

Member SUCCESS

Timberhill Athletic Club

www.timberhillac.com

December 2006

Our mission is to provide a community of health, fitness, and fun for members of all ages.

It's the New Year! So what better way to lose weight than to diet, right? **WRONG.** Diets are the hardest thing to do because they don't work. Diets are not a behavior or lifestyle change that is conducive to success. Diets only work if you're on them. The only way to reach and maintain your goal is through lifestyle changes.

Small changes work best. Don't bite off more than you can chew. Simple things such as: changing to a lower percent of fat in milk, adding fruits to oatmeal or pancake instead of refined sugars, or reducing/cutting out butter. Was that donut worth the hour on the treadmill? Why not choose a crisp apple to wake you up instead of the mocha?

Just being involved and aware of what you're putting in your mouth makes a big difference. Try writing down everything you eat for a day or two. What have you noticed? What can you change to make it healthier?

If you have any questions or would like more ideas, please contact Julia Westbrook, TAC Nutritionist at:
Food4Nutrition@aol.com and make an appointment today!

Resolution: Firm determination; a course of action determined or decided on. A formal statement of a decision.

Make the commitment to yourself this year to put excuses aside. What is it that you would like to achieve? Do you really want to do it or will you just try to do it? In Star Wars Yoda says, "There is no try; do or do not, the choice is yours." Set realistic resolutions that are important to you. See yourself achieving your resolutions; you must believe it is possible. Stay confident by using words like can and will instead of try and can't. And make simple affirmations.

**Decide what you want, take responsibility, focus on the positive, and take action.
Create a healthy New Year, from all of us @ TAC**

Joe Beaver Radio Show @ TAC

Friday, January 19th from 12:00 - 2:00 pm

Join us for this live radio show and enter to win

prizes, take special classes, win basketball

tickets, and learn more about all

the programs we offer @ TAC.



Upcoming events @ TAC

January

8th: Basketball Leagues begin all week

8th and 9th: Group Swim Lessons begin, sign-up required

8th and 9th: Kid Hoopsters begin, sign-up required

9th: Volleyball Leagues

10th: Workshop w/ Clinic Staff, 7-8 pm

10th: Bellydancing Class begins, 12-1 pm w/ Tina

15th: School's Out, TAC is In, sign-up required

17th: Book review, 7-8 pm "Stumbling on Happiness"

19th: Joe Beaver radio show Live from TAC, 12-2 pm

20th: Winter Group Power Launch, team teach. 8am and 10:15 am, sign-up required

24th: Metabolic Syndrome discussion w/ DR Glenn Huerta-Enochian, 7-8 pm

26th-28th: State Handball Tournament

31st: Workshop w/ Clinic Staff, 7-8 pm

February

1st and 2nd: School's Out, TAC is In, sign-up required

12th: Kid Hoopsters begin, sign-up required

13th: Blind Date Racquetball Tournament

19th: School's Out, TAC is In

26th and 27th: Group Swim Lessons begin, sign-up required

**Kids Swim Workout
w/ Karen**

**Tuesday, Wednesday
and Thursday**

4:00-4:45 pm in the big pool

This is a non-competitive lap swimming class. It is free to club members ages 8-14 who are able to swim two or more laps in the big pool. We practice proper stroke technique, learn about fitness swimming and have fun while meeting new friends. No sign-up required.

Aquatics

Our next Group Swim session will begin January 8th & 9th and February 26th & 27th

We have 4 or fewer students in each class. Groups meet on Monday/Wednesday or Tuesday/Thursday. This session will run for **7 weeks!** We hope this will allow for students to get to know their teachers better. It will also make registration more convenient.

\$70.00 for Members
\$85.00 for Non-Members
Contact Shannon Brown to sign-up.

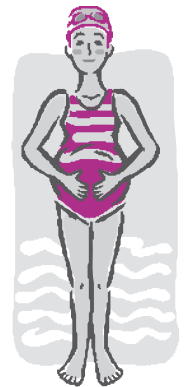
**Water Babies-Parent Tot
Class w/ Anna Marie,
Fridays @ 6:00 pm**

Class is for children 6-36 months and meets in the Warm Pool. We sing songs and play games to teach the basics of water adjustment, safety, and swimming techniques. Cost is \$45.00 for 9 weeks. Sign-up at the **front desk** or call Shannon Brown @ 757-8559 with any questions

Why Exercise in the Water?

Just being in the water causes you to exercise. Every move you make in the water has to be deliberate to resist the continual pressure of the water on your body.

- **Water Resistance:** Because the water is a thicker medium than air, by moving in the water the amount of resistance from the water can range from 4 to 44 times that of air. Using the resistance of the water in exercise is like exercising with weights or machines on land, but safer.
- **Buoyancy:** In chest deep water, approximately 90% of your body weight is buoyant, therefore you really are bearing only 10% of your weight when you exercise. Exercise in the water is much safer on your joints and muscles; virtually stress-free.
- **Water Temperature:** The water temperature is the same all year long. You do not need to contend with the variability of the elements; heat, cold, rain, snow, etc.
- **Cooling Effect:** Because of your constant movement in the water, cool water is continually moving around you, washing away your sweat and cooling you while you are exercising. You never feel over-heated and sweaty.
- **Massaging Effect:** The hydrostatic pressure; the pressure of the water on your body, joints, muscles and internal organs, massages and comforts your body while you exercise. You will feel less fatigue.



VARY YOUR WORKOUT! The type of workouts you participate in helps to determine the types of benefits you achieve. Because different muscles are used in different activities you should participate in several types physical fitness benefits. There are many types of water exercise classes to address the different physical fitness components.



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North Store: NW 29th & Grant, Corvallis • 452-3115

GROUP FITNESS JANUARY NEWS

Welcome to 2007! Our team looks forward to sharing many great workout experiences with you in the year to come.

What's your biggest obstacle to exercise?

For many people it is confusion over what to do and/or a busy schedule. If you've always wanted to get involved in group fitness but aren't sure where you'd be most comfortable, give Jen Humphreys (757-8559) a call. With over 75 classes a week to choose from, she would love to help you find just the right fit.

Pilates News: After much anticipation, we will again be adding a *second* pilates class to Tuesday/Thursday evening as of January 16th!

Hip Hop will move back to Studio B as of January 16th.

Thanks for your patience over the last couple of months!

Tuesday/Thursday

5:15-6:10pm Pilates w/Suzanne

6:15-7:15pm Pilates w/Angie

Please note that both classes will be held in Studio A as of January 16th.

BASIC STEP SATURDAY w/Brad

January 6th @ 8am & February 3rd @ 8am

On the first Saturdays of January and February, we will offer a Basic Step class. This is an opportunity to get an overview of basic step moves and a great workout; all in 45 minutes!

**NEW BASIC STEP Day & Time beginning January 16th
Tuesday/Thursday 4:30pm w/Suzanne**

(Please note that Mon/Wed 10:30 Basic Step will no longer meet as of January 16th)

Winter Release, Group Power Launch

Come check out the latest release with a fun team teach presentation!

Saturday, January 20th 8:00am (Sign up required)

Saturday, January 20th 10:15am (Sign up required)

Sunday, January 21st 4pm

Monday, January 22nd 5:45am and 6:20pm

Tuesday, January 23rd 9:20am



Cycling News

Look out for the following interest sheets:

Tues/Thurs 6pm Cycling

Friday 6am Cycling

Sign-up if you'd like to see either/both of these classes added to our schedule.

EARLY MORNING STEP IS BACK! BEGINNING JANUARY 16th!

**Tuesday/Thursday
5:45-6:45am w/Brad**

Brad will begin at 5:45 with 15 minutes of abdominal work. Then you'll hit the ground stepping at 6am for a full 40 minutes of cardio. A standing stretch will be included at the end.

Sunday Schedule Changes begin January 14th

Group Power will meet @ 4pm

Pilates will meet @ 5:15pm



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 Web-site: timberhillac.com
 E-mail: timberhill1@comcast.net
 Randy Huber, Owner

Club Hours

Monday-Friday 5 am-11 pm
Saturday 7 am-8 pm
Sunday 9 am-9 pm

Playroom Hours

Tue/Thurs 8:30 am-9 pm
Mon, Wed, Fri 8:30 am-8 pm
Saturday 8:30 am-1 pm
Sunday 4:00 pm-7:30 pm



**TIMBERHILL
 PHYSICAL
 THERAPY**

Are you ready to change your exercise routine? Do you want to do something new & different in 2007? Is your exercise program getting stale?

If you have any experience with the exercise ball, come and join us for a one time **Advanced Swiss Ball class** **January 24th from 12:00-1:00 pm**

Do you have nagging pain that is preventing you from completing your exercise program? Have you started a new program that has created some new aches & pains?

Let us help you keep your New Year's Resolutions for exercise in 2007.

If you are having persistent pain, an evaluation & specific treatment from a physical therapist may help you continue to meet your goal for good health in 2007!

It shouldn't hurt To be healthy

(editors note. This piece is just for the people who are NOT doing health. The highly motivated folks. You guys just go on. Get to your workout. Do your personal health plan. Keep seeking better eating habits. You're doing just fine. This part is for your friends, co-workers, neighbors. The fine folks who are having a hard time finding internal motivation. You know, the desire you have to do health in the "way" you do it. They're not there yet. They're interested. They're trying. Not as much as you. But give them time. They just haven't found something powerful yet like you have).

Now. I don't like to do "shoulds". I don't like to tell you what to do. (I do like to ask you if "you" have thought about doing health differently). But, maybe this time, this year you're ready for something different?

- this year focus on the "process". The "art" of exercising, or eating well. The daily experience. Create your personal wellness time as a good part of the day. Not a unpleasant task that you've been putting off till the last minute.

- Have a goal. But don't focus on the goal. Focus on the daily path to get to that goal. (This is where I kind of get philosophical). Do you ever notice when you're spending time at something, a hobby, even work, and really enjoying it, you enjoy that moment of the day? Create the same mindset with your health practices. It's okay to enjoy the process of being healthy. I know a lot of you didn't grow up with that message. But I'm here to change the rules of the game.

- Here's another thing I'd like you to change. (Sorry. I don't want to keep sounding parental but....) Stop "paying the price" (for health benefits) in the first few months, weeks in 07' Let the "athletic" personalities (re: me) act out those sport metaphors. Why make this painful when it doesn't have to be? It may take you a little longer to get to where you want to be, but if you're enjoying the ride, it doesn't matter. Personal health is not a sport season. It's a lifetime deal. You're not trying to make the team. Earn a letter. Get into finals. Get back to the real goal. Feel better. Feel energized. Keep risk factors as low as you can. This all fits into a **QUALITY OF LIFE** formula.

- And finally. Stay with me now. For some of you it may take longer than the first quarter 07' to find your routine. (I'm not using the word "program" anymore. I don't like it. Sounds too clinical). Don't quit. Don't give up. Remember. The real goal is to find a daily "health style" that matches your personality. When you find that, you'll be on the path to the long term goals that you're seeking. I know you want this. You're interested. We just have to shift your thinking around this.

Mike Waters, 757-8559, timberhill.mike@comcast.net
Happy New Year!