

EVENT CALENDAR

January 3

Winter PEAK Session Starts
Youth & Swim Classes

January 17

Month Long Marathon
Registration Starts

January 21

Fit Family Fun Night
5:30-7:30 pm

January 22

Group Fitness Launch &
WMP Booth & Event Table

BAC

Group Fitness Launch
9:00 am: BodyPump
10:15 am: BodyCombat
11:30 am: Zumba
WMP Booth & Event Table

HFAC

Group Fitness Launch
8:00-8:25 am: RPM
8:30-8:55 am: BodyPump
9:00-9:25 am: BodyStep
9:30-9:55 am: BodyAttack
9:55-10:20 am: BodyCombat
10:20-10:45 am: Zumba
10:45-11:10 am: BodyFlow
WMP Booth & Event Table

RAC

Group Fitness Launch
9:30 am: BodyPump
10:35 am: BodyCombat
WMP Booth & Event Table

Contact the Front Desk at your club for more information

Achieve Your New Year's Resolution with a S.M.A.R.T. Goal

Make this the year you achieve total wellness! Turn those resolutions into S.M.A.R.T. goals, which meet the following criteria:

SPECIFIC - Decide what you are going to do in detail.

MEASURABLE - Designed to track your progress and success.

ACTION BASED - Identify the behaviors you'll implement to achieve your goal and Wellness Vision.

REALISTIC - Be honest with yourself and set attainable goals. Break big goals into smaller steps to make them more approachable.

TIMELINE - Provide yourself with a timeline.

The research is clear—using this system improves success rates in all sorts of health arenas, from weight loss to sports performance. See yourself succeed and celebrate! Consider these examples of how members and OAC trainers have used the S.M.A.R.T. goal format:

Getting S.M.A.R.T. with Weight Loss

As a popular and highly active local Farmers Insurance agent, Bob Adams has every reason to want to be in good health. Bob writes, "I need to improve my energy levels in order to consistently grow my business. Plus, I need to lose 50-60 pounds and lower my cholesterol at my doctor's orders."

Story continued on **Page 2**

Getting S.M.A.R.T. - Hood to Coast

Cyril "Joe" Neicheril may be new to the BAC training team, but his experience is extensive. When discussing S.M.A.R.T. goals, he shared how this concept is at the core of a broader training plan.

"My client wanted to improve his performance in the annual Hood to Coast Relay. He struggled through it the last time, averaging 10:15 minutes per mile pace on each of his three legs. I did needs analysis on him to develop a ten week training program.

The needs analysis showed he had major muscle imbalances, did not run enough mileage to perform well, and needed to learn about pacing. We established the following S.M.A.R.T. goals:

Specific: A progressive weight training program to improve muscle strength and reduce imbalances. Mileage ramp up plan from 15 miles a week to 35 before the race and pacing drills.

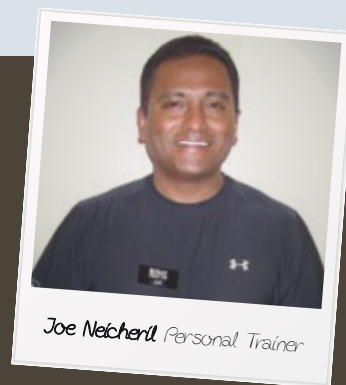
Measurable: We wrote down his progress for each muscle group and target area.

Action Based: A gradual build up based on the measurements above was achievable. For example, his mileage was increased 2 miles per week for ten weeks to increase his endurance until he reached 35 miles.

Realistic: He first wanted to ramp up to a 9 minute pace. We agreed on 9:30 as more realistic given his job and time considerations and current ability with a 10 week plan.

Timeline: We did weekly check-ins throughout the training period.

As a result, he averaged a 9:28 pace, and felt good for all three legs. It was a great success.



Joe Neicheril Personal Trainer



Member Bob Adams and Personal Trainer Hayley McKeen (above)

S.M.A.R.T. Goals *(Continued from Page 1)*

Bob realized the irony in professionally giving his clients fitness recommendations for rate or policy qualifications, stating, "I've had more than a few life insurance clients remind me I'm no cream puff myself."

This inspired Bob not only to join OAC's rapidly-growing Weight Management Program, but to take the huge risk of sharing his experiences with others throughout his weight loss journey. He'll be posting stories on our blog at oaclubs.wordpress.com.

Recently, Bob sat down with his WMP leader, Personal Trainer Hayley McKeen, to develop his initial S.M.A.R.T. goals. Here's one they came up with for portion control:

Specific: Decrease dinner portions.

Measureable: Bob is committed to tracking food in his WMP journal.

Action Based: He's also dedicated to measuring portions, using a smaller plate, and drinking a glass of water before eating.

Realistic: Bob will stay within his food plan and make sure he isn't eating too little, or getting too hungry to avoid binging or quitting.

Timeline: Hayley and Bob will assess progress together every two weeks.



Attend a **Free** Class: WMP Open House

It was clear that the OAC Weight Management Program (WMP) would be a good idea. Nearly half of all people joining our clubs cite weight loss goals as a chief reason for enrollment, and short-term classes OAC previously offered on the topic were always popular.

The first step in developing a signature three club program was to gather a panel of experts from nutrition, behavioral change, and fitness, who then conducted extensive industry analysis and member surveys to identify the best format. After two beta tests, the program was launched publicly this fall. "We're in this for the long haul," says the development team. "We'll continually assess results, scientific findings, and member feedback to update the program, offering our members the best."

The affordable program—only \$35 a month for OAC members—addresses nutrition, exercise and behavioral issues in weight management through weekly weigh-ins and supportive group

meetings. Program tools are based on the best research, not fads, and target lasting lifestyle behaviors. Classes are led by degreed professionals, and in most cases certified personal trainers, who are also available for one-on-one sessions for participants who want extra workout guidance or accountability.

The Group Fitness Launch on January 22 will include a Weight Management Program Booth & Event Table. Drop by or try out a sample class for no charge. The class schedule is as follows:*

BAC: Wed 10:30-11:15 am, 5:30-6:15 pm, Sun 2:30-3:15 pm

HFAC: Wed 10:00-10:45 AM, 6:00-6:45 PM

RAC: Tues 10:45-11:30 AM, Wed 5:45-6:30 PM

*Class times may be subject to change.

Food for Thought: New Leaf Bistro Gets S.M.A.R.T. About Nutrition

This January, OAC's New Leaf Bistros do more to help you achieve your health goals by offering fresh, high quality and convenient options, and listing full nutritional information on regular menu items. Never before has healthful eating been so easy!

You can also drop by the Bistro to pick up a copy of healthy recipes, featuring a monthly-rotating super food. At select times, those featured will also be offered as New Leaf specials. January's superfood is Citrus!

- Citrus Berry Smoothie
- Beet, Orange & Spinach Superfood Salad
- Soba Noodle Salad with Citrus Vinaigrette
- Orange Chicken Stir-Fry



NEW LEAF
BISTRO

Sing the Praises of Citrus



Citrus fruits—grapefruit, lemons, limes, tangerines and oranges—are in abundant supply during the winter months, adding bright flavor to Oregon’s blustery days. Citrus is well known to be a rich source of Vitamin C, which helps protect individuals from infection, can help keep skin smooth, heals wounds/cuts, and even assists in red blood cell formation and repair.

Weight Management Program Instructor and RAC Personal Trainer Melissa Augustine says, “It is well established that citrus is a rich source of vitamins, minerals and dietary fiber essential for normal growth and development and overall nutritional well-being.

However, it is starting to be appreciated that compounds found in citrus (like phytochemicals) can also help to reduce the risk of many chronic diseases.”

As a working mother, Melissa knows the importance of healthy, yet convenient, menus for the entire family. Here, she shares one of her favorite side dishes, which incorporates citrus.

Orange-Ginger Carrots



Start to Finish: 15 minutes, Makes 4 servings

- 16-oz pkg baby carrots
- 2 T. orange juice
- 1 T. honey
- 1/2 tsp. grated fresh ginger
- 1 T. snipped fresh parsley
- Fresh shredded orange peel (optional)

In a covered large saucepan, cook the carrots in a small amount of boiling water for 3 to 5 minutes or until crisp-tender.

Drain carrots well. Meanwhile, in a small bowl, stir together the orange juice, honey, and ginger.

Drizzle over carrots; toss to coat. Transfer the carrots to a serving bowl and sprinkle with parsley and, if desired, orange peel.

Exchanges: 2 Vegetables
Nutrition facts per serving: 67 calories, 0 grams total fat (0 grams saturated fat), 0 mg cholesterol, 70 mg sodium, 16 grams carbohydrates, 4 grams of fiber, 1 gram protein. Daily Values: 256% Vit A, 12% vit C, 2% calcium, 4% iron



“This carrot recipe is one of my favorites—the glaze is equally delicious over chunks of cooked sweet potatoes or winter squash.”

*- Melissa Augustine
 Personal Trainer, WMP Facilitator*

Winter Skin Care Tips

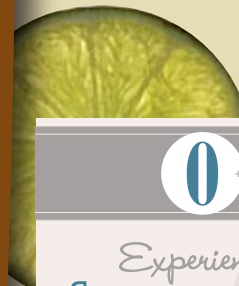
-by Esthetician Lisa Matayz

It is important to remember as the weather changes so should your skin care. There are two key areas to address. First, your skin requires additional hydration. Winter takes the water out of the skin leaving it parched and thirsty. Hydrate yourself from the inside out with lots of water and from the outside in with a nourishing and moisturizing cream. The Pointe Spa offers Masque N° 1 from Yon-Ka, which has been scientifically proven to hydrate deeply and effectively. Apply a small amount before bed and when you wake you’ll be amazed by the results.



The second skin care issue to remember is exfoliation. Exfoliation is paramount in the winter due to dead skin cells collecting in the fine lines making your skin appear dull and aged. There are many products and techniques for exfoliation. We recommend the Tri-Active Cleanse from Dermalogica.

For a personally-tailored recommendation, make an appointment with any of our professional estheticians at The Pointe Spa.





Experience more

{10% off*}



Yon-Ka
Masque N° 1



Dermalogica
Tri-Active Cleanse

Available at the Pointe Spa

*Must be purchased in the month of January, 2011.
 Cannot be combined with any other offer.

Member Appreciation Offers - January, 2011

Member Referral - *Reach Your Resolutions with a Friend!*

- **Refer a New Member to Any OAC Club, & Get a Free Month of Dues!**

New member specifies a current member's name as a referral source at time of joining. A credit in the amount of a month's dues is applied to the current member's account once the new agreement has passed the back-out period. Valid for any dues class, including individual, couple, family, mature and other rates. Other restrictions may apply. Contact the Membership Department for more information.

Long-Term Member Commitment Reward - *You asked us to bring back our pre-pay incentive, so we're doing it! A huge "thank you" to all of our long time members—we look forward to enjoying 2011 together!*

- **Prepay One Year's Dues & 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. Newly signed agreement subject to all terms and conditions of our standard 12-month membership agreement. Promotional gift card expires 12 months from issue date. May not be combined with other offers, additional terms and restrictions may apply.

Member-Only Service Promotions

- **Personal Training Package**

Kick your New Year off right with four, one-hour personal training sessions for only \$200! Must be purchased during the month of January and used by a member prior to March 31, 2011. \$280 value. Please contact the Fitness Department for full terms and conditions. May be purchased at the Front Desk.

- **Valued Member Discount - Pointe Facial for only \$65**

Our professional and extensively-trained estheticians will customize and prescribe a skin care program designed especially for you. \$72 value. Please contact the spa for appointments, as well as full terms and conditions.

Fit Family Fun Night

The name says it all. Fit Family Fun Night is a complementary evening of activities and fun for OAC members, especially targeting families with children ages 9 and under. Hosted in our gymnasiums, the January event will feature a martial arts demonstration, including the opportunity to participate. The night's fun will close with free play, offering scooters, balls, and even a Bounce House! Dinner will also be for sale in the New Leaf Bistro—everything your family needs to have a fun night is under one roof! January 21, 5:30-7:30 pm.



Month Long Marathon

Members of all ages get active with this healthy habits building program running February 1 to 28 in honor of Heart Health Month. Registered participants log every mile (or equivalent) of activity they complete during the month, earning drawing entries for fun prizes. Program participants receive a t-shirt (both adult and children's sizes available), pedometer and mileage card upon registration.

What a great way to keep your motivation up, build endurance, and have a blast! Registration begins January 17. \$25 per participant.



Bethany Athletic Club
NW Portland
503.690.2100
bethanyathletic.com



Hawthorn Farm Athletic Club
Hillsboro
503.640.6404
hfac.com



RiverPlace Athletic Club
Downtown Portland
503.221.1212
therac.com



The Pointe Spa
Located in all 3 clubs
503.726.3444
thepointespa.com