



BRINGING STRENGTH,
FLEXIBILITY & BALANCE TO
OUR COMMUNITY

FOCUS ON WELLNESS

NOVEMBER 2008

UPCOMING DATES

DIABETES AWARENESS MONTH
November

TRAIN TO CLIMB PRESENTATION
Monday, November 3, 7pm

ELECTION DAY
Tuesday, November 4

VETERAN'S DAY
Tuesday, November 11

THANKSGIVING DAY
Thursday, November 27
Club Hours 6am - 1pm

DAY AFTER THANKSGIVING
Friday, November 28
Club Hours 6am - 8pm

IF STAFF HOLIDAY PARTY
Saturday, December 6

SOLSTICE RUN
Saturday, December 13

A LETTER FROM MICHAEL & ALEXA

The economic climate is troubling, the cost of living is skyrocketing, and the stock market is gyrating. Only one thing seems certain: our stress levels are elevated. While watching the news of one of the recent stock market plunges, we overheard a person say "I have lost everything!" Our reaction was, but if you maintain your health, then you have everything you need to combat the stress of the volatile world we live in.



Here's some interesting science: physically active people have lower rates of anxiety and depression than sedentary people. Exercise has been shown to increase levels of the neuromodulator norepinephrine in the brain, a chemical that enhances the body's natural ability to cope with stress. Physical activity also increases production of endorphins, which have been shown to improve mood and outlook.

The science is voluminous, and sometimes complex, but the facts are clear. The benefits of exercise are practically a panacea for most of life's ills. However, it is important to choose an exercise that works best for you. You are more likely to continue to exercise if you choose an activity that gives you some pleasure. Many people make the mistake of starting a rigorous exercise program they find no enjoyment in.

And you don't need a vigorous workout to reap the benefits of exercise. Gentler non-competitive activities, such as yoga and tai chi, have been shown in some studies to be just as effective in managing stress.

Go for a brisk walk, hike or jog through Gazzam Lake or the Grand Forest (keep an eye out for coyotes and bears!). For that matter, just walk around the block! Go dancing, bike riding or do anything to move your body. Universally accepted is the fact that you need consistency. And this can begin with as little as twenty minutes a day, three times per week.

How will you know if you are moving enough to realize real benefits? Try listening to your body to gauge your exertion level. If you are new to exercise and find yourself getting out of breath quickly or needing to rest often, then you are probably doing too much. But if you can sing and maintain your effort, then you are probably not working hard enough!

So when you are faced with decisions about where in your life to cut back, consider keeping your mind, body and spirit as a priority for your overall well being. Your health is a priceless item that shouldn't be skimped on when looking at your budget.

Stay committed to moving forward, to inward reflection and to investing in the one thing you have real control over; your physical and mental fitness.

FRONT DESK EMPLOYEE OF THE MONTH



Glen has an incredible work ethic, is friendly, and is willing to help out on a moment's notice. He is a team player! All of the staff and members feel so lucky to have him here at Island Fitness. Thank you Glen for being such an integral part our team.

Have a Healthier Thanksgiving with



Thanksgiving Day Thursday, November 27

Club Hours 6:00am – 1:00pm

Turkey Day Spin	<i>Kathi</i>	CYCLE STUDIO	7:30 - 9:00am
Turkey Workout	<i>Staff</i>	MAIN STUDIO	9:15 - 10:45am

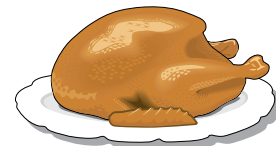
For admission to Thanksgiving Day classes, please bring non-perishable food items for Helpline House.

Friday, November 28

Club Hours 6:00am – 8:00pm

Calorie Blast Spin	<i>Katie</i>	CYCLE STUDIO	8:30 - 10:00am
Morning After Yoga¹	<i>Kayla</i>	MAIN STUDIO	8:45 - 10:15am
Joy in Movement	<i>Teri</i>	TRAINING STUDIO	9:15 - 10:15am
Lifetime Fitness	<i>Dorothea</i>	MAIN STUDIO	10:45 - 11:45am²
Group Power	<i>Steven</i>	MAIN STUDIO	5:45 - 6:45pm

¹ fee-based class
² note time change



HOLD THE STUFFING!

The 3rd Annual Island Fitness/City of Bainbridge Island (COBI) **Hold the Stuffing challenge** will be held from Monday, November 17 through Friday, December 19. This six-week program was developed by Island Fitness specifically for City of Bainbridge Island to keep COBI employees from losing ground during the holiday season with regular exercise and nutrition. The challenge is to **move more, eat less**, and **not gain the extra pounds over the holidays!**

This year, Island Fitness Personal Trainer **Amanda Saugstad** will lead the challengers through six weeks of Bootcamp! Beyond your basic sit-ups, crunches, and jumping jacks, Sergeant Amanda will incorporate a combination of ever-changing, progressive military and bodyweight-based strength and conditioning exercises. Amanda will give COBI employees the military bootcamp experience with a smile!

Hold the Stuffing starts and ends with personal fitness assessments (weight and body fat measurements) with Island Fitness Trainer and Fitness Consultant **Gavin Dewitt**. A nutrition workshop with Island Fitness Nutritionist **Becky Eastgard** will help keep the COBI staff on track with their **Hold the Stuffing** goals. Prizes are also offered by COBI to the challengers who see the best results.

Cheer on the City of Bainbridge Island employees as they “Hold the Stuffing”!

Would your company or group like to “Hold the Stuffing”? Contact Brenda Prickett at brendap@island-fitness.com to develop a program customized for your group.

HOLIDAY MATCH GAME

Match the Holiday dinner item to its calories

by Dr. Becky Eastgard

- | | |
|--------------------------------------|------------------|
| 1. Mixed Nuts (1/4 c.) | a. 180 Cals_____ |
| 2. Turkey Breast (5 oz.) | b. 160 Cals_____ |
| 3. Pecan & Sausage stuffing (1/2 c.) | c. 190 Cals_____ |
| 4. Mashed Potatoes (1/2 c.) | d. 155 Cals_____ |
| 5. Gravy (1/4 c.) | e. 70 Cals_____ |
| 6. Waldorf Apple Salad | f. 130 Cals_____ |
| 7. Sweet Potatoes (3/4 cup) | g. 97 Cals_____ |
| 8. Green Bean Casserole (1/2 cup) | h. 60 Cals_____ |
| 9. Brussel Sprouts (1/2 cup) | i. 260 Cals_____ |
| 10. Pumpkin Pie (1/8 pie) | j. 170 Cals_____ |
| 11. Wine (two 5 oz. glasses) | k. 80 Cals_____ |
| 12. Coffee with cream & sugar | l. 482 Cals_____ |
| 13. Dinner roll | m. 66 Cals_____ |

ANSWER KEY 1. j 2. c 3. i 4. e 5. k 6. a 7. f 8. d 9. m 10. l 11. b 12. h 13. g

Results!



Darcy's training and coaching are significant factors in this success.

I began training with Darcy about 4 years ago. My initial goals were to lose weight and improve overall fitness, while also reducing bad cholesterol numbers. Working long hours at a demanding job without much exercise had left me chronically tired, and I hoped better fitness might help with that too.

I began to notice a difference within a few months. By early 2006 I had lost 30 pounds. I felt stronger; had more energy, and was even playing better golf. My doctor quipped that he had to check my ID three times to see if it was the right person when he saw my cholesterol numbers! Darcy's close attention to my program and natural skill as a "benevolent motivator" were key.

About this time we took another look at my goals. Maybe it was because I was feeling so fit, but after talking it over with my family, I put something out there that I considered a real stretch: what about someday running the Boston Marathon? I thought this might seem a little crazy, but Darcy took it without blinking. At this point I was only doing cardio at the gym—I favored the ArcTrainer—and I was not a runner at all. I

thought maybe we were talking about the Boston Marathon in 2 or 3 years!

Darcy's program for me, however, aimed to have me qualify in a certified marathon within 7 months, and then run Boston 3 months later. This would require extensive strengthening of core, legs, and upper body; a lot of running; and learning about nutrition and "fueling" before and during the race. She also prescribed entering shorter races to learn about shoes, clothes, and race-day routines, including the mental side of endurance races.

The results speak for themselves: I qualified for Boston in my very first marathon only 7 months after starting to run! I ran the Boston Marathon in 2007 and 2008, and qualified again for 2009 by way of the Royal Victoria Marathon last week.

I have found a great new hobby, but more important I feel healthier; have much more energy, and am confident that I can continue that way. I am fortunate to have family and friends who are enthusiastic supporters. For the day-to-day planning, training, mental prep and motivation, however, Darcy and her support team at Island Fitness have really made an amazing difference!

RON COPSTEAD

I am writing to thank you for the great Personal Training I am receiving from Darcy Monette. Last week I ran the Royal Victoria Marathon fast enough to qualify for what will be my third Boston Marathon in three years.

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.

Want to watch a sunrise from 14,000 feet?



You can.

**Island Fitness can
get you there with
*Train to Climb.***

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.

**Learn more about this unique and exciting program at our
first information session Monday, November 3rd.**

**TO RESERVE YOUR SPOT ON THE ROPE, CALL (206)842-5720
OR EMAIL TRAINTOCLIMB@ISLAND-FITNESS.COM**

7TH ANNUAL
SOLSTICE RUN
SATURDAY, DECEMBER 13, 2008

ALL PROCEEDS BENEFIT
GO RUN!

PILATES: THE ORIGINAL MIND/BODY FITNESS PROGRAM

By Diane Peterson, CPT, Certified Pilates Instructor: Balanced Body University- Reformer, Mat; Stott Pilates-Mat

"Pilates" may seem like the newest exercise craze or a recent celebrity addition to fitness clubs, as savvy practitioners and marketers have brought this method of exercise to the mainstream public in the last decade. But the truth is that this full-body core exercise modality has actually been around since the first part of the twentieth century.

History and Development of Pilates

The namesake of this method of exercise, Joseph Pilates, was born in Germany around 1880 and began developing his exercises and equipment while working with patients in a British internment camp during World War I. In his workouts, Pilates encouraged people to strive for a more uniform development of the body. He also aimed to use the mind to reawaken dormant muscle and brain cells, comparing his workout to an "internal shower," where the bloodstream carries away accumulated debris caused by fatigue. Pilates eventually came to New York City and set up shop in 1926. It was here that "Contrology" (as it was originally called) was born.

Though Joseph Pilates dreamed of mind/body fitness in all aspects of life, he was way ahead of his time. He and his wife Clara taught an exclusive group of students (these "elders" and their students now carry on his training) until the rest of the world could catch up. This was, unfortunately, after his death in 1967, when his studio caught on fire and he died from complications of smoke inhalation.

Between the pieces of equipment developed by Joseph Pilates (including the Reformer; Chair; Cadillac, Barrel, and Spine Corrector), the mat work, and the small tools such as the Pilates circle, there are hundreds of exercises within his system that can be used to create individual programs. Trained Pilates instructors can put together personal routines or flow a group of participants through the classical repertoire at a more brisk pace.



Incorporating Pilates into Your Fitness Routine First and foremost, think of Pilates as a lifestyle practice, rather than just a class to take. As such, there are many ways to weave it into your life and your fitness routine. You can take one class or session a week, for example, to incorporate the movement principles into

your sport or exercise routine. Or take two to three sessions a week and use it as your strength training and flexibility component (then you can just add cardio for a well-balanced fitness routine). You can also use it to correct injuries or musculoskeletal weaknesses, so that you can move properly and without compensation in your other activities. (In fact, many physical therapy offices now have Pilates equipment on site; therapists are getting trained in Pilates so that they can use it as a part of rehabilitation.)

The Basic Principles of Pilates

However you choose to incorporate Pilates into your routine, it is important to apply certain principles in your work. The first and perhaps most important principle of Pilates is that it is about using the CORE to create movement in the extremities. This helps the appropriate muscles do their job, rather than muscles that are meant for stabilization or other work. (Those other muscles might get the job done, but they won't do it as well and you risk injury over time.) It is this principle that helps athletes and other exercisers become very efficient in their movement patterns.

Pilates practitioners use other principles in their work as well. Breath control, for example, helps circulate oxygen throughout the body, as well as facilitate the various exercises. That focus on breath helps concentration, as it also creates control and precision in the movements.

Though some Pilates exercises may look simple, it is not easy to recreate the exact controlled movement for multiple repetitions; to do so creates amazing core strength and balanced muscle development. As Joseph Pilates himself said, "It is better to do five repetitions perfectly than 20 without paying attention."

Other principles at work in Pilates include creating whole body movement that radiates from the center; using rhythm and flow to decrease joint stress and develop smooth graceful movement, and creating a balance between effort and relaxation to teach us to release unwanted tension in the body. Pilates also incorporates the important postural principle of working with a neutral spine.

In addition, Pilates is well known for its work on abdominal strength, or spinal flexion. It also develops strength and flexibility in spinal extension, rotation, and lateral flexion. (Mr. Pilates used to say that you are only as healthy as your spine.)

Pilates also addresses scapular stability and

mobility. Shoulders are one of the most complex areas of the body and highly susceptible to injury and dysfunction. The joint is designed with maximum mobility, but creates challenges when we need stability to lift or hold weight during those movements.



Due to its multi-faceted nature, Pilates has a place in everyone's workout program. The principles and techniques help make your workouts more efficient and more effective, while protecting against injury. How so? The trick is that the precision and core control required in Pilates makes it an effective and efficient full body method of exercise that works to stabilize and strengthen, to improve balance, increase coordination, decrease stress, and correct alignment. Pilates also works to improve movement in general, so that its principles stick with you throughout daily life. In a nutshell, Pilates is designed to improve your overall health and well-being on many levels – whether you are super fit, recently injured, or somewhere in between.

I wish I had known about Pilates during my days as a professional dancer. Had I incorporated it into my routine, it would have made me a stronger and more accomplished athlete with fewer injuries. I now use it as an integral part of my whole body fitness regime. A wise Pilates Master Instructor told me, "Pilates allows us to keep doing all the sports and activities we love for a very long time." And what could be better than that?

To learn more about Pilates or how you might incorporate it into your exercise routine, please contact one of our Pilates-certified Personal Trainers, including Diane Peterson at dianep@island-fitness.com, or Loretta Stanton at loretta@island-fitness.com. You can also check out one of our Pilates-based Group Fitness classes (Pilates I, Pilato Ball & Mat) or Supergroups (Pilates Mat II, Group Pilates Reformer), or sign up for a one-on-one session with either Diane or Loretta.

Sources:

Balanced Body University

Joseph Pilates "Return to Life through Contrology"