



**BETHANY**  
Athletic Club

# Member Newsletter

March 2010

"my home, my work, my club"

## MARCH CALENDAR OF EVENTS

- **Classic Family Fun**  
Sat 3/6 @ 10 - 11:30am
- **Running Club**  
w/ Hayley  
Saturdays @ 8am
- **4v4 Spring Basketball League**  
at RiverPlace  
Tue 3/9 @ 6 - 9pm
- **Top 10 for the Ladies Workshop**  
at Bethany Athletic Club  
w/ Jaime Lee  
Wed 3/10, 6:30 - 8pm
- **Daylight Savings**  
3/14 Spring Forward!
- **Shamrock Run**  
PDX event  
Sun 3/14
- **Registration for Spring Session I Begins**  
Mon 3/15
- **OAC Tri Club Hill Climb Bike Workshop**  
at Hawthorn Farm  
w/ Rod Ilg & Jim Yost  
Sat 3/20 @ 9am
- **Spring Break Camp**  
3/22 to 3/26  
Registration runs 3/01 - 3/15
- **Women's Running Training**  
w/ Hayley  
Wed 3/31 @ 4:45pm

## March is National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. For more information on the program, go to [www.eatright.org](http://www.eatright.org)

Since fall, we've been featuring a monthly "superfood" in our newsletters, bistros and Pointe Spas. Generally something that can be found locally and in season, and is known for its beneficial nutrition. Keeping with our green theme, March's superfood is seaweed.

## Super Seaweed

One of the oldest living species on the planet, ocean seaweed, offers incredible sources for nutrition, health and healing. In an excellent overview by a local store, New Seasons Market, the author states, "From the beginning, seaweed has been used to treat and heal almost all body systems including the respiratory, circulatory and digestive systems. This nourishing "weed" has been used to increase longevity, enhance immune function, and revitalize the nervous system." They go on to state that no other food possesses such a rich and wide variety of strengthening nutrients.

If the thought of eating seaweed makes you a little squeamish, consider Arame seaweed, a milder version compared to other seaweed varieties when it comes to taste. Seaweed is a natural source of sodium since it thrives in the sea - you may consider putting away the salt shaker when you discover its power in seasoning foods. As an added bonus, the plant is rich in minerals: magnesium, calcium, manganese, copper, phosphorus and iron. The March Superfood blends well with other flavors, consider adding it to recipes for a touch of marine flavor.

Check out page 3 for great seaweed recipes you can easily make at home - incorporating an amazing superfood into your family's diet!

## At a Glance

The Oregon Athletic Clubs (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.

Look for our April issue for a complete summary of our past, current and future efforts in protecting the health of our members and our environment!



## INSIDE THIS ISSUE:

sustainable  
weight loss  
page 2

"green"  
workouts  
page 3

member  
appreciation offers  
page 4

# Sustainable Weight Loss

by Jamie Lee

How often do you hear the phrases, "Join today and lose 15 lbs in one month!" or "Lose weight without exercising ever again!?" The internet, airwaves, and television are full of diets claiming to put you back in your high school jean size. The reality is this quick-fix approach doesn't address many of the key behaviors required to sustain weight loss; not to mention the nutrition risk many of these programs put you in.

Here are a few tips to help you begin a sustainable weight management program.

## ***Slow and Steady Wins the Race***

The National Institute of Health recommends weight loss at .5 - 1 lb/week for individuals with a BMI of 27-35, and 1 - 2 lbs/week for those with a BMI of greater than 35 lbs. To find your BMI go to: [www.nhlbisupport.com/bmi/](http://www.nhlbisupport.com/bmi/). Although marketers try to convince Americans that the fat can melt off with the right product or plan, crash dieting gives you a false sense of weight loss and actually slows down your potential to lose weight. When you begin a crash diet your body uses carbohydrate stores (glycogen). Water is stored in glycogen, so when you step on the scale you see a drastic weight loss related to water weight, not fat loss. Additionally, you begin to lose lean muscle mass (which is your friend when losing weight). Lean muscle mass has a higher calorie burning capacity than fat. What does all this mean? Crash diets will cause you to burn fewer calories and consequently lead to more weight gain when you return to your original eating habits. Instead, a slow steady approach to weight loss is a safe, healthy and effective approach over the long term.

## ***It's Mind Over Mouth that Matters***

The mind can be a powerful thing. It can lead you to say yes or no to the doughnuts in the break room, make you feel encouraged or defeated, and either support or destroy your efforts. This is why it is important to get your mind in sync with your goals. A great way to do this is by monitoring your thoughts throughout the day. What is your brain telling you? Is it saying, "I deserve to eat this treat because I've had a hard day" or "My friend is eating the chips and dip, so I won't feel guilty if I indulge"? Once you recognize what thoughts are sabotaging your attempts, make a concentrated effort to change them to a more logical, supportive thought. Ask yourself, what do I wish I would say in this situation? For example if the sabotaging thought is "You've tried dieting before and failed" consider changing the thought to "This time is different because I have the tools and strategies to be successful!" You may find it difficult to reach these positive thoughts to begin with, so start by putting down the supportive, new statement on a note card and read it when you recognize the negative thoughts creeping in. You can literally think yourself thin!

## ***Forgo Arbitrary Rules***

Whether they are self-imposed or from a magazine at the check stand, rules can actually hurt you. Rules can be very confusing and take you away from the truth about nutrition. There are rules with humble attempts to gain results, for example, not eating after 7 pm saves you calories from the late evening eating. But let's be honest, a potato chip at 5 pm vs. at 7:30 pm has the same effect if it becomes extra daily calories. And what if your body is truly hungry at 7:05 pm? *Am I Hungry?* developed by Margret May, MD is a mindful eating approach that explains why diets don't work and empowers individuals to lose weight by cueing in to hunger. Hunger is much different from a craving; hunger is a physical feeling designed to nourish your body with the nutrients and minerals it needs to survive and thrive, the same survival mechanism that you were born with. Research shows newborns and toddlers will eat exactly what they need to maintain a healthy weight. Imagine setting out a plate of food when a toddler is not hungry, he or she will push it away. Environmental cues and pressure to eat from good-intentioned parents cause intuitive eating to diminish. May states, "there's no diet or surgery that will free you from overeating or the need to diet chronically in order to control your weight," instead you can begin to develop a healthy, peaceful relationship with food by beginning to understand why, when, what, and how you eat. Learn more at [www.amihungry.com](http://www.amihungry.com).

Remember, it takes time to establish new behavioral habits, so don't beat yourself up. Take it one step at a time - the turtle does beat the hare!



## **How can the Point Spa Help Your Weight Loss Goals?**

*In talking to our members about their weight loss journeys, many share using a Pointe Spa service as a reward for achieving a benchmark goal along the way. Celebrating your successes is a wonderful way to maintain motivation over that steady approach to weight loss.*

Seaweed Salad from Recipezaar.com

**Ingredients:**

- \* 3/4 ounce dried wakame seaweed (whole or cut)
- \* 3 tablespoons rice vinegar (not seasoned)
- \* 3 tablespoons soy sauce
- \* 1 tablespoon sesame oil
- \* 1 teaspoon sugar
- \* red pepper flakes
- \* 1 teaspoon finely grated ginger
- \* 1/2 teaspoon minced garlic
- \* 2 scallions, thinly sliced
- \* 1/4 cup shredded carrot
- \* 2 tablespoons chopped fresh cilantro
- \* 1 tablespoon sesame seed, toasted



**Directions:**

1. Soak seaweed in warm water to cover, 5 minutes. Drain, rinse then squeeze out excess water. If wakame is uncut, cut into 1/2-inch-wide strips.
2. Stir together vinegar, soy sauce, sesame oil, sugar, pepper flakes, ginger, and garlic in a bowl until sugar is dissolved. Add the seaweed, scallions, carrots, and cilantro, tossing to combine well. Sprinkle salad with sesame seeds.

## “Green” Your Workout

by Kimberly Geist

According to the New York Times, research studies and programs are being implemented to explore the benefits of green exercise. Green exercise is any physical activity that takes place within the natural environment: gardening, walking, bicycling, running, jogging, playing outdoor sports, skiing, hiking, swimming, or anything else you want to do outside.

We know that sometimes there are factors that make it nearly impossible to find our way into the great outdoors - especially here in the Northwest with the amount of rainfall we receive each year. And we'll admit, here at Oregon Athletic Clubs it takes a lot of power, water and energy to run our clubs - providing you with an exceptional workout experience. However, there are many ways within our clubs in which you can green your workout routine!

Try our low or zero electricity fitness options which can sometimes help you expend more energy - resulting in more calories burned!

- Pilates
- Yoga
- Cycling studios
- Group Exercise Classes
- Squash or Racquetball
- Free Weights
- Resistance Bands
- Indoor Track
- Rock Climbing Wall (HFAC only)
- Elliptical Machines
- AMT
- Basketball
- Concept Rowers
- Jump Rope
- Stability Ball

One of the largest impacts on water use within our clubs is towel usage. Think of this - our commercial grade washers use approximately 74 gallons of water per wash cycle. If each member cut their towel usage to one sweat towel and one shower towel per visit, we could reduce our water usage by an estimated 740 gallons per day! That's approximately 260,000 gallons of water per year, per facility! That's almost enough water to fill an Olympic size pool!

Of course, drinking plenty of water is important when working out along with using a reusable water bottle, but afterwards, consider limiting your showers. They can use up to 25 gallons every five minutes. If you think about recycling and conserving water as just part of your regular exercise program, it might even take your mind off your workout. You'll be fit in no time and you'll also be helping the environment.

Like many Oregonians, at OAC the opportunity to be green is always at the forefront of our minds. By incorporating a few simple green practices into your workout or favorite sporting activities, you can help to sustain the planet and keep fit at the same time!

## MEMBERSHIP HAS ITS BENEFITS!

Oregon Athletic Clubs and Fit Right NW will be hosting a Running Event at **RiverPlace Athletic Club** on **Thursday, March 11th, at 5:30 pm**. Participate in a Q & A session with OAC's very own Ian Gillespie, a national record holder for Scotland (current 3000m indoors) and a member of the team that holds the British four by a mile relay record. Ian has competed at the World Cross Country Championships, the Commonwealth Games, The European Championships and the World Road Relay - just to name a few.

Don't forget - Fit Right NW is offering OAC members a 10% discount off all regular priced shoes, apparel and \*accessories during the month of March. Just show your member ID card to receive your exclusive discount



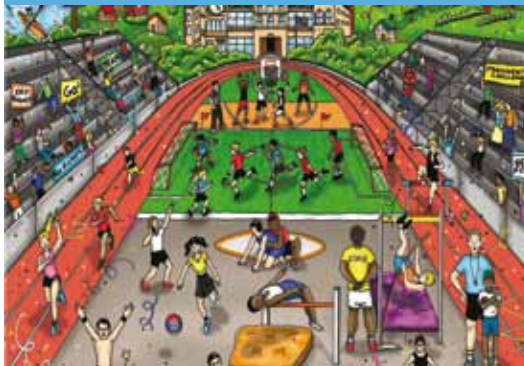
and don't forget...

Oregon Athletic Clubs and the Rose Quarter are partnering up to give special rates to our members! You can purchase discounted tickets for family events, concerts and shows at the Rose Quarter such as Disney Playhouse Live, Monster Jam, Harlem Globetrotters and Walking with Dinosaurs

Just log on to:  
<https://groupsales.rosequarter.com>  
User Name: Athletic  
Password: Club  
Enjoy the Show!

# STAY FIT

## SPRING CAMP SESSIONS



**March 22 - March 26**

9 am to 4 pm\* - camp sessions

\$249 / wk

(ages 6 - 13)

\*early drop off and pick up available at no extra charge

Enjoy:  
multi-sport activities  
gym activities  
pool activities  
crafts  
lunch & snacks provided

# March Member Appreciation Offers

## MEMBER REFERRAL PROMOTIONS - GROW YOUR COMMUNITY

Invite your friends and family to our locally-owned, family business and reap the rewards!

### **Complimentary upgrade to a Multi-Club Membership!**

Expanding your membership to include one of our sister facilities costs as little as \$7 a month!

Offer valid for existing members; does not change the term length of the original membership agreement. Other terms and restrictions may apply. Not valid with any other discount.

### **Refer a New Member and receive a \$50 Gift Card + an OAC earth-friendly water bottle!**

Applied to a current member's account for a future month's dues. Valid for any dues class, including individual, couple, family, mature and other rates. Non-transferable. Other restrictions may apply. Contact club membership office for more information.

## LONG-TERM MEMBER COMMITMENT REWARD

You asked us to bring back our prepay incentive, so we're doing it! A huge Thank You for all our long time members. We look forward to enjoying 2010 together!

### **Prepay one year's dues and receive a 10% discount!**

Available to new and existing club members. Does not impact membership agreement terms. Not valid for corporate membership or other discounted dues rates. Not valid with any other offers. Additional terms and restrictions may apply. Please contact the membership department for more information.

### **Sign a 12-month agreement, receive a gift card worth 10% of your annual dues!**

Existing members on a month-to-month agreement who would like to commit to a new 12 month agreement will get a gift card worth 10% of their dues at time of signing. New signed agreement subject to all terms and conditions of our standard 12 month membership agreement. Promotional gift card will expire within 12 months of date issues.

## MEMBER SERVICE ENJOYMENT REWARDS

### **Purchase a 3+ training package and receive a free Metacheck assessment!**

Training package must be purchased during the month of March and expires 60 days from time of purchase. Metacheck must be used prior to April 30, 2010. \$40 value. Offer code 09-190.

### **Gear Up for Spring - With a special offer from the OAC Proshop!**

Receive 20% off your purchase of \$50 or more in the Proshop! Offer valid on apparel only. Offer valid during the month of March and is not valid with any other offer, promotion or on prior purchases.

## EXPERIENCE MORE AT THE POINTE SPA

### **Valued Member Special - Pointe Facial, 55 minutes for only \$65**

Our professional experts will select a skin care line and customize each facial exclusively for you and your special needs. Purchase price available to members only. No additional discounts may be applied. Service must be performed during the month of March, 2010. Savings of \$15.

### **March Innovation Special - Ocean Song Pedicure \$50**

The amazing benefits of seaweed are numerous. We incorporate this superfood into our Ritual Pedicure. Only available the month of March 2010. Both members and non-members can enjoy. Other restrictions may apply.

For more information on  
our classes or schedule,  
visit us online at:  
[www.oregonathleticclubs.com](http://www.oregonathleticclubs.com)

Follow us on:



[www.bethanyathletic.com](http://www.bethanyathletic.com)



[www.twitter.com/oaclubs](http://www.twitter.com/oaclubs)