. At the end of the journey, you will not only have reached your goal, but you will have also adopted healthy behaviors and habits. Best wishes!

Megan has always been passionate about fitness and education. She is eager to share her knowledge and help individuals realize their full athletic potential. Megan holds a degree in Environmental Studies and a Masters in teaching biology. She is a certified personal trainer through the National Academy of Sports Medicine.

If you have a question you’d like to pose to our training staff, send it to askthetrainer@island-fitness.com

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SAVE THE DATE

Healthy Living Expo

SATURDAY, JANUARY 30, 2010
10AM - 4PM
WOODWARD MIDDLE SCHOOL
FOR INFO, WWW.BAINBRIDGECHAMBER.COM

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THE “FOUR YOU” SPECIAL OFFER:

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 Our special gift to you: a free fitness assessment! (a \$39 value, yours free with the purchase of a “Four You” Personal Training Package)

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