



BRINGING STRENGTH,
FLEXIBILITY & BALANCE TO
OUR COMMUNITY

FOCUS ON WELLNESS

JUNE 2009

UPCOMING DATES

BISD GRADUATION
Saturday, June 13

PASSPORT FINALE:
WORLD WORKOUT
Sunday, June 14

FATHER'S DAY
Sunday, June 21

BAINBRIDGE DOWNTOWN
STREET DANCE & BBQ
Friday, July 3

INDEPENDENCE DAY
GRAND OLD FOURTH
CELEBRATION & PARADE

BAINBRIDGE YOUTH SERVICES
FUN RUN
Saturday, July 4

RELAY FOR LIFE
July 18 - 19

PASSPORT CHALLENGE FINALE

THE World Workout

Sunday, June 14
10:00am - 1:00pm

Join us for a unique exercise experience!

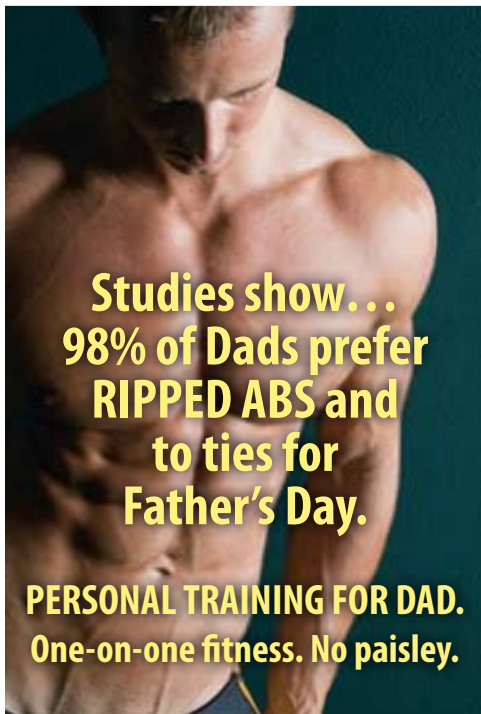
Island Fitness instructors have teamed up to design three new classes to wrap up our *Passport to Fitness Challenge* with a bang! And since each World Workout class is worth two Visas, you can earn up to six Visas during the Finale.



Passport Challenge Awards Ceremony immediately to follow.

Island Fitness members not registered for the Passport program are welcome to join the World Workout, with prior registration.

Questions? Call 842-5720 or email groupfitness@island-fitness.com



Studies show...
98% of Dads prefer
RIPPED ABS and
to ties for
Father's Day.

PERSONAL TRAINING FOR DAD.
One-on-one fitness. No paisley.

Celebrate Cancer Recovery!

BY OLIVIA CAREY & JOSE LUGO

The news is devastating and the prognosis of things to come not so clear. You've heard the stories: the surgeries, the medications, the setbacks, and the emotional fight of many who strive to make it through toward being cancer free. Giving this disease any acknowledgement is far from your consciousness, let alone the idea of celebrating its existence. However, there's no way to circumvent it. After treatment or surgery – What's Next?

RECLAIM:

Your Body, Your Health, Your Life!

You can beat cancer, even if you have to live with it! Millions of people everyday suffer from some sort of disease brought on by those treacherous cells trying to keep the body down. Between all the treatments and the emotional turmoil surrounding each individual, it's not always an easy process getting back to being YOU. But you don't have to fall victim to it; for those who are able to battle through the barriers of recovery and begin the healing, there is a light of empowerment to be had.

Cancer Exercise Training is a powerful tool that cancer patients and survivors can use to begin the process of reclaiming their individuality, their sense of well-being, their everyday lives. People going through or having survived cancer are at greater risk of diminished health than the average person. Treatments such as Chemotherapy, Radiation and Hormonal Therapies can lead to problems such as immunocompromization, mental and physical fatigue, lymphedema, damage to heart and lungs, diabetes and osteoporosis, just to name a few!

RECLAIM: A Mission

A survivor of Ovarian Cancer, Stage III (in 2007), Olivia understands firsthand the pain and obstacles of dealing with the process. After successfully combating the disease, she has worked with great determination at RECLAIMING her mental and physical strength.

Nurturing herself with loving relationships and embracing positive lifestyle choices, she continues to wage the battle toward long life. Jose Lugo has played a critical role as one of several supportive caregivers, and their experience together, has led them on a mission to help others deal with



RECLAIM is a compilation of comprehensive assessments tools, training protocols and exercise programs led by Olivia Carey and Jose Lugo as a means of helping cancer patients and survivors deal with the effects of surgery and treatments, aimed at a path toward improved fitness and health.

Some of the benefits of participating in a well planned exercise curriculum during or post treatment include the following objective and self-reported (but not all-inclusive) findings:

- decreased body fat
- increased lean muscle mass
- decreased nausea and fatigue
- improved natural defense mechanisms
- improved sense of control
- improved mood
- improved self-esteem
- improved quality of life

Although more research is still needed, the resulting factor of many studies has been that overall, exercise had a positive effect on the physical and psychological functioning of cancer patients while in treatment.

CANCER EXERCISE TRAINING

If you are a cancer patient looking for answers to questions, or for a certified fitness professional to help you regain your range of motion, improve postural distortions, or prevent lymphedema, we recommend that you work with a trainer who specializes in working with this population and who is able to maintain a professional line of communication with your physician or physical therapist if needed.

Olivia and Jose were recently certified as Cancer Exercise Specialists Advanced Qualification,

by the Cancer Exercise Training Institute, West Lynn, OR. With nearly 40 years of training and coaching experience between them, this team of training specialists can guide you through a very critical period of recovery leading toward a more effective and empowering lifestyle.

WHAT IS A CES?

A **Certified Cancer Exercise Specialist (CES)** is a caring, knowledgeable, and certified professional qualified to assess, design, and implement individual and group exercise programs for individuals diagnosed with cancer. The CES is skilled in evaluating health behaviors and risk factors, conducting comprehensive fitness assessments, writing appropriate exercise recommendations, and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors.

To find out more information about working with a Certified Cancer Exercise Specialist, contact **Olivia Carey (206) 930-1690** or **Jose Lugo (360) 649-4422**. You may also contact **Island Fitness at (206) 842-5720**.

REFERENCES

Friedenreich C M, Courmeya K S. Exercise As Rehabilitation For Cancer Patients. *Clinical Journal of Sport Medicine* 1996, 6(4), 237-244.

Schwartz AL. Daily Fatigue Patterns And Effect Of Exercise In Women With Breast Cancer. *Cancer Pract.* 2000 Jan-Feb;8(1):16-24.

MacVicar MG, Winingham ML, Nickel JL. Effects Of Aerobic Interval Training On Cancer Patients' Functional Capacity. *Nurs Res.* 1989 Nov-Dec;38(6):348-51.

Andrea Leonard, Glenn B. Gero. *Cancer Exercise Training Study Guide/Handbook*, 7th Edition, 6.

ISLAND Fitness

SUMMER STUDENT SPECIAL

up to **3 months**
for **\$125** + tax

AND YOUR JOINING FEE IS WAIVED!

MUST BE A FULL-TIME STUDENT

THERE'S STILL TIME...



...TO TRY NEW CLASSES...MAKE NEW FRIENDS...



...TO KICK YOUR NEW FRIENDS' BUTTS.



**GET A
PASSPORT.
TAKE CLASSES.
EARN THE
RIGHT TO HUM
THE "ROCKY"
THEME EACH
TIME YOU
COME TO
THE GYM.**



**BICYCLE
RACING
RESULTS**
by Kathi McMahon,
Island Fitness
Cycling Instructor

I am a Category 3 racer (Category 5 for men and Category 4 for women are the beginner categories; Category 1 is reserved for elite riders with national caliber experience) but I have been racing in combined Category Pro 1, 2, and 3 races as well as Category 3-only races. I am sponsored by Hagens Berman Cycling Team in Seattle. I finished 5th at the Tour de Dung in March. This was my first race with combined

Categories, so I felt really good about that. Then I won a stage race called The West Side Omnium. It was a 2-day race in which we accumulated points based on our finishes each day. That was a Category 3 only field. I have now earned half of the points needed to upgrade to Category 2. Next race: Mutual of Enumclaw Omnium Stage race!

I'll keep you posted!

How My Mother and the Opera Led Me Back to the Gym

by Mary Anne Yanagimachi

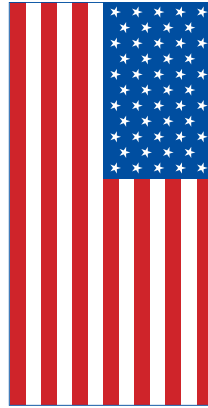
Sometimes a small incident can lead to a significant life change. My mother and I have been attending the Seattle Opera performances for many years. As often happens with people living on Bainbridge Island, there's a mad dash for the ferry directly after the curtain falls. One night I frantically ran up several flights of stairs in the parking garage searching for my car. When I finally retrieved my mother, who was waiting patiently, she exclaimed, "You're gasping, huffing and puffing!" I have been an ER nurse for most of my 26-year nursing career. Working in an emergency room is a very demanding job, and I knew I need to be as fit as possible to respond to situations requiring rapid intervention. So it was then that I decided: no more excuses! Back to the gym for me.



Initially I dreaded it, but after just over two months at Island Fitness I feel better than I have in many years. I started with a fitness consultation with Carol to establish a baseline, which was extremely motivating. Between kickboxing, Group Power, Pilates, yoga and Lifetime Fitness, I feel that I am achieving a level of fitness that will enable me to continue to perform my job for many years to come and enjoy my leisure time so much more.

I am very thankful to my mother and to Island Fitness for this life-changing opportunity and experience!

4th of July at Island Fitness



GRAND OLD FOURTH PARADE FLAG

Be part of a seven-year tradition and help us carry the 30-ft. flag in the Parade! Sign up at Front Desk!



CLUB HOURS
6:00 am - noon

No Group Fitness Classes

No Childcare

BYS 4TH OF JULY FUN RUN

5k, 1mile, Kids Dash. Register at the Front Desk!!



BAINBRIDGE ISLAND RELAY FOR LIFE

JULY 18 & 19

WOODWARD MIDDLE SCHOOL TRACK.



Since Island Fitness opened in August of 2002, the staff has welcomed thousands of people who have touched our lives and whose lives we strive to make better.

We have seen many successes and personal victories, and we've lost some dear friends. More directly, we've all been touched by cancer, either through the loss of a friend or relative, or in victories large and small. The good news equals the not so good news. We can work together to help tip the scales.

By participating on the Island Fitness Team of the Bainbridge Island Relay for Life you help raise awareness and dollars that support research through the American Cancer Society.

We're breaking our IF Team into groups to spur some good old fashioned (but friendly) competition: Cardio, Group Power, Lifetime Fitness, Mind and Body, Personal Training & Clients, Staff, or I Don't Do Classes. Each group will compete for most team participants and for most dollars raised. Sign

up or support your favorite group beginning June 1st in the Island Fitness lobby. If you join the IF Relay for Life Team you commit to walking the Woodward track for one hour during the 18-hour event and raising at least \$100 in Relay for Life support.

Please participate or support however you can! It's a fun event with live music, food, and tons of camaraderie. The pennies of the many can add up to substantial dollars that will bring a cancer-free world just a little bit closer to reality!