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Radisson Fitness Center * 3131 Campus Drive * Plymouth, Minnesota * 763-559-6286

YOUR HEALTH & FITNESS

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IT AIN'T JUST LIP SERVICE



I've been here at the Radisson Fitness center for about 15+ years (October, 1991). In all that time I can't remember once "not wanting to come to work" (okay there was that one Saturday, and then....). Anyway, I like what I do (even though my boss is not quite sure what that entails). Well something new and interesting happened today. One of our senior couples inquired about dropping their membership so they could just walk for their exercise regiment. Instantly alarms went off in my head. Not because of the lost revenue the RFC would encounter (sorry boss it just wasn't the first thing that came to mind) but because I care about you guys and felt it was not the right decision.

At any club, people come and go it's human nature. Change of jobs, moving, boredom, outside activities, or health reasons can all be factors in changing your club membership status. Retention of membership is a very significant part of this business and most times I stay relatively quiet when I hear "I'm leaving the club because..." Usually there is a thought out plan, which either works or in many cases the individuals rejoin. I'm not Randy "Mr. Name Rememberer," (I realize that word is made up) but I have developed many friendships with you guys over the years. So if I know you pretty well, if you want to leave the club, you better have a good plan to keep your fitness program going. If you want to leave for the summer because you're so active in the summer, I better hear you're training for a triathlon or you plan on rowing the Mississippi because excuses like "I'm going to be active cutting the lawn or walking" just won't cut it.

Bottom line - I didn't want to see our senior couple leave the club and substitute their present day total body workouts with just a walking program. Adding a walking program - okay, just walking - no (unless for medical reasons that's all you can do). I've written so many articles about how important resistance training is for us, it's hard for me to understand how the message is so often missed. Even discarding your upper body strength, running, walking, skipping, or jumping rope, does little to nothing to maintain that lower body strength you once maintained. Is that important? Walking won't keep your quadriceps, glut teal (backside), and hamstring muscles strong and you need those muscles as well as other muscles just to get out of a chair. Does that sound important? Where do you go from there? Wouldn't it be nice to be able to climb several flights of stairs without having to dial 911 at the top?

Running hills, biking, rowing, racquetball and similar activities are more strenuous and will strengthen the muscles of the lower body but only to a point. And if no upper body resistance training is taking place, you're still missing the boat. At least do enough to keep those muscles toned and at the ready. You could probably get the job done in 15 minutes, 2-3 days a week if you worked at it. That doesn't sound too tough, does it?

The good news is that research has demonstrated that no matter what your age, you can build strength. So you have two possible approaches: You can wait until you realize you've let things go too far and your atrophied (wasted away) muscles aren't up to the task anymore and your daily living activities must be curtailed. Or - you can do something today.

Me personally, I'd rather stay toned and be ready for the future and what it brings. Playing catch-up doesn't sound like a whole lot of fun and in reality may not always be an option. Can you imagine how physically and mentally challenging it would be to add regular exercise into your daily routine years from now? Do it Now!!

TIDBITS

- Mayo Clinic researchers recently reported that age alone should not deter those who need surgery to repair the anterior cruciate ligament in the knee. The study of nearly three dozen patients, age 50 to 66, found that 83% who underwent such repair were able to return to normal or near normal activities and participate in sports.
- U. Of Connecticut researches found that men who lifted weights and ate a low-carb diet lost 17 lbs. of fat and gained two lbs. of muscle over a 12-week period. According to the authors “Restricting carbohydrates forces the body to burn fat instead of sugar, while lifting spurs muscle growth.” In this study the low-carb lifters did twice as well as the low-fat lifters.
- Fast walking can be tough on your knees if you’re severely overweight. Researchers found that obese men had 51% more knee torque than their lean counterparts, increasing the risk of arthritis. “Obese people walk with wider steps, which compound the stress on their joints.” Ray Browning, Ph.D suggested that larger walkers should slow their pace down to about 2 ¼ miles per hour. This may lessen the stress. By increasing the incline the intensity can be raised.

A SCARY SUBJECT

I’ve sure gotten old!
I’ve had two bypass surgeries, a hip replacement,
new knees, fought prostate cancer and diabetes
I’m half blind,
can’t hear anything quieter than a jet engine,
Take 40 different medications that
make me dizzy, winded, and subject to blackouts.
Have bouts with dementia.
Have poor circulation;
Hardly feel my hands and feet anymore.
Can’t remember if I’m 85 or 92.
Have lost all my friends, But, thank God,
I still have my driver’s license.



SOMETHING NEW!

We in the fitness industry constantly are battling the ultimate enemy of fitness success, ignorance. The number one cause of “fitness” frustration is lack of knowledge. The most difficult step for most people to take in their fitness program is getting starting. Once started and having some tangible results it is difficult to imagine anyone stopping. But invariably something happens to cause them to give up or stop within 60 to 90 days (average duration of fitness program for new members of fitness clubs). Typically, it is not because they have lost their interest or even will to pursue their own fitness objectives; rather, that they have run out of information that supports their evolution.

So, how can you continue to experience success with your fitness objectives? Learn more about fitness. Study books, magazines and watch television shows to get more ideas – but the overwhelming amount of conflicting information being pedaled by the media makes it difficult to decide what is appropriate to your interest and needs. Or take some college courses at your local community college or even the university; you will definitely get quality technical information, but have almost no practical experience around that education...

Odds are you probably do not have an hour per day to study for every hour of action you take with your fitness program – this is the standard for fitness professionals when we (the fitness industry) crunch the numbers.

Your most time effective options now exist here at RFC through Rad Fitness Services. Rad Fitness Services is a resource developed for you to utilize and enjoy. We are implementing a number of programs here at Radisson Fitness Center.

Everything from a **FREE** Fitness Orientation or Personal Training services are fantastic options. The Fitness Orientation provides a generic understanding of the facility, equipment and a basic fitness program. Personal Training provides individualized Fitness Programs and One-on-One attention from a Professional Fitness Coach and is a worthy investment in your future. For the best of both worlds, consider becoming part of a Small Group for Fitness Training or Coaching:

- **FREE Annual Fitness Orientations**
 - Gain confidence around all the equipment in the Fitness Center
 - Get brought up to date on the most recent trends and philosophies in Fitness for You
 - Find your first resource for Your fitness success
- **Functional Performance Assessment**
 - Gain critical knowledge about Your body's capabilities and potential
 - Get a clear understanding of Your current Functional Health
 - Find the "Right" Fitness answers for You
- **Functional Strength Classes**
 - Gain sustainable strength
 - Get physically efficient
 - Find inspiration from new found capabilities
- **Small Group Training Classes**
 - Gain personal knowledge about the Principles of Fitness
 - Get personal attention from Professional Fitness Coaches
 - Find the value of a select support system
- **Individualized Training Programs**
 - Gain fitness levels beyond Expectations
 - Get Individualized Fitness Programming and Attention
 - Find New aspects of who You Are

This Month's Spotlight Service



SMALL GROUP TRAINING

Small Group Training is a program designed to give you nearly One-on-One style fitness coaching with the benefits of group pricing; providing You practical fitness experience and education comprehensive enough (in a simple format) to sustain Your fitness success indefinitely.

Step 1: find 4 or more of your best fitness friends to establish your "Small Group" status and determine who the lead person is for Your group – Small Groups are limited to 8 people.

Step 2: determine an ideal time(s) for You and your group to meet and whether your group would like to meet once or twice per week – this is NOT a class, this is a custom program dedicated to Your group, so Your group's training schedule is not defined by facility management.

Step 3: have your lead person contact Rad Fitness Services to set your initial interview appointment with the RFC Fitness Coordinator.



SPOT LIGHT ANOTHER RFC SILVERSNEAKER

Jack Anderson is now 70 years old and basically still as active as he was in his youth. He has played racquetball for 35 years and according to Jack, he is still quite good. Jack generally plays in the morning four times a week and then walks four miles in the evening. If he doesn't play racquetball on a particular day he doubles up his walking distance to eight miles. This is his routine seven days a week basically 365 days a year. If the weather is not cooperating he'll find a place to walk inside.

Why so much exercise? From Jack's own lips, so he can indulge himself a little - the man loves to eat! Well Jack, you certainly deserve to eat whatever you want with that kind of exercise program. Jack's goal even before he reads the April newsletter is to add resistance training to his routine. Nice Job!!

And by the way, Jack is a good racquetball player; I just couldn't resist a chance for a little jab at the old timer!



YOGA CLASSES

Certified Instructor Debbie Haon will be instructing two 6-week Yoga sessions beginning:

Tuesday mornings: 9:00 a.m. – 10:00 a.m. April 15th – May 20th.

Wednesday evenings: 6:00 p.m. – 7:00 p.m. April 16th – May 21st.

Cost: \$36.00/6-week session or a \$10.00 fee for class drop-ins.

There is a minimum requirement of six students per class.

SPRING/SUMMER SWIM LESSONS

Kathy Sonenstahl will once again use her teaching talents at the RFC to enhance the swimming skills of those involved in our program.

SPRING SESSIONS

TUESDAY/THURSDAY. (Ten 30-minute classes). Cost - \$70.00

TUESDAY, APRIL 8TH – THURSDAY, MAY 8TH

Level 4 5:00 – 5:30 p.m.

Level 3 5:30 – 6:00 p.m.

SUMMER SESSIONS

JUNE & JULY

PARENT/CHILD - JUNE 10TH – 26TH - Ages 1 – 3 years. Cost \$42.00

TUESDAY/THURSDAY - 11:00 a.m. – 11:30 a.m.

6 – 30 MINUTE CLASSES

TUES/WED/THURS.

MON. THRU THURS.

Nine 40-minute classes. Cost \$84.00

Eight 40 minute classes. Cost \$75.00

JUNE 10TH - JUNE 26TH

JULY 7TH - 17TH

Level 1 11:30 - 12:10 p.m.

Level 6 12:00 – 12:40

Level 2 12:15 - 12:55 p.m.

Level 5 12:45 – 1:25

Level 3 1:00 - 1:40 p.m.

Level 4 1:30 – 2:10

Level 4 1:45 - 2:25 p.m.

Level 3 2:15 – 2:55

Level 5 2:30 - 3:10 p.m.

Level 2 3:00 – 3:40

MON. THRU THURS.

EIGHT 40-MINUTE CLASSES. COST \$75.00

JULY 21ST – JULY 31ST.

Level 1 12:00 – 12:40

Level 4 2:15 – 2:55

Level 2 12:45 – 1:25

Level 5 3:00 – 3:40

Level 3 1:30 – 2:10



Call and reserve your child's spot - 763-559-6286