



BRINGING STRENGTH,
FLEXIBILITY & BALANCE TO
OUR COMMUNITY

FOCUS ON WELLNESS

OCTOBER 2009

UPCOMING DATES

BREAST CANCER AWARENESS
October

KETTLEBELL WORKSHOP
Friday, October 16

GROUP POWER
HALLOWEEN PARTY
Friday, October 30, 5:45 pm

HALLOWEEN
BAINBRIDGE DOWNTOWN
TRICK OR TREAT
Saturday, October 31

TRAIN TO CLIMB PRESENTATION
Tuesday, November 10, 6:30pm

Head Off the 'Flu by Becky Eastgard, PhD MS RD

With the flu season upon us we are appropriately anxious about what to do to head it off. The good news is that there are many things we can do to remain healthy this winter. The cornerstone of flu prevention is good personal hygiene. Wash your hands, clean the keyboards and any hand-held devices that can harbor those pesky germs. Other steps include moderate exercise, healthy eating, and appropriate supplements. The following are suggestions that may keep you out of the emergency room this winter.

Get the appropriate vaccinations. Toni Fauci, head of the National Institute of Health, has testified before Congress on the safety and importance of flu vaccines. There are two vaccines this year, one for the regular flu and one for swine flu, which should be ready by October 15th. It takes 2-4 weeks for the vaccines to take effect, so get yours as soon as possible.

Walk daily. As little as 30 minutes a day will boost your immune system. As members of Island Fitness, you are in the best place to take advantage of our treadmills. Rain or shine, we are here!

Take Vitamin D. We know that Vitamin D can enter our cells and turn on certain genes which boost our immune system. While we normally make Vitamin D from the sunshine contacting our skin, we are not able to make enough during the winter months (starting September 21!). Recommended doses are 1000 IUs for people whose weight and height are proportional. If your body mass index is greater than 30, or your body fat percentage is greater than 30%, take 2000 IUs, as fat cells appear to gobble up the Vitamin D, making it unavailable to boost our immune system.

Eat enough calories. Heavy exercise can temporarily weaken our immune system, leaving us vulnerable to germs. So bring a sports drink, piece of fruit, granola bar, or other ready-to-eat item and consume it within 20 minutes of your workout. This replenishes carbohydrates which are depleted during exercise, thereby sparing protein which can be used to boost our immune system. It's also important to eat enough total calories. According to David Nieman, professor of health and exercise science at Appalachian State University in Boone, N.C., the immune system is suppressed in women when they eat fewer than 1300 calories per day and in men eating fewer than 1500 calories per day.

Get enough sleep. "Good sleep is required for activation of the immune system to occur," says Dr. Michael Irwin, professor of psychiatry and biobehavioral science at UCLA. Good sleep produces the chemical messengers that turn on the immune system.

Other foods and supplements. Some studies recommend yogurt with live cultures and bacteria to boost your immune system. Groups who regularly eat yogurt report fewer upper respiratory infections, especially in women and children. Other important supplements include B6 and Vitamin E, which are used in our immune systems. For most of us, it wouldn't hurt to take a multi-vitamin and mineral supplement during the winter months to help our overall health. But I could not end this list without the advice to get your vitamins and minerals from foods. Increasing your vegetables (and fruits) during the winter may be just what the doctor ordered to increase your chances of fending off these dreaded diseases.

See you at the Club...
Island **HEALTH** and Fitness Club!


HALLOWEEN

AT 
OCTOBER 31ST

CLUB HOURS
6:00am - 8:00pm

CLASSES
normal schedule

CHILDCARE
9:00am - 12:30pm
(with advance reservations only)

TRICK OR TREAT
 4:00pm - 6:00pm



GROUP POWER™
**HALLOWEEN-THEMED
LAUNCH PARTY
& costume contest**
FRI 30 OCT 2009, 5:45 PM

Stop the Spread of Germs

WASH YOUR HANDS

COVER YOUR SNEEZE OR COUGH

STAY HOME IF YOU'RE SICK

A REMINDER FROM YOUR FRIENDS AT 

Train to Climb: Thwarted, but not defeated



Nine potential climbers spent 6 months training, hiking, meeting and planning with each other. Within the group, four summit attempts were made on Mt. Rainier and three resulted in a tagged summit.

The climbing team of Sept 1-3 encountered winds in excess of 60kts, lightning, thunder, rain, sleet and snow, making it as far as High Camp on Ingraham Flats. Although a summit attempt was not possible, the team will cherish the memories without a sense of defeat; their thirst for adventure was

fulfilled. The mountain gave them, in their words, "a wild ride"! All returned with a heightened respect for the mountain, and for their hard-earned physical abilities.

Train to Climb offers the opportunity to get into optimal shape, challenge and overcome fears and create lasting bonds with like-minded people while working towards the goal of climbing Mt. Rainier.

Island Fitness tries to remove all the variables, giving the climber their best shot at having a successful climb that they can enjoy, and not simply endure. The weather is a variable that we can prepare for, but not control.

For more information on Train to Climb, call us at 842-5720 or email traintoclimb@island-fitness.com.



MEMBER APPRECIATION MONTH RAFFLE WINNERS

Week 1

Christine Susumi

one hour massage

Week 2

Geoff Campbell

Island Fitness gym bag & 3-month locker rental

Week 3

John Davis

Polar Heart Rate monitor

Week 4

Mary Lynn Mounger

Fitness Consultation

Week 5

Sivi McDaniel

Resting Metabolic Test

Congratulations! and thank you for being Island Fitness members!

Island Fitness Massage Welcomes Carol O'Neill Hasko



Carol is adding her talent for massage to her many offerings here at Island Fitness.

Currently she is available Monday evenings for Deep Relaxation Massage. Carol received her training at the Port Townsend School of Massage and has been practicing her craft for nine years. Her work as a Fitness Consultant and Personal Trainer has enhanced her skill as a practitioner and her understanding of the human body.

She is now offering her massage

work because she is interested in the benefits that massage combined with training can provide to our clients.

"We want Island Fitness to be a place for you to slow down and recover as well as a place for you to work." Recovery is an important part of the process for the success of a fitness program, and a piece that is often overlooked. For this reason Carol prefers to schedule 1.5 hour appointments to allow your body time to relax and unwind. You are welcome to contact the front desk to schedule an appointment with Carol, or with any of our wonderful massage therapists, at 842-5720 or message@island-fitness.com.

OCTOBER IS BREAST CANCER AWARENESS MONTH

From October 15th through November 15th, you have an opportunity to help us raise money to battle breast cancer.

Look for the treadmill with the pink ribbon. For every mile logged on this treadmill from October 15th through November 15th, Island Fitness will donate 10 cents to the Breast Cancer Research Foundation. You do the work, we make the donation!

Want to do even more? We invite you to match our challenge with one cent, five cents, ten cents a mile or more. Together we can make a difference!



ASK THE TRAINER!

“How often do I need to exercise to see real results?”

This is like asking a financial advisor how much you need to save for retirement. Which is to say that it depends on a lot of factors. It depends on what type of results you are seeking, how far you have to go to get there, how aggressively you are willing (or able) to exercise, your current age and state of health, and of course the wildcard of genetics.

The quick and dirty answer—if you were to consult the government’s pyramid of physical activity, for example—is 3-5x/wk for cardiovascular exercise and 2-3x/wk apiece for strength and flexibility exercises.

However, referencing the Position Stand by the American College of Sports Medicine (ACSM)¹, we are told that it is the **combination of frequency, intensity, and duration of exercise** that provide the overload stimulus necessary to produce a training effect, forcing your body to change and adapt to the new demands placed upon it.

In terms of seeing results, then, if you’re working out with an appropriate frequency, intensity, and duration, it would typically take at least a month to actually start to see some physical changes in the body, though it’s likely that you’ll feel some results sooner. I once had a professor who said that what you see in the mirror reflects your behavior from 3 months ago (for better or worse). So be patient as well as persistent.

You must also be realistic. Take baby steps toward reaching your ultimate goals, aiming to do something positive every day to get you there. Try to enjoy exercise for its own sake, and for the fact that it is essential to good health, regardless of any external appearances. Instead of being the traveling 3-year-old who asks “Are we there yet?” every 5 minutes, see if you can adjust your mindset to enjoy the journey rather than only focusing on the destination. It certainly makes the trip a lot more pleasant :-)

¹ “The Recommended Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory and Muscular Fitness, and Flexibility in Healthy Adults” (Med. Sci. Sports Exerc. Vol. 30, No. 6, pp. 975-991, 1998)

“I have difficulty motivating myself. I understand the benefits of personal training, but can’t afford it at the moment. What’s my next best alternative?”

Developing a relationship with one of our fitness professionals—whether it’s a Personal Trainer, Fitness Consultant, Nutritional Consultant, Metabolic Technician, or Supergroup/Group Fitness instructor—may create the accountability that you need in order to stay on track. In addition, it will provide you with access to additional resources that can help you clarify your fitness goals and get excited about reaching them.

If you feel as though you need that extrinsic motivation (or motivator) to keep you moving towards your fitness goals but can’t afford to work with a Personal Trainer regularly, consider these other options:

Work with a Personal Trainer for just a few sessions to get yourself going. Stay in touch, and book a session every 4-6 weeks. Over time, as you establish a relationship with the trainer, you may find yourself feeling more motivated. In addition to providing you with an individually tailored workout plan, it is also a trainer’s job to promote exercise adherence.

Set up an appointment with a Fitness Consultant, who can recommend a plan of action based on your available time and funds. If you opt for a quarterly assessment, the same consultant will meet with you 4 times throughout the year to track your progress. For some, this is sufficient to keep them honest about their exercise.

Meet with a Nutritional Consultant or Metabolic Technician. Meeting with one of these other fitness professionals may sufficiently promote your interest in your own health that you will find yourself more motivated to exercise. Though neither will provide you with a specific workout routine, both will set you up with clear guidelines for how to proceed.

Sign up for a Supergroup, which provides targeted programming in a small group format. Many of the Supergroups offered are taught by our certified Personal Trainers, so although you will not be working out in a one-on-one setting, you will receive some individual attention, as well as have access to the knowledge base and resources of the Personal Training staff.

Find a good balance of Group Fitness classes. We offer over 50 different classes, included FREE with your membership.

Find a workout buddy, preferably someone with compatible goals and schedule. Even if one of you has to cancel on the other, strive to keep each other motivated.

Yes, it’s expensive to hire someone to be with you for every workout, and that kind of dependence may backfire in the long run. Even folks who work with a trainer 3 times a week eventually have to do some workouts on their own. So your best approach may be to find a way to get intrinsically motivated. Working with one of our fitness professionals can help you do just that.

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

Coming soon!

Following the successful format of Fit Women, Fit Mommies offers an all-female, small group atmosphere that provides camaraderie among ladies with similar fitness goals, yet allows for personal attention to your particular needs. Although general familiarity with exercise basics is helpful, this class is open to all levels, and moms (past/present/future) of all ages.

Fit Mommies
Strength Training for Mothers of all ages

Fit Mommies teaches a well-rounded, progressive strength routine, with a particular emphasis on the needs of women. Exercise selection is designed to be appropriate for involving babies or small children, if you choose to do so, with moves that you can replicate at home with little or no equipment. In addition, all exercises can be modified accordingly for your fitness & energy levels, with specific emphasis on (re)toning and (re)strengthening the areas that may have suffered the most during motherhood. Class takes place in the safe, enclosed environment of our main fitness studio, where kids are welcome to exercise with us or otherwise peacefully coexist.

Class runs Mon/Wed for 6 weeks (exact times and start date still TBA); \$120 members / \$150 non-members.

If interested, please contact Lisa Timmins lisat@island-fitness.com.

Time Out

15 MINUTE CHAIR MASSAGE

ONLY
\$20



Our Main Studio has a newly installed sprung wood floor!

In order to keep this floor in optimal condition, we are instituting a strict shoe policy:

- * Everyone must wear appropriate (preferably soft-soled) shoes to all classes.
- * No street shoes on the studio floor! (Street shoes are what you wear outside and when you come into the building.)



- * Please assign a special pair of shoes for use only on the studio floor or other indoor uses. Carry these separate dance/exercise shoes into the studio when you arrive, and wear these special shoes ONLY in the studio, never outside. This prevents bringing the outside dirt, water, gravel etc. into our studio and damaging the new floor.



- * Small bits of sand, gravel, glass, and in the winter months, salt can become embedded in your soles even in the short walk from your car. Unfortunately, just wiping your feet off as you enter won't always remedy this.
- * Leather soles may have small nails that become raised as the shoes age, so please be careful of this if your shoes have a leather sole.



KETTLE BELL WORKSHOP

with Skip Chase

**USAW Sports Performance Coach
American Kettlebell Club Kettlebell
Lifting Coach**

World Kettlebell Club Master Trainer

CrossFit Kettlebell Instructor

Olympic Weightlifting Coach

CrossFit Certified Coach Level 3

**Fri., October 16
5:45 - 7:15pm
at Island Fitness**

\$45

Sign up by 10/12, pay only \$35!

Results!

In January 2008 I resolved to up my cardio workouts to 5 times a week and commit to strength training twice a week. I was actually pretty successful in meeting these resolutions. Then in August 2008 my gym closed and I joined Island Fitness. When I joined, they recommended a fitness assessment and nutrition counseling. Naturally, thinking I knew what I was doing, I ignored the kind offers and kept up with the routine I had cobbled together from books and magazines.

Meanwhile I'd lose 4 pounds one week and gain back 3 the next. I've struggled with weight since I was 14 and weighed 185 pounds. By 19 I was down to 140, but in the past 25+ years I've gone up and down and up and down; more up than down since I quit smoking 12 years ago.

At 40 I trained for a marathon and lost 15 pounds and felt great, but my knees wouldn't allow me to keep that up.

Finally in January 2009 I decided I had nothing to lose by getting a fitness assessment. I met with Carol and it was motivating to see some actual numbers even if they weren't so great, but the best thing was the MET testing with Jillian. It was great to know my aerobic capacity was better than average for my age, but more importantly to know what my heart rate zones were to burn fat.

As part of the MET testing, Jillian gave me a 12 week program with very specific workouts with intervals in different heart rate zones. I bought a heart rate monitor and started the program. It was so great to know what I needed to do when I got to the gym. I started trying new equipment – not just the treadmill and the elliptical, but now the arc

trainer and the stairmill and the bikes. I think some people think the MET testing is for people who are super athletes training for some Ironman thing, but I cannot say how helpful it was for me to have this information to make my workouts really work for me.

Honestly, I was hesitant to go for my fitness re-assessment. I knew I felt stronger, but I also know I hadn't lost any weight. When Carol said the bad news is you've gained 4 pounds, but the good news is you lost 5 pounds of fat and gained 9 pounds of muscle, I felt terrific. For some people 30% body fat would be a cause for despair, but I know I've made progress. And now since I've finally met with Becky, the nutritionist, I know I'm on the right track to livable fitness. With Becky I feel like I've made more progress on my eating in two sessions than I have in years.

SHIRLEY OLIVER