



# Pulse

**One life. Live it well.**



## **BEST TOTAL BODY TOOL! TRX SUSPENSION TRAINING**

**FREE Orientation and Sample Class  
Saturday November 7th 10.30 - Noon**

*Course: Thursdays at 6:30pm starting November 12th Members: \$79; Guest \$99*

*Limited availability for the course; orientation is a prerequisite. Call 295-6140 for more information.*

### **Ask yourself...Is It Time For A New Weight Training Program?**

**FACT: 90-95% of health club members do use the cardio machines or take classes with 80% having a goal of weight loss or firming up.**

**In the end these members very seldom reach their goals without assistance!**

**Here at The Athletic Club we want you to succeed in getting and keeping those desired results of your hard work and training.**

**It is time to book a session with a QUALIFIED TRAINER?**

**Did you know that a new program is included with your membership once every three months?**

**Book your appointment now at Reception.**

**Limited Edition TAC Gym Bags**

**Available at the FRONT DESK...Get them while you still can only \$35**

## Feeling Tired, But Don't Know Why? Easy Ways to Boost Your Energy

**Manage Stress Better** - Everyone knows that emotional and physical stress sap your energy. Bodies under stress pump out hormones, such as cortisol and adrenaline. High levels of cortisol, however, are associated with multiple health risks: They promote the development of visceral fat or internal belly fat; cannibalize muscle protein; and can shrink the hippocampus, an important part of the brain needed for memory and thinking. Mind-body exercises, such as yoga, Pilates, tai chi, a walk by the beach or in the woods, have all shown to be excellent stress-relievers.

**Sexual Activity** - Good sex isn't just fun, but offers multiple health benefits. Researchers from Scotland found that sex can reduce stress and lower blood pressure. Having sex once or twice a week has been linked to higher levels of an antibody called immunoglobulin A or IgA, which protects against colds and other infections.

**Exercise** - Even a brief bout of exercise (as little as 10 minutes) can bolster your energy and heighten your mood. Performed regularly and combined with healthy eating, exercise is a sure recipe for a healthier, happier lifestyle.

**Eating Right Starts With Breakfast** - You have been in a restful state for at least 8 hours, your body reserves are low. Your body needs some fuel to get running. Non-breakfast eaters not only risk feeling sluggish all morning, but are prone to binge-eating at lunch and constant snacking throughout the day, because they put their bodies into starvation mode.

**Power Nap** - You'd be amazed what a 10-15-minute "power nap" can do for extra energy.

**Sleep** - Get at least 8 hours - bottom line. Enough said!

**Get Your Fluids** - Not drinking enough? Dehydration can make you feel sluggish throughout the day. Drinking roughly half of your body weight in ounces of fluid per day (e.g., drink 75 ounces of fluid if you weight 150 pounds) is critical to your energy levels and good health.

**Listening to Your Favorite Tunes** - Music evokes various thoughts, feelings, and moods. It's no accident that many athletes plug in the tunes prior to a competition to get aroused or focus, depending on their individual goals and needs. So if you're in a bad mood, playing a favorite tune may be all you need to lift your spirits.

**Get Organized** - Being unorganized not only creates unnecessary stress in your life, but can quickly drain your physical and mental energy levels. Prioritizing tasks, keeping a daily planner for appointments, and organizing your work space, all save you the headache of trying to remember every detail while creating precious free time for fun activities.

**Playing** - Have fun. Laughing, playing around, and enjoying time with friends and loved ones can all brighten your day. Find whatever fun activity lifts your spirits, brings joy to your life. Do it often. A happy life will lead to a sound mind and a sound body.

# EXERCISE DURING PREGNANCY by Dr. Kathy Fulcher

Are you pregnant and thinking about how to keep fit as your body changes and your belly gets larger? Are you a keen exerciser or sports person wondering whether to give up your favourite activities, just in case?

It is perfectly natural to be concerned how activity might affect the growing baby and it is always hard to know how much, how often, which type etc. Research has shown that pregnant women respond positively to moderate, controlled exercise. However, it is important to realise that this is not the time to dramatically improve your fitness levels or body shape. During pregnancy, fitness goals should be directed towards basic maintenance, while post-partum is the best time for the safe return to the pre-pregnancy shape and tone.

It is important to remember the changes that are happening to the body during pregnancy to determine the right exercise approach. As pregnancy progresses the uterus becomes bigger, displacing the heart upwards within the chest cavity. The enlarging uterus rising higher in the abdomen, also prevents the diaphragm from expanding fully during respiration. As a result breathing becomes more difficult. In addition, a hormone called relaxin is released to relax the joints (to accommodate the increasing size). This results in the joints being more lax, and easier to strain or pull beyond their normal range. Increased flexibility in the sacral region (hips & lower back) may lead to considerable discomfort in the lower back and affect posture.

So having established that appropriate exercise is good in most (though not all pregnancies), lets examine the guidelines. It is important to regard pregnancy as an individual case and check with your doctor first to discuss any specific concerns for you.

## First Trimester

1. Mother's heart rate should not exceed 140beats per min for any prolonged period of time. It is important that mothers blood flow does not draw blood supply way form the baby
2. Aerobic exercise should be only continued for 20 to 30 minutes about 3 times per week
3. Take care not to overstress joints and avoid extreme ranges of motion.

Err on the side of caution in this early stage

## Second Trimester

1. Women at risk of premature labour should not exercise in the 2<sup>nd</sup> and 3<sup>rd</sup> trimester.
2. Exercise intensity should be constant and " talk test" is a good guide. The 140 beats per min is also a good threshold.
3. Ideal aerobic activities include swimming, walking, stepping, cross-trainer. Jogging is ok if you were a runner before
4. Avoid lying on your back for more than 2 minutes to do abdominal exercise, these can be done in alternative positions.
5. Moderate exercise about 3 to 5 times per week throughout pregnancy is fine if you were previously active
6. Allow a 10-minute cooling down period after exercise.
7. You are more included to overheat so drink plenty of water and don't allow yourself to get too hot
8. Vigorous exercise may be risky so avoid it
9. Calorie intake should be adequate to meet the additional needs of pregnancy as well as that for exercise

Keep to a healthy pregnancy diet of fresh fruit and vegetables, lean meat, fish and chicken, pulses, milk products, wholegrain cereals, grains and breads

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**Live It Well.**

### **One on One Personal Training**

Fact: Only 25% of regular exercisers get the results they want. Of those, 90% hire a trainer

#### **Member prices:**

55 min 1 session \$65  
55 min 5 sessions \$315  
55 min 10 sessions \$600

25 min 1 session \$38  
25 min 10 sessions \$360  
25 min 20 sessions \$680

#### **QUICK FIX**

24 sessions 25 minute sessions, given 3 times a week \$ 720

#### **Non-members:**

add \$20 per 55 min session and \$10 per 25 min session

## **Top Six Misconceptions about Exercise**

1. Women who lift weights will get bulky muscles
2. Spot reducing is possible
3. No pain, no gain
4. Exercise requires a hefty time commitment
5. If you exercise, you can eat whatever you want
6. There's a magic bullet (quick fix) out there somewhere

### **Tuesday Night Chicken**

8 Lg. chicken thighs  
2 tbsp + 2 tbsp Mrs. Dash or any other no salt seasoning (reserve 2 tbsp)  
2 tbsp olive oil (reserve 1 tbsp for later use)  
2 tbsp balsamic vinegar  
1 clove garlic, chopped  
1 tbsp Fresh cracked pepper  
1 28 oz can of chopped tomatoes  
16 oz of fresh sliced mushrooms (button, crimini, portabellas, whatever you like)  
½ C chopped basil  
1 bag of fresh prewashed spinach

Drizzle and rub 1 tbsp of olive oil over the chicken now sprinkle the no-salt seasoning all over. In a med high skillet add the other tbsp of olive oil and gently place the chicken in skin side down. Let cook for about 10 to 12 minutes until golden and turn over. Now add the sliced mushrooms and continue to cook for another 5 minutes, now add garlic and crushed tomatoes, 2 tbsp of no salt seasoning, balsamic vinegar and pepper, place lid on and turn down to low to simmer for another 20 to 25 minutes. Serve hot on a bed of spinach and topped with the basil...enjoy!

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon. ~Doug Larson

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**athleticclubnet.com**

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