



BETHANY
Athletic Club

Member Newsletter

April 2010

"my home, my work, my club"

APRIL CALENDAR OF EVENTS

CELEBRATE EARTH DAY WITH OAC!

The Oregon Athletic Club (OAC) organization is owned by a local family with a strong commitment to Oregon's natural resources and beauty. In each of our facilities we make efforts big and small that efficiently use our members' investment in us, with environmental sustainability in mind. Here is a brief summary with some of our past, current and future efforts in protecting the health of our members and our environment!

Water & Electricity

- We use energy efficient lighting along with timers, sensors and dimmers, compact fluorescent light bulbs, and low wattage fixtures.
- Our shower heads are low flow and high pressure for efficient water usage.
- The low flow toilets include automated flushing systems for further waste reduction.
- Club laundry facilities include low water and energy usage equipment bolstered by product selection that reduce chemical exposure, water usage and drying time.
- Fitness areas include low or zero electricity usage equipment for cardio, weight training, Pilates and more.

Recycling / Reduction of Waste

- OAC is strongly committed to recycling our waste, including drink containers, food and other product packaging, outdated equipment and more.
- Our Pointe Spas, Bistros and other areas emphasize reusable products such as linens, drinking cups, dish wares and towels.
- When paper products are needed, we look for certified "green" items such as recycled content paper towels, toilet paper, and paper napkins.

Chemical Usage

- The award winning Pointe Spas sell and use only natural based products from the exclusive Yonka and Dermologica lines.
- Low or zero VOC paint, with anti-bacterial and other protections are used when possible.
- Cleaning agents and detergents are organic, natural or low chemical, such as our Green Seal™ Certified General Purpose Cleaner from the Hillyard Company.

Construction

- Bethany Athletic Club: OAC's newest facility designed and built by Bethany Central Development includes a plant based Green Roof, sustainable construction materials such as Green E-board™ (www.greeneboard.com), recycled content, and high insulation windows.
- RiverPlace Athletic Club: Since acquiring this landmark facility we have worked to upgrade and update it in a manner that minimizes construction waste, while including the latest technology such as low flush toilets, energy efficient lighting, low VOC paint and Green E-board™.
- Hawthorn Farm Athletic Club: Built by the same organization that owns and operates OAC, perhaps this facility's greatest accomplishment is the flexible design that allows for adaptation over time with minimal construction waste. Window placement and design allows for lower lighting, heating and cooling needs compared to similarly sized facilities, and many of the same construction materials and other products continue to be used in the maintenance and updating of the facility.

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PORTLAND METRO AREA FARMER'S MARKETS

strengthening our communities and promoting a healthy lifestyle

Beaverton

Saturdays, 8am - 1:30pm

May - October

Hall Blvd, between 3rd & 5th St

503.643.5345

Portland (PSU)

Saturdays, 8:30am - 2pm

April - Mid December

South Park Blocks (between

SW Montgomery &

SW Harrison)

503.582.0472

Hillsboro (Orenco Station)

Sundays, 10am - 2pm

May - September

61st & Cornell Rd

503.844.6685



The word "Locavore" was the New Oxford American Dictionary's "Word of the Year" in 2007, referring to an individual whose diet centers around locally grown foods and produce, typically within a 100 mile radius. This term reflects the growing trend of purchasing locally grown ingredients and the demand for seasonal foods that can be purchased with little or no preservatives. Buying local puts money back into our economy, supports our farmers, reduces our carbon footprint, preserves the beautiful Northwest landscape, and has nutritional benefits.

Supermarkets are primarily focused on making a profit, so produce is selected for its yield, ability to travel long-distances, ability to sit on a shelf for an extended period of time, and cost. Unfortunately, nutritional value is lost in this equation. Nutrient loss occurs when food is exposed to light, heat, and oxygen, so the longer the travel time the more fruits and vegetables are exposed to the elements. On the other hand, farmers who grow produce for local markets, like Farmer's Markets and nearby restaurants, put more value in the taste and nutritional content of their harvest. Think about a homegrown tomato compared to a tomato out of season at a major supermarket - big difference in flavor, texture, and overall quality.

Fruits and vegetables begin to lose their nutrient value the moment they are picked, so the sooner you can bite into a fresh piece of produce the better when it comes to your health and wellness. This doesn't mean you can't enjoy berries in the middle of winter. There are local companies who freeze - Willamette Valley Fruit Company, or can - Truitt Brothers, their local harvest for us to enjoy all year round. The added benefit is that the produce is picked and immediately preserved through the freezing and canning processes, locking in the majority of the vitamins and minerals.

The bottom line is we are blessed to live in a region where local, seasonal foods are available to us. You just might discover a new food and increase your nutrient intake by thinking seasonally, so have fun with it. Visit Oregon Environmental Council to locate a Farmer's Market near you:
<http://www.oeconline.org/resources/livinggreen/showing/portland-area-farmers-markets>

MEMBER SUCCESS STORY

by Amy Shearer, OAC Member

For as long as I can remember I have been overweight. For me, being thinner was something I knew was possible but I had no idea how to get there or where to begin. I kept telling myself, "I'll start when I buy my own place." It was a built in excuse for why I hadn't started to really try and make it happen... until I got my own place. Now what was my excuse? I signed up for the club again in July 2008 and started working out and tried to watch what I ate, but the weight wasn't coming off. Then I got an email from Dana and it changed my life.

The email was a simple message reaching out to everyone she trained in the past and any new people she had talked to through doing the free one-on-one training session you get with a new membership. She was offering 6 weeks of group training sessions for \$90. I knew at that point that a trainer was what I needed to really get going but I couldn't afford the standard rates; this offer made it a reality. I told myself, "No more excuses!" and sent her an email.

The first few classes I was scared and embarrassed. I was 27 years old and couldn't run more than one lap around the track. But I kept going and by the end of the sixth week I had finally lost some weight. I don't even remember the number because I told myself very early on that numbers don't matter, my health matters. And I felt healthier, both physically and mentally. I finally found something that worked and it wasn't a crazy diet or workout regime. It was group training. The group kept me accountable and motivated me. Every week I looked around and said, "They can do this and so can I."

As the weeks passed I kept going to group training and I made sure to do the homework every week. Whether it was repeating the workout again, cardio 3-4 times a week, or simply to record what you eat, I did it all. And the pounds kept coming off. There are days when it is harder than others but on those days you have Dana saying, "pain is weakness leaving the body" or "muscle burns more fat" and you grumble and keep going. But those are the things that stick with you when you are on your own and want to quit. It's like having a mini Dana on your shoulder when you work out.

After the first 25 pounds Dana asked me what my next goal was. Well, another 25 pounds right? Wrong. She knew my overall goal was health not pounds so she wanted my goals to reflect that. So I chose something I hadn't been able to do since grade-school... run a mile outside without stopping. It took a while to build up the courage to even run on the treadmill, let alone on the track. Outside running seemed impossible. I always thought I was too slow to be a runner, I would just look ridiculous. But I kept at it. It took about 9 months but I did it, I ran a mile outside! After much congratulations Dana smiled at me and asked, "What's your next goal? How about a 5K?" Who is she kidding? Me? A 5K? Ludicrous.

Now, another 9 months have passed, I have lost a total of nearly 75 pounds and I am signed up for the Shamrock Run 5K. Turns out I'm a runner after all. And it's been the group that kept me going. For over a year and a half I've been going to training; and while the class members may change the environment doesn't and it's the motivation and support that will help me achieve my next goal... whatever that may be.

EAT THE RAINBOW WITH A FIESTA BUFFET!

Hey families, looking for fun ways to bring healthier food habits into your home? Try creating a daily challenge to eat something from each color of the rainbow. It's a great way to make sure you eat a wide variety of foods, especially fruits and vegetables.

Here's just one menu and activity idea on "eating the rainbow". For this party meal, let the kids help choose and cook your foods. They will learn a lot and be more likely to try new things, like squishy, green guacamole or spicy pork taco meat. In a buffet, everyone creates his or her own plate of food with an attitude of adventure rather than pressure. Include "safe" choices, like different color tortilla chips, different salsas and different cheeses. Talk about how foods are explored, sampling tastes, smells and textures; encourage each person to create a meal that is just the way they like it. This positive relationship with food is good for you and fun!

- Tortilla chips of various colors (e.g. Blue, Yellow & Red)
- 2 small jars of mild salsa
- 1 small container sour cream
- **Max's Monster Mash Guacamole (see recipe below)**
- Shredded cheddar and/or Monterey Jack cheese
- Shredded lettuce greens
- **Terrific Taco Meat (see recipe below)**

Create a buffet with all the ingredients. Allow every person to fill his or her own plate. Explore the various colors and choices, and enjoy!



Max's Monster Mash Guacamole from Heidi Sivers-Boyce

Ingredients:

- 4 avocados
- 3/4 C. finely diced onion
- 1 C. diced tomatoes
- 1/3 C. chopped cilantro
- Juice of 1 lemon (to taste)
- Salt (to taste)



Method:

1. Cut avocados in half & remove the pits. Give each kid a large spoon to scoop the avocado out of the skin & into a bowl, mashing it along the way.
2. Kids can help with dicing if a tool like the OXO Food Chopper is available, otherwise leave it to the grown ups.
3. Blend avocados, onion, tomatoes & cilantro.
4. Add lemon juice & salt, adjusting to taste.

Terrific Taco Meat from Heidi Sivers-Boyce

Ingredients:

- 1 lb. ground meat (turkey, beef, pork or chicken)
- 1 C. enchilada sauce
- 1 packet taco seasoning
- 1 shredded zucchini or other squash

Method:

1. Brown meat in skillet on medium high.
2. Add enchilada sauce & seasoning packet, stirring until well blended.
3. Add in zucchini & lower heat, letting flavors blend while table is set.

GROUP FITNESS FEATURE:

Cinco de Mayo Zumba de Mayo!!

Celebrate your wellness journey this Cinco de Mayo! RiverPlace Athletic Club is hosting a Zumba Dance party with 'OAC Celebrity' instructor, Orlando Tercero. Take the MAX or drive on down, members from all three facilities are welcome for the same rate of \$5 per person. Pack the party and bring a non-member guest for only \$10! Dancing begins at 5:30 pm and the fiesta runs until 8 pm. There will be food, drinks, raffle prizes and even a piñata! Sign up at your club's front desk. For Kid Central reservations call 503.221.1212.



Orlando

April Member Appreciation Offers

MEMBER REFERRAL PROMOTIONS - GROW YOUR COMMUNITY

Spread the "Well'th," build your community

The Gift of Health: a 14 Day Trial Membership for your Friends & Loved Ones!

Exclusively available to our valued members. Build support for your healthy lifestyle within your own community. Give the gift of a 14 day trial membership to your neighbor, your book group buddy...or anyone you'd like to enjoy your club with. Simply register the name of your gift recipient with a club Membership Representative. Full facility tour with a club representative, waivers and enrollment are required, other restrictions apply. Registration is available for thirty days after the last day of the host club's April Wellness Week. Contact your Membership Department for full details.

Building Your Community Pays Off! Receive up to \$300 in Club Gift Cards!

You've all heard the health benefits of creating a community supporting your wellness journey, but now building your club network can make your pocketbook healthier too! When a new member joins during the month of April and lists you as the person who referred them, we'll give you a \$50 gift card. For the second membership, we'll give you \$100, and for the third, \$150! That's up to \$300 in club gift cards to use for that fabulous new Under Armour™ or Lucy™ outfit, that training package you've always wanted or that day at the spa you dream of. Restrictions may apply. Contact your Membership Department for full details.

Complimentary Wellness Week Event Guest Passes!

*OAC's unique Open Houses reflect our strong commitment to supporting each individual on their path to overall health and wellness. Help us show off by having a great time with your favorite people! Members may invite guests to each Wellness Week Open House event with **no guest fees!** This includes the Evening Soiree, Social and Brain Health Presentation, our "Featured Event" Group Fitness Launch for adults, and the Family Fun Party on Sunday for all ages. Club access will be limited to the event itself, so to enjoy the broader facility with guests, please inquire into guest memberships or 14 day trial membership gifts. Requires advance registration and sign in at the time of arrival, space is limited. Guests must be 18 or older, and must attend the event with a member age 18 or older. Other restrictions may apply. To reserve your guest passes, please call 503.726.3444.*

EXPERIENCE MORE AT THE POINTE SPA

Valued Member Special - Chocolate Papaya Mud Wrap, 50 minutes for only \$65

This unique treatment, world-renowned for its beneficial properties, pulls out impurities and nourishes the skin and body. Purchase price available to members only. No additional discounts may be applied. Service must be performed during the month of April, 2010. Savings of \$15.

Innovations Special - Bountiful Earth Pedicure Featuring Avocado, 55 minutes for only \$50

Avocado is known for its excellent moisturizing and nourishing properties for the skin. We incorporate this beneficial ingredient into our body mud masque, enhancing our Ritual Pedicure. Purchase price available to members only. No additional discounts may be applied. Service must be performed during the month of April, 2010.



**NEW LEAF
BISTRO**

\$1 off any entree

Offer good for \$1.00 off minimum \$5.00 New Leaf Bistro purchase. Must present coupon at time of purchase. One coupon per transaction. Valid April 1 to April 30, 2010.

For more information on
our classes or schedule,
visit us online at:
www.oaclubs.com

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