



BRINGING STRENGTH,  
FLEXIBILITY & BALANCE TO  
OUR COMMUNITY

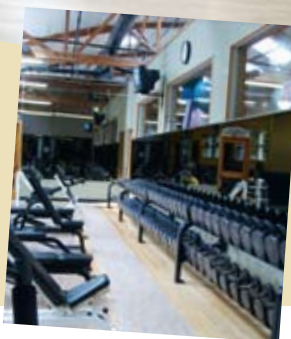
# FOCUS ON WELLNESS

SEPTEMBER 2008

SEE THE RESULTS OF OUR MAKEOVER!



**NEW EQUIPMENT!  
NEW FLOORS!  
NEW PAINT!**



*We are changing to  
serve you better!*



## SEPTEMBER IS MEMBER APPRECIATION MONTH

**MEMBERS:  
TAKE A  
SPIN AT THE  
WHEEL OF  
FITNESS!**



Just purchase any one of the following to get a spin:

- 12-session package of Personal Training
- 6-pack of Massage
- a Supergroup series (no drop in)
- 12-session Nutrition Coaching

**Every spin is a guaranteed winner!**

See Front Desk or Membership office for details.

We love our members! And we've lined up some great specials that are *just for members* this month:

- \* Complimentary chair massages on Tuesdays & Thursdays
- \* Weekly prize drawings
- \* And have we mentioned the club renovation?



Refer a new member by October 15 and receive a FREE MONTH for each annual membership!

Your name will then be entered into a drawing for a FREE ONE-YEAR MEMBERSHIP!

Hurry! Offer expires October 15, 2008

# **BREAKING NEWS** Train to Climb

Neither rain, nor snow, nor sleet, nor hail shall keep the Island Fitness Train to Climb team from achieving their goal... nor did lightning, thunder, wind, heat or fog, as the team had a wild adventure on the mountain!

Arriving at Paradise on Saturday, August 16th in 90-degree heat, the group prepared for departure to Camp Muir on Sunday morning. The hike to base camp was punctuated by brief showers, but visibility stayed good, with the climate warm and even a little muggy. Several in the group were accompanied by family members as far as Pebble Creek.

Sudden squalls hit the group prior to Camp Muir with 40-knot winds and driving rain, but cleared upon arrival at base camp. Lightning and distant thunder throughout Sunday night gave way to sleet and hail and more driving rain Monday, as the dedicated team went through their mountaineering school.

A break in the weather allowed the climbers and 4 guides to gain an additional 1,200 feet through Cathedral Gap to high camp on Ingraham Flats (altitude 11,200').



The group remained cautiously optimistic through the afternoon and night as the weather closed in, then began to lighten. Waking at 12:46 a.m. on Tuesday morning (August 19th) to an almost full moon and calm winds, the team began the summit climb at 2:30.

The actual summit climb was relatively uneventful. The weather remained good as the 3 rope teams negotiated crevasses, seracs, and snow bridges before reaching the crater rim at 6:45 a.m. After a brief break, the group continued to Columbia Crest, the much-anticipated summit of Mt. Rainier! Winds were light, the sun was shining, and spirits were soaring for the

hour atop Washington's highest peak.

As soon as the descent began, clouds rolled over the top of the mountain and the team was forced to descend through near white-out conditions and occasional light snow. The weather cleared briefly as they packed up at high camp, and then the final descent to Camp Muir and Paradise was in steady rain.

Nonetheless, the rain did little to dampen the mood of the team, upon completing this momentous feat!

## Want to watch a sunrise from 14,000 feet?



**You can.  
Island  
Fitness  
can get  
you there.**

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.

FOR MORE INFORMATION, CALL (206)842-5720 OR EMAIL [TRAINTOCLIMB@ISLAND-FITNESS.COM](mailto:TRAINTOCLIMB@ISLAND-FITNESS.COM)

# Team summits Mt. Rainier!

The following is excerpted from "Richie & Michele's Train to Climb Chronicles," the blog of Richie and Michele Muffoletto, both part of this year's team. You can read their full T2C story (and view lots of photos), from the start of training back in February through to the Rainier experience in August, at: <http://www.t2chronicles.blogspot.com/>

## Sunday, August 17th

We met our team at Jackson Center at 9am – ready to hike! The air was cool, the sky was overcast, and it started to drizzle, but the group was anxious and ready to go. The hike to Camp Muir presented numerous weather patterns. We experienced sunshine, hurricane force winds (well, at least a tropical storm), and pelting rain. But we still had to apply - and reapply - sunscreen!



The last leg of our journey to Camp Muir consisted of partially frozen slush. Crampons would have been nice, but we managed to get to the dirt path leading to our destination without fail (or fall).

We arrived at Camp Muir around 4pm and started what would be an eventful evening. You can imagine with the combination of high altitude, the anxiety of what is to come, the struggles that come with putting on and adjusting a harness – all leading to uncontrollable laughter.

## Monday, August 18th

Today was spent resting a bit, but also learning the basics of maneuvering in the snow—aka: Snow School. We learned to properly “duck walk” uphill... and walk “like grandpa smashing beer cans” downhill.

The weather was playing tricks on us all morning. Sunny and beautiful one minute, pouring buckets the next. The weather finally cooperated and we were able to finish our snow school – learning all the valuable information needed before heading any further than Camp Muir: crampon and rope techniques, how

to properly and safely use the ice axe, and especially how to self-arrest if falling down a 4,000 foot drop.

Around noon, we strapped on our packs and roped up (already wearing crampons, harnesses, and helmets), and headed to high camp via large crevasses and potential rock and ice falls. Our destination: The Flats on Ingraham Glacier at 11,200 feet.

After the 1 hour and 15 minute trek across an 8-inch path with winds blowing us over, we were at high camp.

There was some uncertainty about what the next few hours would bring. The weather patterns were shifting back and forth. As one of our guides said, “The weather changes every hour in the mountains.”

It's time to lie in our tents and get as much rest as possible. Sleep was difficult and intermittent. There were both beautiful and frightening sounds just outside our tent... Sounds I've never heard before – crevasses cracking and rock and ice falls, while the wind would whip our tents. Here is our route to the summit (image courtesy of RMI).



## Tuesday, August 19th

We wake up at 12:45am and prep for our summit climb. At 2:30am, we grab our light packs, put on crampons, helmets, grab ice axes, and head off to the summit.

Our first task was to cross numerous Ingraham crevasses, then the most challenging part of our climb - Disappointment Cleaver. We would usually have a break every hour, but were not able to on Disappointment Cleaver due to the dangers of rock falls, so we spent 1 hour and 45 minutes climbing over enormous boulders, and maneuvering through small rocks in mounds and mounds of ice filled dust while wearing crampons.

From our break at the top of Disappointment Cleaver, we had 2.5 hours to the summit. The hike to the summit was slow and steady... one foot in front of the other... rest stepping... and pressure breathing. We crossed crevasses, walked about

100 feet on an 8-inch ledge with a huge drop-off to the left and a wall of snow and ice on the right.

At about 13,900 feet, we approached a very large crevasse, with depths of at least 500+ feet, and no alternative route but to cross the



ladder, which was about 5 feet long – just long enough to fit perfectly in the crevasse opening. It was an exhilarating experience – and we'd have to cross it again on the way down!

Just after our final break, and close to the summit, I was so overwhelmed that I couldn't catch my breath. We were almost to the top and I was beginning to feel nauseated – probably from the jitters of finally being so close! I had to stop quite a few times to catch my breath and



bring myself back into “the zone.”

And here we are... 14,410 feet! Yippee!

The experience was worth every step, every breath, every tear, and every thought of “What the heck am I doing?”

There was definitely a great sadness in leaving the summit, but some joy in knowing that I was feeling great and capable of descending “in-style.” The views were incredible and I was so proud of our team for working so hard to get here. Just when you think you can't... You Can!

**Now it's Tuesday, August 25th....**one week exactly after our summit of Mt. Rainier. There have been at least 30 emails between our teammates expressing accomplishment and a question of “What's next?” Some of us aren't ready to store our boots and packs, while others have already put up the garage sale signs.

It is hard to explain to our family and friends our experience on the mountain. It is a place of great solitude, struggle, and accomplishment. It is a humbling place and an emotional journey. It is a place only a few thousand people experience a year – and we will never view the mountain the same again. We love this place!

## UPCOMING DATES

MEMBER APPRECIATION MONTH  
September

LABOR DAY  
Monday, September 1

GRAND REOPENING  
Tuesday, September 2

WORLD BEAT CLASS  
with Morning Star  
to benefit Kristi Rudolph  
Tuesday, September 2, 7pm

BISD FIRST DAY OF SCHOOL  
Wednesday, September 3

FALL GROUP FITNESS  
SCHEDULE BEGINS  
Monday, September 8



## Coconut Water Nature's Sport Drink

by **Alexa Rosenthal**

**NUTRITION COACH, PERSONAL TRAINER**

Inside every young coconut is a refreshing electrolyte-replacing beverage that far surpasses any artificial sports drink. Coconut water is an excellent source of the five essential electrolytes: potassium, calcium, magnesium, phosphorous, and sodium. Eleven ounces of coconut water contains 60 calories, no fat, and a whopping 670mg of potassium (an average sport drink has just 40mg). Another health benefit to consider is that coconut water contains only natural sugars, about 14 grams per 11-ounce serving. Many sports drinks contain over 20 grams of added artificial sugars.

You can find coconut water at natural

health food stores, or in the juice section of some larger grocers (such as Whole Foods, Central Market, or Town & Country), in either 11-ounce boxes or a larger container of 34 ounces. If you don't use it all at once, remember to refrigerate your container after opening.

Coconut water is great as your smoothie base, mixed with your favorite fruit juice, or you can enjoy it straight up. Every time you drink it, you are receiving superior hydration and more potassium than your daily banana, as well as supporting your digestion and promoting overall healthy cardiovascular function!

## COMING SOON TO THE PROSHOP



**KIDS  
teens**

& Island Fitness

**KNOW THE RULES.  
GET THE BRACELET.**

**Little Sprouts**   
CHILDCARE  
AT ISLAND FITNESS

Monday – Friday 8:30 am – 1:30 pm

Saturday 9:00 am – 1:00 pm

For reservations, call 206/842-5720

## Results! SOME OF OUR FAVORITE SUCCESS STORIES....

**Libby Rogers** came to us wanting a new bod for her wedding, and ended up getting a whole lifestyle change. Before this transformation, her days were spent working long hours and taking care of everyone else -- which left her stressed, hurting, and not happy with herself.

Now that she's working with certified personal trainer Diane Peterson, Libby has discovered her inner athlete! Her amazing natural balance and her newly developed core, muscle, and cardio strengths enable her to do things she never would have expected. She's also worked with one of our staff nutritionists to develop healthier eating habits, in order to sustain the new physical demands.



Utilizing all the club has to offer, Libby has surpassed her original goals and continues to strive for new challenges. She's still working those long hours and taking care of all those people in her life, but now has the energy to take care of herself. And that energy is infectious; in fact, you always know when Libby's in the club, because everyone is just a little bit happier.

Fall

# SUPERGROUP WORKSHOPS

2008

All info will be posted on the IF website and around the club by early September, so you may direct general inquiries there, or answer based on the details below. More specific inquiries should be directed to the individual instructor for each Supergroup (see e-mail/phone contact below).

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## Begins Monday 9/8

### *Fit Women*

Lisa Timmins: lisat@island-fitness.com

What: Advanced, progressive strength training techniques for women

When: Mon/Wed/Fri 10:00-11:00am, Mon Sept 8 – Fri Oct 11, 5 weeks

Where: Club floor

Cost: 3x/wk \$165 members / \$195 nonmembers; 2x/wk \$120 / \$140; 1x/wk \$65 / \$75

### *Group Pilates Reformer*

Diane Peterson: dianep@island-fitness.com

What: Progressive small group training on Pilates Reformer; enrollment limited to 5

When: Mon/Tue/Thu 8:00-9:00am OR 4:15-5:15pm, ongoing 6-week series begins Mon Sept 8th

Where: Training Studio

Cost: 2x/wk \$300 members / \$420 nonmembers; 1x/wk \$150 / \$210

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## Begins Wednesday 9/10

### *Sizzling Salsa II*

Sheila Phillips: sheila@educatedfeet.net

What: Intermediate-level swing dance lessons, prerequisite: Salsa I; no partner required

When: Wednesdays 8:00-9:00pm, Sept 10 – Oct 8, 4 weeks; no class Sept 17

Where: Main Studio

Cost: \$40 members / \$45 non-members

### *Pilates Mat II*

Loretta Stanton: loretta@island-fitness.com

What: Progressive small group training for advanced Pilates participants; enrollment limited to 10

When: Wed 8:00-9:00am, next 6-week series runs Sep 10 – Oct 8

Where: Training Studio

Cost: \$60 members / \$72 non-members

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## Begins Tuesday 9/16

### *East Coast Swing*

Sheila Phillips: sheila@educatedfeet.net

What: Swing dance lessons for all levels; no partner required

When: Tue 7:30-8:30pm, Sept 9 – Oct 7, 4 weeks; no class Sept 16

Where: Main Studio

Cost: \$40 members / \$45 non-members

### *TRX Suspension Training*

Loretta Stanton: loretta@island-fitness.com

What: Fast-paced, bodyweight-based exercises using the TRX; strong fitness base req; enrollment limited to 8

When: Tue/Thu 10:00-11:00am, Tue Sept 16 – Thurs Oct 23 (6 weeks)

Where: Training Studio

Cost: 2x/wk \$180 members / \$216 nonmembers; 1x/wk \$96 / \$114

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## Begins Tuesday 9/9

### *East Coast Swing*

Sheila Phillips: sheila@educatedfeet.net

What: Swing dance lessons for all levels; no partner required

When: Tue 7:30-8:30pm, Sept 9 – Oct 7, 4 weeks; no class Sept 16

Where: Main Studio

Cost: \$40 members / \$45 non-members

### *Sizzling Salsa I*

Sheila Phillips: sheila@educatedfeet.net

What: Salsa dance lessons for all levels; no partner required

When: Tuesdays 8:30-9:30pm, Sept 9 – Oct 7, 4 weeks; no class Sept 16

Where: Main Studio

Cost: \$40 members / \$45 non-members



# SUPERGROUP WORKSHOPS

Begins Monday 9/29

## Custom Cycling Workouts

Steve Rhoades: 206-650-6686

What: Personalized indoor cycling workouts for experienced cyclists; HR monitors required

When: Mon/Wed 6:00-8:30pm and Fri 6:00-7:45pm, drop-in ongoing beginning Mon Sept 29

Where: Cycle Studio

Cost: 6-class punchcard = \$75 members / \$100 non-members, paid in advance

Begins Tuesday 10/7

## Heart Rate Training

Kathi McMahan: kathi@island-fitness.com

What: Intense cycling workouts w/HR monitor (required); OK for all levels

When: Tue/Thu 9:45-11:15am, Tue Oct 7 – Thu Nov 13, 6 weeks

Where: Cycle Studio

Cost: 2x/wk \$192 members / \$216 nonmembers; 1x/wk \$102 / \$114; drop-in \$18 / \$20 per class

Begins Tuesday 10/14

## Hot Yoga

Greg Bowles: gregb@island-fitness.com

What: Slower, deeper yoga in a hot atmosphere; 1 year of yoga required

When: Tuesdays 5:30-6:30am, Oct 14 – Nov 18, 6 weeks

Where: Training Studio

Cost: \$90 members / \$105 non-members

Begins Thursday 10/16

## Vinyasa Yoga

Greg Bowles: gregb@island-fitness.com

What: Progressive yoga practice with focus on alignment, breath, and flow; all levels welcome

When: Thursdays 6:00-7:00am, Oct 16 – Nov 20, 6 weeks

Where: Main Studio

Cost: \$90 members / \$105 non-members

Start date TBD (mid-October)

## Yoga for Beginners

Alexis Pickering: alexisp@island-fitness.com

What: Learn the basics in a small-group atmosphere with individual attention enrollment limited to 8



## Dr. Becky says: September is the month for us all to start taking Vitamin D.

This fat-soluble vitamin is normally made in our skin from the UVB rays of the sun. From September through March (between the 2 equinoxes), UVB rays pass right over the earth and are not available for people living above the 35th parallel, that's from northern Arizona and northward. This means we need to get our Vitamin D from food — milk is a good source. Unfortunately, **we don't get enough Vitamin D from food, so it is important to supplement.** My recommendation is 1,000 mg daily. Upwards of 10,000 mg have been given for a short period with no negative results, however, as with all nutrients, too much of a good thing may become a future problem.

### How important is Vitamin D?

We know that there is a Vitamin D receptor on every cell in our body! So every cell needs it. For what purposes, we are not sure yet. We know that it crosses into our cell nucleus and can act to turn on genes. Some of the genes identified so far have to do with our immune system. We are looking at cell aging (Alzheimer's) in the brain, immune responses (nerve diseases such as MS), weight stability, and overall health in the wintertime (Seasonal Affective Disorder) to name a few. So get on board, get down to your pharmacy, and start feeding your body Vitamin D.



Questions? Come see me Tuesdays through Thursdays at Island Fitness, or email [drbecky@island-fitness.com](mailto:drbecky@island-fitness.com)

*Master Nutritionist Dr. Becky Eastgard specializes in addressing weight loss, where it helps people relieve chronic health conditions such as diabetes, high cholesterol, high triglycerides, blood pressure and other heart disease risk factors. But she is also skilled with individual concerns such as celiac disease, osteoporosis and lactose intolerance. As the population ages, she has turned her interests to include the nutrition concerns of older adults.*

*Becky received her PhD, MS and BS from the University of Washington. She has conducted eating trials studying heart disease and diabetes risk factors. She is a registered dietitian and has had further training at the La Jolla Institute for Molecular Medicine. She is a member of the American Dietetic Association, American Diabetes Association, American Association of Diabetes Educators, and sits on the Alumni Board of the UW School of Public Health.*