



BRINGING STRENGTH,
FLEXIBILITY & BALANCE TO
OUR COMMUNITY

FOCUS ON WELLNESS

JULY 2009

UPCOMING DATES

BAINBRIDGE DOWNTOWN
STREET DANCE & BBQ
Friday, July 3

INDEPENDENCE DAY
GRAND OLD FOURTH
CELEBRATION & PARADE
BI YOUTH SERVICES FUN RUN
Saturday, July 4

RELAY FOR LIFE
July 18 - 19

"LET'S GET FIRED UP"
90-minute indoor/outdoor
conditioning class
July 18, 8 - 9:30am

BODY FAT TESTING
July 30, 7am - 1pm

STAFF PICNIC
August 21

CLUB CLOSURE FOR SPRUCE UP
August 28 - 30

"Train to Climb-ers got no fear, climb Mount Adams and Rainier!"



You may have seen the Island Fitness *Train to Climb* group out in force, in climbing boots, wearing heavy packs on the treadmills, in the park, or in the parade. Our first mountain adventure will commence July 8th on Mt. Adams. To prepare, we have been meeting with our Certified Personal Trainers and attending group workout sessions. We've gone on many hikes, some as long as 18 miles, practicing the duck walk, side step, rest step, and pressure breathing. We've hiked on snow, boulders and scree. Our packs keep getting heavier, but for most of us we are the fittest we've been in our lives! And we're having fun, too!

Train to Climb is about climbing mountains, first Mt. Adams, and ultimately Mt. Rainier. But it's also about reaching a goal, overcoming personal fear, and doing something you never thought you could do. As we head to Mt. Adams, our team bonding experience solidifies. One of the best parts of this adventure has been the camaraderie and the friendships formed. We spend a lot of time together working toward a common goal, helping and encouraging each other through sticky and challenging situations with a lot of good laughs along the way.

We attempt Mt. Rainier September 1 - 3. If you are interested in our adventures, feel free to ask — we love talking about it! And you never know: you might catch *Train to Climb* fever too!

SUMMER STUDENT SPECIAL

up to 3 months for \$125 + tax

AND YOUR JOINING FEE IS WAIVED!
MUST BE A FULL-TIME STUDENT

NEW HOURS THRU SEPT 5

Little Sprouts
CHILDCARE AT ISLAND FITNESS

Mon & Wed	8:30 am	-	1:30 pm
Tue & Thu	8:00 am	-	12:00 pm
Friday	8:30 am	-	12:00 pm
Saturday	9:00 am	-	12:30 pm

For reservations, call 206/842-5720



4th of July



★ CLUB HOURS, CLASSES ★
6:00 am - 12:00 noon
No Group Fitness Classes. No Childcare.

BYS 4TH OF JULY FUN RUN
5k, 1mile, Kids Dash. Register at the Front Desk, or www.bainbridgeyouthservices.org.

GRAND OLD FOURTH PARADE
Be part of a seven-year tradition and help us carry the 30-ft. flag in the Parade!

ATHLETIC TRAINING FOR TEENS

By Megan Livingston and Michael McCloud

As summer approaches, you become more aware that your child's education is not confined to the walls of the schoolhouse. Athletics is an example of this extension. The skills developed through athletics include teamwork, communication, time management, self-confidence and discipline.



Unfortunately 3.5 million sport injuries occur each year among the 30 million children and teens participating in organized sports. Many of these injuries are related to chronic overuse, repetitive strains, or imbalanced muscle groups. The risk of sports-related injuries can be avoided through athletic training. And, an individualized program can further enhance an athlete's performance. A balanced program includes bodyweight and free-weight exercises as well as core training.

Opinions vary whether it is beneficial for teen athletes to train using bodyweight or free weights, or a combination of both. Bodyweight exercises help the athlete develop motor skills and muscle recruitment while weight training increases muscle hypertrophy. We believe that all aspiring athletes should know how to utilize optimum body movement before using free weights. Gymnasts, dancers and swimmers are probably three of the best examples of bodyweight specific sports that utilize primarily bodyweight training. However, these sports do not support whole body neuromuscular development. Subsequently, these athletes experience overuse injuries due to a

lack of neuromuscular development of supporting tendons and musculature.

Core is a vital component to training. The core consists of many different muscles that run the entire length of the torso. The core stabilizes the spine, pelvis and shoulder girdle, all of which affect posture. All movement originates from the core. A strong and stable core supports appropriate postural control for all movement, whether it is on land or in the water. We have found, which is supported by research, that many accomplished athletes have underdeveloped core musculature. An underdeveloped core requires compensation by supporting muscles and tendons, which typically leads to less than optimal performance and could lead to injury. A strong core enables an athlete to move efficiently and exert the maximum force and power during movement.



The development of synergistic muscles through bodyweight, weight, and core training corrects muscular imbalances and improves joint stabilization. Through appropriate athletic training, we can diminish potential injuries and increase strength to help enhance athletic performance.

For more information about personal teen training and teen-specific classes, please call (206)842-5720, or email Megan Livingston meganl@island-fitness.com or Michael McCloud michaelm@island-fitness.com.

Editor's note: Megan is currently running the very well-attended Preseason Conditioning for High School Athletes class. See <http://www.island-fitness.com/workshops.cfm> for details.



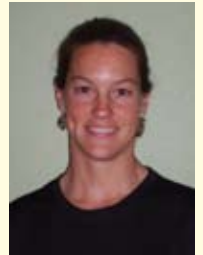
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"Sports Injury Statistics." Lucile Packard Foundation for Children's Health.

Prentice, William E., and Michael L. Voight. Techniques in Musculoskeletal Rehabilitation. MCGRAW-HILL, 2001.

About Megan Livingston, NASM CPT

Megan has always been passionate about fitness and education. She is eager to share her knowledge and help individuals realize their full athletic potential.



Growing up on Bainbridge, Megan swam on the Bainbridge Island Swim Club, winning state titles and competing at a national level while in high school. In college at Brown University, she helped the swimming and diving team win four consecutive Ivy League Championships and won a number of awards, including the Kate Silver Award for most outstanding female freshman varsity athlete at Brown.

After college Megan worked as the head coach of an elite group of swimmers age 9-12 as well as an assistant coach of a senior group. Since returning to the island in 2005 she has been an assistant swim and dive coach and taught biology at Bainbridge High School.

In her free time, Megan enjoys spending time with her husband Brian hiking, kayaking, and cycling.

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.

Results!

I was approaching a milestone birthday. When I reflected upon my overall fitness, I realized that I was ill-prepared for the health challenges of my senior years. My shoulders slumped, my stomach muscles sagged, and I felt achy and tired. Recent foot and ankle surgery left my leg weak and wobbly. And I required more medication to soothe my stiff joints. Intellectually I knew that aches and muscle loss were avoidable. I had tried various exercise programs, but abandoned them before seeing lasting results.

Then I started training with Ann. I immediately connected with Ann's funny, straight-talking style. She identified the source of my fitness problems—a weak core. Ann explained how the core muscles, running the length of my torso, provide the support necessary to prevent poor posture, lower back pain, and muscle injuries. I began to understand that the only way to improve my posture and tighten my stomach was to build core muscle strength. And so we began

my life-long journey to fitness, albeit a little later in life than for most folks.

We work on balance and flexibility. I now realize that strong core muscles enable me to control movements and shift my body weight. We use squishy BOSU balls as well as hard surfaces. When my form collapses, Ann instructs, "Lats down, belly in, glutes tight." My weak leg is getting stronger, and I've noticed that I can walk down my steep stairs at home without teetering.



We work on strength. With resistance bands and weights, I work muscles that never received such attention! Island

Fitness has an amazing array of first-class gym equipment, but my favorite item is the TRX suspension system. On the TRX I can roll backwards, stiff as a board, and row. I can lunge forward and stretch my shoulders wide open. And I can demand results from my triceps, but only if I engage my core. "Lats down, belly in, glutes tight."

Now we're adding more cardio to help control my weight and improve overall function. We do a circuit, and mix it up with strength training and balance exercises. It's hard work, but Ann reminds me, "You can do anything for a minute."

A surprising benefit of all this work is how good my joints feel. It makes sense. Increased flexibility improves joint movement and relieves stiffness. Strong muscles support and protect joints.

Fitness training has helped me become stronger and more confident. I have more energy and can keep up with my grandchildren. When I walk or work out on my own, I hear Ann's voice in my head, coaching "Lats down, belly in, glutes tight." I self-correct and continue with my workout, knowing that I am preparing for life's challenges.

- **JOANN DAVIS**

EATING FOR THE TEEN ATHLETE

Eating and competing can be a daunting subject for kids and parents. Don't I need protein to gain muscle? Is "Vitamin Water" better than a sports drink? If I'm not thirsty,



why do I have to drink? What is best to eat when my stomach is churning before an event? What should I eat after training or an event? Let's tackle some of these questions, and if you have others I haven't addressed, come see me at the gym.

Energy is divided into protein, carbohydrate, and fat. Carbohydrates fuel your muscles and brain. It is important to get 50-60% of calories from carbs. Protein should supply 15-

20% of your diet, and fat the rest.

Drinking while training, during an event, and after the event is paramount. A "sport drink" that supplies 14 grams of carbs for 8 oz. is recommended by the American Dietetic Association and the American College of Sports Medicine. Soda provides 40 gms--too much!--and the absorption of fluid is slowed. Weigh yourself before your workout, then drink 14-22 oz. up to 2 hours before your event, 6-12 oz. every 15-20 minutes during an event, and 2-3 cups after an event for every pound lost during training.

Why is fluid replacement so important? Proper fluid balance maintains blood volume, which, in turn, transfers the heat produced by exercise to the skin for dissipation. A cooler body runs faster, reaches higher, and runs longer than someone overheated.

"Butterflies" are normal, but eating 2 hours before an event gives your body a chance to digest. So a meal with carbohydrate, protein and a little fat, around 300-400 cals, will give

you enough energy to get through the event. Up to an hour before, stick with 100 calories of carbs: fruits, juice, or a sports drink. After the event, think re-hydration first (see above),



and choose carbs that are high on the glycemic index—a measure of how fast carbs get into your system—like bananas, macaroni, baked potato, oatmeal muffin, or a bagel. Now add a little protein to your post-exercise meal, and you have the perfect score!

These recommendations are for the general all-round athlete, but everyone is different. We work individually for your particular sport. Come in and see us.



MY REASON TO RELAY by Elizabeth Churchill



I'm especially happy about participating on the Island Fitness team at Relay For Life on July 18th this year, because that happens to be the anniversary of a day I'll never forget.

Exactly three years ago, on July 18th 2006, I went to see my doctor about a nagging cough that wouldn't go away. Neither my doctor nor I suspected that it might be anything serious: after all, I was exceptionally healthy and fit, had never smoked, ate organic broccoli sprouts and drank green tea every day. We assumed it was probably just aggravated asthma.

But to our surprise and dismay chest x-rays revealed a grapefruit-sized mass growing behind my sternum, and CT scans discovered over a dozen smaller tumors scattered throughout my chest, neck, and abdomen. Tests and biopsies determined that I was suffering from an extremely aggressive form of non-Hodgkins lymphoma, which had already progressed to stage IV.

Ten years ago my prognosis would have been very poor. But thanks to a recently introduced chemotherapy drug, a targeted monoclonal antibody called Rituximab, my treatment was successful. I have been living happily and healthily with No Evidence of Disease (in the cancer lingo we call this "Dancing with NED") since January of 2007.

Today cancer research is hovering right on the brink of an exciting frontier of new treatments, especially in the fields of stem cell transplants, radioimmunotherapy, and monoclonal antibodies. Every donation helps bring these potential lifesavers closer to becoming reality.

I have a 16-month old grandson now. It's only because of the dollars raised to support the research that led to radical new treatments that I'm alive to enjoy him as he learns to walk and talk and discover the world around him. Please join me this year in celebrating and

supporting Relay For Life and the American

Cancer Society so that millions of others can join me in this amazing miracle of survivorship.

Thank you!

Relay For Life offers everyone an opportunity to participate in the fight against cancer. Teams of people all over the country camp out at local schools, parks, or fairgrounds and take turns walking or running around a track or path. Each team is asked to have a representative on the track at all times during the event, which is up to 24 hours in length. The Relay raises much-needed funds to fight cancer and increase awareness of cancer prevention and treatment.

Join Elizabeth and Island Fitness Relay for Life team on July 18th & 19th at Woodward Middle School.

"Cleaning Up for the Housecleaner" Syndrome

Raise your hand if you've ever postponed your quarterly fitness assessment, putting it off until you're "in better shape." If your arm is waving guiltily above your head, you're in good company: this is the most common excuse we hear for not scheduling an assessment. So common, in fact, that we've nicknamed it the "Cleaning Up for the Housecleaner" syndrome.

"I just need a few more weeks to work out, then I'll be ready for the test," people tell us. But so often weeks turn into months, or even years. Maybe it's time to review the purpose of the quarterly or annual fitness assessment, and explain why it's nothing to dread.

"I already know I'm fat, or out of shape," people routinely tell us. "I don't need a fitness assessment to remind me." But the truth is, folks who are already in perfect condition aren't the ones who benefit from a fitness assessment.

And while we do measure body-fat percentages (using a quick non-invasive Tanita scale, NOT the dreaded flab-grabbing calipers), this is not our main focus. Our main focus is to provide you with a roadmap toward your fitness goals. Fitness consultants test flexibility, balance, strength, endurance, heart-rate recovery, and other important baseline measurements, enabling us to accurately monitor your progress. We study how your muscles and joints move, and locate tight spots, weak areas, and imbalances that can be corrected. We review your goals and brainstorm with you about which of the gym's resources might be most helpful. As you get closer to your goals, we cheer; when you inevitably fall off the proverbial horse (as everyone does from time to time), we help you figure out how to hop back on.

A fitness assessment is not a grim foreboding test that you can fail. It's an interesting, informative, collaborative,

motivational, and even fun experience. So don't procrastinate until you've already achieved perfection. Schedule your fitness consultation now. We can help you kick-start your motivation, and find ways around whatever roadblocks may be keeping you from success.



Buy one Fitness Assessment for \$39, and get the second assessment for free!

Offer valid 7/1/09 - 8/1/09. Offer available to Island Fitness members only. Both assessments must be used by the same person; they cannot be transferred or shared. Limit one coupon per member. Not valid in combination with other offers. Coupon has no cash value.