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November 2011

Westmoreland Athletic Club

The Healthy Minute

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November Health Tip

Plagued by running injuries? Weak hip muscles could be to blame. Include hip-toning exercises in your weekly strength training regimen! Weak hips are a major culprit of running injuries, as well as foot, knee & ankle pain. Adding exercises that target the hip abductors & external rotators improved runners' form & redistributed the stress put on lower-body joints, reducing the risk of injury.

WAC OPEN HOUSE PARTY

Join us **Thursday, November 10th** for an Open House Party! There will be fun, prizes, food and beverages! Check your mail for your member tickets and tickets for you to bring a guest or two!! See everyone then!

Benefits of Group Personal Training

Many experiences are nicer when they are shared with someone else. Meals, movies, laughs, exercise, shopping, sightseeing, and travel are just some that are enhanced when shared with others. Sharing experiences in a group many times broadens the scope of your own perceptions because you witness others reactions, which mixes with your own to form broader perceptions. There are countless other benefits to sharing experiences within a group as opposed to experiencing them on your own.

Exercising as a group, say through the instruction of a personal trainer, has many health and additional benefits for each individual in the group, and for the group as a whole. When you engage in group personal training you have a built in support system that bestows you with encouragement and motivation for continuing with your fitness routines. This can be especially helpful for those days when you just do not feel like exercising. You can return the favor by being a motivator to the others in your personal training group. You can get into some friendly competing with the other members of your personal training group for even further reasons to continue.

The benefit to group personal training encompasses benefits to both your emotional and physical health. Group personal training fosters greater self esteem. On your own, you may balk and immediately assume you can not do an exercise suggested by a personal trainer. But upon seeing the others in your personal training group performing the suggested exercise, you will realize that it is not as impossible as you first imagined. Realizing that if they can do it, you can too, will make you feel better about yourself and your abilities. And regular exercise increases your physical health, for a healthier, happier you.

Group personal training could very well save you money as well. Our Group Personal Training is $79 a month for unlimited sessions, we have 24 scheduled weekly!

Childcare Halloween Party!

All of the kids in Childcare had a fun time at our Halloween party and parade around the club on Saturday, October 22! Everyone enjoyed the games, activities, crafts & snacks that were provided! They also had a great time on the new castle play set! There is always something fun and exciting going on in Childcare! Check out our web site to get the Childcare event calendar!

Healthy Minute Nutrition

Breakfast, Lunch, and Dinner; Are You Eating All Three?

Breakfast, Lunch, and Dinner are the three main meals of the day. How you think of these meals, and how much you eat at each will have a very big effect on your overall weight.

Many people chose to eat a small breakfast (or no breakfast at all), a medium sized lunch, and a large dinner. This is probably the worst possible thing you can do health wise, and for this reason most of the people who eat their meals in these proportions struggle with their weight. When one eats most of his or her calories later in the day, that person's body has a lot less time to burn off those calories before going to sleep. And once a person goes to sleep, all those extra calories just turn into excess body fat.

Another big mistake, people make is not eating breakfast or lunch at all. Sometimes, people know that they are going to eat at their favorite restaurant and are going to eat something unhealthy, so they starve themselves the whole day in order to "save calories". This is also a horrible eating habit, because at dinner you will probably be so hungry that you will eat upwards of 2,000 calories. Most of these calories will probably come from unhealthy, high in fat foods, and you will not have any time to burn them off before going to bed.

The best proportions in which you should eat your meals are; a hearty breakfast, a medium sized lunch, and a light dinner. This way, your body will have plenty of time to burn off all those calories you ate earlier in the day. And when you do occasionally have a larger dinner, or go out to eat at an unhealthy restaurant; try to eat your dinner earlier as opposed to later, and make sure to eat breakfast and lunch. Skipping meals is always a bad idea, and a recipe for weight loss disaster.

It's All About Portion Control

You can eat all the healthy 'right' foods you want but what really counts is the portions that you are eating those in! Here is a little chart to go by when you are trying to decide how much of something to eat!

Size of a deck of cards for meat.

A slide of cake, brownie or cookie should be the size of one post-it note.

Mayo and butter should be the size of a standard die, and the size of 3 dice for cheese.

Size of one fist for rice and pasta. Two fists for vegetables.

Half a baseball (or size of a cupped hand for rice, pasta, fruits and ice-cream.

A handful for nuts, popcorn and trail mix.

10 to 15 chips for one serving

Size of a dental floss box for chocolates.

Recipe Of the Month

Warm Autumn Salad

Ingredients

1 small butternut squash, chopped
2 apples, chopped
1/2 red onion, chopped
1 cup chopped brussels sprouts
2 tablespoons olive oil
1/4 cup crumbled feta cheese
1/4 teaspoon cardamom
chopped parsley for garnish
salt and pepper

Directions

Preheat oven to 400 degrees. Lay chopped squash, apples, brussels sprouts and onions on a baking sheet. Drizzle with oil and add cardamom, salt and pepper. Mix thoroughly. Roast for 45-50 minutes, tossing every 15 minutes.

Remove vegetables and let cool for 5 minutes. You want them to be warm, but not piping hot. Add veggies to a bowl and combine with feta and chopped parsley. Serve immediately.

Refer a Friend, Win an IPad 2!

Do you want to win an IPad 2? This is what you need to do to win! Beginning now, any member can bring in a local guest and you will get one entry to win the IPad 2! If your friend joins you will get an additional two chances in the drawing plus $10 in club cash and your friend will get one entry!

*Guest must be a local resident.

Exercise Of the Month

Back extension is a strength training exercise. It is done for strengthening lower back muscles.

Using equipment, it can be done by lowering the body from a stand and raising back using the roman chair, or using a back extension machine where body pushes a weight backwards.

Without using equipment, it is done by lying face-down on the floor, and lifting the torso and arms together up off the floor. This is also called hyperextension.

Take a Ride On Our New Expresso Bikes

One new piece of equipment we have are the Expresso Bikes! These are located in the upstairs cardio center and are a great way to engage the mind and makes exercise efficient, fun and exciting. You can do so much on these bikes!
It will reinforce your fitness success and keeps you active. You will receive real-time feedback on your performance on the bike. You can also review their progress and achievements anytime on a PC or iPhone, constantly reinforcing their enthusiasm.

Outdoor Cycling Feel
Riders will maneuver through virtual terrains steering and shifting like real outdoor cycling.

30+ Tours - Basic to Extreme
Tours are categorized from Basic to Extreme, depending on length and intensity. The tours offer a wide variety from realistic to fantastic, from tropical to frozen.

Expresso Chases - Games
5 to 30 minutes, fixed time Chases give riders gaming and off-road riding experiences.

Personalized Pacer
Riders personalize the power level of Expresso Pacer based on their goals and fitness level.

Multi-player Race
Riders at the same facility can race each other by riding the same tour at the same time.

Expresso Ghost Rider
Expresso Ghost is a mirror image of your past. Once a rider with an Expresso ID completes a tour, a Ghost rider appears on the same tour for the rider to compete.

Expresso Trophies (Achievements)
Expresso Trophies are awarded to riders based on their total miles on the Expresso bikes. Riders can also review their earned trophies and the next target at Expresso.net.

Workout History and Graphs - My Expresso
Expresso Live! automatically keeps track of individual riders' workout history and presents them in illustrated formats such as a calendar and graphs. Riders can view their ride data at Expresso.net.

Facebook / Twitter Integration
The Expresso system allows riders to share their achievements on Facebook, Twitter and e-mail.

Community Outreach

Stuff-a-Bus Toy Drive

Each year we like to participate in activities that allow us to give back to the community. So in the month of November we are collected new, unused, unopened and unwrapped toys for the 96.1 Kiss FM Annual Stuff-a-Bus Toy Drive! All toys donated will be given to Toys for Tots!

There is a box upstairs for you to donate to. Please donate November 1st- November 30th!!

Sweat for a Vet

Join us on Saturday, November 12th for a fun 3-hour all cardio fundraising event, Sweat for a Vet! The money raised will benefit Wounded Warriors and disabled veterans in a direct and significant way!

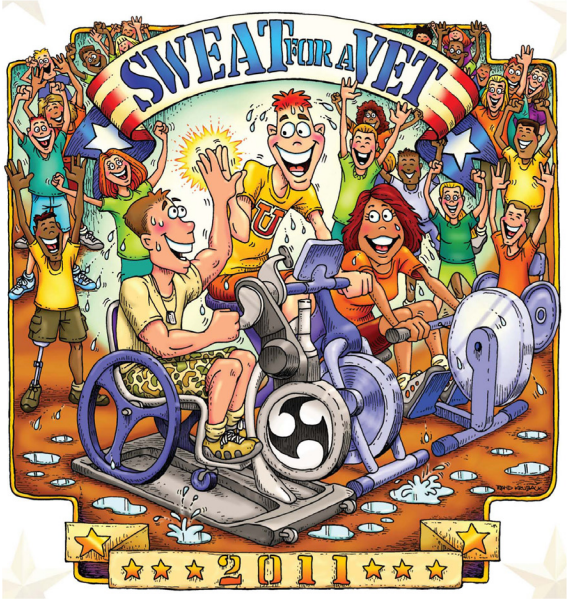
Here's how it works, go online to www.sweatforavet.kintera.org. You will be able to sign up and donate by choosing WAC as your closest location.

Sweat for 1 hour- $25

Sweat for 2 hours- $50

Sweat for 3 hours- $75

You can use any piece of cardio to participate and if you plan on taking a class you can donate for the class as well! If you don't want to sign up online you can donate any amount you wish on November 12th at the front desk! If you donate $10 or more you will get a t-shirt!



Login to Your Account

Did you know you can Login to your account and check your visits and change your financial information?

To Login for the first time go to https://my.wacclub.net/ (or click Login on our website)

- Click Forgot Username/Password and it will prompt you to enter your email address. This email address MUST be the same one that we have on file, so if you are not sure please check with sales or call us at (724)832-7050.

-The system will send you an email with a username and password. Use this information to login and then it will prompt you to change your username and password. Please do not copy and paste the password from the generated email, as it will tell you it is incorrect.