



BRINGING STRENGTH,
FLEXIBILITY & BALANCE TO
OUR COMMUNITY

FOCUS ON WELLNESS

MAY 2009

UPCOMING DATES

BODY FAT TESTING

Thursday, April 30, 2-7pm

Friday, May 1, 7am-1pm

MOTHER'S DAY

Sunday, May 10

Get Active America!

**BRING A FRIEND FOR FREE
TO ISLAND FITNESS**

May 11 - 17

**NATIONAL BIKE TO
SCHOOL & WORK DAY**

Friday, May 15

**PASSPORT TO FITNESS
CHALLENGE**

May 15 - June 14

"BEAUTY SMARTS"

with **DR. JULIE ROSENBLATT**

Tuesday, May 19 7pm

MEMORIAL DAY

Monday, May 25

club hrs 7:00am - 8:00pm

see class schedule on page 2

What am I doing in this cardio room?

By Jillian Bateman, CPT, Metabolism Consultant

People often approach fitness thinking, "I'm just going to jump on the treadmill and I'll look better soon." In the beginning, this cardio workout may show results. But without understanding how to work out as efficiently as possible, people may end up stuck on a plateau, feeling discouraged about their fitness routine. Are they working too hard and burning too many carbohydrates that are temporary calories, instead of fat? Are they not working hard enough to give their heart the training it needs? Are their bodies becoming acclimated to one machine so they end up working less? This is the time to turn to a fitness professional for help.

As a metabolic technician, I run across these questions from clients every day. Over 75% of the clients I see have similar goals: losing weight, and finding the right direction to get there. It can be frustrating to see members in despair because no matter how hard they exercise, they don't seem to be losing weight. At Island Fitness we have a philosophy that should be posted on a huge banner in our



cardio room: "Work Smarter, not Harder." Metabolic testing is one of the ways that gives you the facts you need to know in order to eliminate unproductive exercise and make your body a well-oiled machine. Wouldn't it be great to know exactly how many calories you are burning in each heart-beat zone? And not just total calories, but also whether the calories you are burning are fat or carbohydrates. You can also learn exactly how many calories your body needs per day in order for you to function properly and lose weight.

We would like to offer a complimentary metabolic consultation to give you more insight into how your metabolism works, and to help you decide whether met testing is right for you. At this consultation will receive a worksheet with tips on how rev up your metabolism, general recommendations on cardio exercise, and information about what metabolic testing is.

- **Limited time offer. Sign a friend up for the complimentary consultation and receive \$50 gift card for Metabolic Testing.**
- **Offer expires June 1, 2009. Limit one gift card per person. No obligation to buy when participating in the consultation.**

BRING ^A
FRIEND
FOR **FREE**



MAY 11 - 17

Introduce your friends, family & co-workers to the benefits of regular exercise for free during **Get Active America! week, May 11 - 17.**

Regular physical activity reduces the risk of heart disease, diabetes and high blood pressure, and also fights depression. Don't you want your friends and family to live longer, healthier lives? And you may even get some benefit too....*Studies have shown that people who exercise with a Buddy are over 60% more likely to stick with a regular regimen of physical activity than those who work out alone.*

If that's not enough motivation for you, how about this: if your friend signs up for an annual membership during Get Active America week, they get 50% off the joining fee, and you get a **FREE MONTH ADDED** to your membership! The more friends you refer, the more free months you can get!

For more information, call Island Fitness (206)842-5720 or email getactive@island-fitness.com.

From: Earl Doan
To: Alexa Rosenthal

Alexa, I want to tell you how grateful I am for your training and advice over the last year. I owe improvements in my health to your guidance as much as to hard work. I was active and exercising when you took me on, but on a plateau. You motivated me to go well above that level and showed me much better exercises. I appreciate that you took a personal interest and managed to fit me into your busy schedule.



With your help I reached my goals of improved cardiovascular and general fitness as attested by my doctor's comments, not just my opinion. The issues with my neck are much improved. I feel great. I have strength and stamina, good balance and a pleasant feeling of well-being. I have never been in such good shape for skiing early in the season. I liked your nutritional advice which led to healthy improvements in my diet. Some tasty ideas there.

Finally, I have bragging rights with a pair of athletic friends who are fans of the Ring. I can tell them my personal trainer trained the Rhine Maidens. Fun!

Thank you for taking me under your wing.

Sincerely,

Earl Doan

***Note:** Alexa Rosenthal and Ishya Silpikul of Island Fitness will be training the three Rheinmaidens of the Seattle Opera's production of Wagner's Ring Cycle again this summer.

Preventing Infection; Staying Healthy

Trips to the gym, meant to help keep you in optimal health, should never turn into events that could be harmful to your body. Here are some sensible steps you can take to help prevent spread of illness and infection while working out at Island Fitness:

1. The old rule of **washing your hands and avoiding wiping your face with unclean hands or towels is your best defense.** The portals of entry for respiratory viruses are the eyes and nose, so avoid touching your nose, mouth, or eyes after using exercise equipment. If you need to wipe sweat off, use your sleeve or a clean towel.
2. **Keep your hands clean by washing thoroughly with soap and water for at least 15 seconds, or using an alcohol-based hand sanitizer.** Hand sanitizer dispensers are available throughout the gym, or you can carry a small bottle in your pocket.
3. **When using equipment, wipe it down both BEFORE and AFTER your workout.** Island Fitness



provides spray bottles and paper towels throughout the gym. Use them. In addition to the members cleaning off the machines after every use, gym employees are also required to wipe down the equipment several times a day.



4. **If you generally take water or sports drink with you, pour it into a bottle with a nozzle or straw.** Open the bottle with your teeth or clean hands. Wet surfaces spread disease much faster than dry surfaces, hence the need for caution.
5. Finally, **if you're sick or feeling a bit under the weather, PLEASE stay at home.** You'll recover faster. Plus, it's simple courtesy to everyone else at the gym.

This won't guarantee that you will stay illness free, but it will help. A healthy diet and plenty of rest is also good. And call your doctor right away if you are experiencing flu-like symptoms.



MEMORIAL DAY MAY 25

Club Hours 7:00am 8:00pm	9:45 - 10:45am	Studio Cycle	Katie
Childcare 8:30am - 1:30pm, or 4:30 - 6:30pm*	9:15 - 10:15am	Total Body Conditioning	Loretta
*evening appointment must be booked before noon that day	10:30 - 11:30am	Lifetime Fitness	Tamera
	12:00 - 1:00pm	Pilato Ball	Diane
	5:30 - 6:30pm	Hatha Flow	Sofia
	6:45 - 7:45pm	Group Power	Steven

THIS MAY, EVERY DAY IS MOTHER'S DAY AT ISLAND FITNESS

MOTHER'S DAY MASSAGE SPECIAL

10% off

ANY MASSAGE

during the month of May 2009

Offer valid to all members and non-members of Island Fitness from May 1 - 31, 2009. Limit one coupon per customer. Not valid in conjunction with any other coupons, promotions or offers.

CLIENT NAME _____

AUTHORIZED BY _____

DATE _____

ASK YOUR FITNESS CONSULTANT

...about the Passport Personal Training special!

4-Pack of Personal Training Sessions for \$280
(a \$20 savings)

Available May 15 - June 30, 2009, through your Fitness Consultant only.

Your Passport to a Fitter Summer is only \$15!

1

GET A PASSPORT.

Register for the **Passport to Fitness Challenge** at the Front Desk or Member Services Center. \$15 entry fee gets you a Passport, special-edition t-shirt, and a guide book filled with fitness tips, tricks and hints, as well as coupons worth hundreds of dollars.



2

TAKE CLASSES. EARN VISAS.

Earn one Visa for each Group Fitness class or Supergroup workshop you take between May 15 and June 14, 2009. Extra Visas may be earned by purchasing premium services such as Nutritional Coaching, Metabolic Testing or Massage, or by purchasing or renewing your Annual Membership.

Look around the club for designated **Daily Double** classes and services which will earn you an extra Visa on that day.

Attend the three "World Workout" classes on Sunday, June 14 for up to six extra visas!

3

WIN! WIN! WIN!



The person with the most Visas by the end of the Challenge will receive the Grand Prize: **a one-night stay in the Rockaway Beach Suite of the Eagle Harbor Inn!**

Prizes will also be given for 2nd and 3rd place finishers, as well as to a few lucky raffle winners at the World Workout.



Train to Climb Update

Who are those people on the treadmills, stepmills and incline trainers with mountaineering boots and backpacks? The Island Fitness Train to Climb 2009 program enters the third month! Climbers have completed the corrective stage of their training and are now working on strength, balance, core and agility. Recently, Steve Sutorious of "Wilderness" met with the group and shared some of his vast knowledge of clothing systems and gear. In May, the group will hike the Flapjack Lakes Trail (14-mile round trip, 4,000 ft of elevation gain) with moderate weight packs (30 - 50 lbs).



The Island Fitness Train to Climb program combines Personal Training, cycling/cardio, massage and mountaineering skills into a six-month, progressive program designed to prepare participants in every way for safe, enjoyable and successful climbs of Washington's two highest peaks, Mt. Adams and Mt. Rainier.

May Is National Bike Month

by Katie Sweeney



After years of teaching high impact kick-boxing my joints began to complain, and I had to face the reality that I wasn't getting any younger. As I tentatively tried my first Indoor Cycling workout, I thought, "What could be more boring than sitting on a stationary bike for an hour?" But after one class I was hooked! That class led to many more, and soon I was teaching a cycle class of my own.



But I hadn't been on a real bike in years, and how could I teach a cycling class with no real outdoor experience?

One year ago last Christmas, I found a beautiful little entry-level road bike propped up next to the Christmas tree, and I was faced with a terrifying obstacle: the last bike I had ridden had pedal brakes and a banana seat! I didn't know where to begin.

I bought a few training sessions with Steve Rhoades and learned the basics (ask me about my first outing when I fell over at a complete standstill, one foot still in the clips), then met with Steve's "Beginner Group" every Friday morning. I learned so much and became much more comfortable. Although by no means a great cyclist (I still have to concentrate when removing a hand from the handlebars to signal), I can safely and confidently go out for a ride on my own. And, having ridden some decent hills and received some instruction on pacelines and breakaways, I can now teach my indoor cycling classes with some real road experience under my belt.

So if your bike has been collecting dust all winter, make May your month to hit the road. If you're concerned about whether you're fit enough, come join a few indoor cycle classes. You'll be amazed at how your aerobic capacity and leg strength will increase. All levels are welcome!

My goal this May? I'm going to start biking to the gym. So if you see me out on the road, give me a wide berth and don't expect me to wave: that would require removing a hand from the handlebars!

BEAUTY SMARTS

KNOWING WHAT'S IN YOUR HEALTH & BEAUTY PRODUCTS

with Dr. Julie Rosenblatt

TUESDAY, MAY 19, 7PM



Do you ever look at the ingredients on the labels of your skin care products, of your hair care products, of your toothpaste? Do you ever wonder what all those things are in there that you can't pronounce?

Why is it that we here in the US use over 1000 chemicals in our health and beauty products that are illegal in Europe?

Why are there so many girls going through puberty so young?

We are going to go over some of the latest studies and information about what is in the products we are putting on our faces and bodies. You have always heard the saying "you are what you eat," but it is also true that "you are what you absorb."

Did you know that the average American leaves the house with over 100 chemicals on their skin every day? The skin is your largest organ and whatever you put on it ends up inside your body. Part of what you rub on your skin ends up in your blood stream within 5 to 10 minutes. As we are becoming more careful with what

foods we are buying for our family, we now also need to be more careful with what we are putting on our bodies.

Dr. Julie Rosenblatt has been a Chiropractor and Health Educator for the past 20 years. She has been involved with helping her patients create healthy lifestyles for their families in many ways. Her practice has always been on the cutting edge of treatments, introducing new and innovative concepts to her patients. Her patients range from newborns to the elderly. She enjoys helping her patients to reach their fullest potential and make positive choices for themselves. She now works with patients in a 98° therapy pool where people can relax and allow their bodies to float, stretch, bend and adjust at the same time as calming their nervous system, increasing their circulatory system and addressing any problems in their musculo-skeletal system. She lives on Bainbridge Island with her husband, 2 daughters, one dog and 6 chickens.

This talk is being offered, free of charge, to both members and non-members of Island Fitness.

Welcome!

Jackie Fabbri is new to instruction, but has been taking indoor cycling classes for years while patiently waiting for racquetball to make a comeback. By day, she is a corporate event producer and project manager. She was motivated to become a certified instructor after taking outstanding cycling classes at Island Fitness. Her goal as an instructor is to create workouts that inspire and motivate new cycling enthusiasts and challenge veteran riders.

SPECIAL EVENING CHILDCARE HOURS!

By popular demand, Little Sprouts Childcare is offering evening childcare hours—by reservation only—during the Passport to Fitness Challenge, May 15 – June 14, 2009!

Call 206/842-5720 for reservations.

Note that reservations for evening childcare need to be placed by noon of the same day.

Monday – Friday	8:30 am – 1:30 pm
Mon & Wed	4:30 pm – 6:30 pm
Saturday	9:00 am – 1:00 pm

Little Sprouts 
CHILD CARE
AT ISLAND FITNESS