

CREATING HEALTHIER TOMORROWS

SAC

STILLAGUAMISH ATHLETIC CLUB

4417 172nd Street NE
Arlington WA 98223

www.sacfitlife.com
360.435.9404



Gifts of health

- * Youth Strength Class
- * Personal Training
- * TRX Session
- * Membership
- * Club Gift Card



AQUATICS

During our local school's holiday break SAC will not have group swim lessons. Private swim lessons are instructor dependant.

Non-members can come to our Family Swim times during the holiday break with the Community Swim price of only \$5!

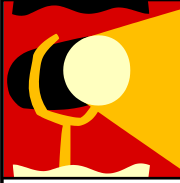
DECEMBER SPECIAL

Help us help the community during our gift card drive. Enroll at SAC during December with a gift card to a major retail store and we will waive your enrollment fees.

SINGLE: \$50 CARD

COUPLE: \$65 CARD

FAMILY: \$85 CARD



Read about Craig and Kay. Be Inspired!

My wife Kay and I joined SAC in September of 2014. We started doing aqua aerobics 3 times a week because my wife's doctor told her that exercising in the water will strengthen her knees and decrease the pain she experiences daily. Since then, Kay's knees are beginning to feel better.

I had polio in 1953 before the vaccine came out. I lost most of the muscle in my neck and shoulders. Because of this I had to build new muscles. Throughout the years, I would have neck and shoulder spasms. I did weight lifting for many years. However, in my 40s, I found out about post-Polio Syndrome. Post-polio syndrome (PPS, or post-poliomyelitis syndrome or post-polio sequelae) is a condition that affects approximately 25–50% of people who have previously contracted polio—a viral infection of the nervous system—after the initial infection. Typically the symptoms appear 15–30 years after recovery from the original paralytic attack, at an age of 35 to 60. Symptoms include acute or increased muscular weakness, pain in the muscles, and fatigue. After this diagnosis, the doctors told me no more weight lifting, just stick to walking and swimming. Since joining SAC and swimming regularly, my quality of life has been improved. My muscles and joints were always sore, but I am now almost pain free. Kay and I love going to the classes. We feel good about how much better we feel after a work out! -Craig



Craig & Kay with their 1st grandson

PUMPKIN PIE PROTEIN CUPCAKES

Ingredients

- 1 1/2 cups pumpkin puree
- 3/4 cup unsweetened apple sauce
- 1 egg
- 1 tablespoon vanilla extract
- 2 scoops vanilla protein powder
- 1/4 cup ground flax seeds
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon pumpkin spice

For the frosting:

- 3/4 cup plain greek yogurt
- 1 tablespoon honey
- 1 teaspoon cinnamon



Directions

1. Preheat oven to 350 degrees F.
2. Mix wet ingredients (pumpkin, apple sauce, egg, vanilla extract) together in a mixing bowl.
3. In a separate bowl, mix together the remaining dry ingredients. Slowly add the dry ingredients to the wet ingredients and combine, be careful not to over mix.
4. Pour batter into a greased muffin tin, filling each tin to about 3/4 full.
5. Bake for approximately 18 minutes, or until you stick a toothpick in one and it comes out clean. While the muffins are baking, mix together the greek yogurt frosting ingredients. Top each muffin with a dollop of the greek yogurt frosting mixture. Sprinkle with additional cinnamon.

The only bad workout is the one that never happened.

ON THE CALENDAR

Second Week Specials

- Monday December 8th :**
25 % off Clothing
- Tuesday December 9th:**
Bring One Free Guest to
Community Swim
- Wednesday December 10th:**
25% off Premier Protein
Bars
- Thursday December 11th:**
Free Guest Day
- Friday December 12th:**
Free Childcare Day
(limit of 2 children for 1 hour)

**Racquetball skills
need tuning?**

Need started?

**Our Free Racquetball Clinic
is Wednesday, Dec. 10th
from 6-7pm.**

**No need to sign up,
just show up!**

Try out the latest explosive, dance
format class, **MixedFit**, that
mixes dance moves and toning
moves from boot camp.

Wednesday, December 10th 7pm
Saturday, December 13th 10am

We want your opinion so come
join in on these Demo classes!

**DECEMBER
NEWSLETTER**



Making the Right Choices

December can be full of family, friends, memories, snow, festive lights, and a lot of food. Staying healthy during events packed with food is made simpler with small choices. For instance decide to focus on one 'healthy choice'. Skip the alcohol, appetizers or dessert. Following one healthy rule will seem easier to follow.

Another option is using a smaller plate. When dishing up, grab a plate from the dessert or appetizer section. Smaller plates can equal less food.

For fun, make conversation active by taking your family and friends for a walk before or after dinner. This will burn up some calories while opening up the time to chat with your loved ones.

Sometimes just knowing what your calories equal help in putting down the fork. The following shows the work some desserts will require:

- * 3 Milk Chocolate Truffles 220 calories = 45 minute cardio/sculpt
- * 3 Christmas Cookies 360 calories = 45 minute intervals on bike
- * 3 square of Peppermint Bark 200 calories = 35 minute brisk walk
- * 1 slice of Coffee Cake 550 calories = 90 minutes of skiing
- * 1 slice of Pecan Pie 505 calories = 1 hour of ice skating

Most importantly, enjoy your holidays while enjoying your health. You are worth it!

SAC Christmas Schedule

- Wednesday, Dec 24th Club Hours 5am-1pm Regular AM classes Thursday, Dec 25th Closed
- Friday, Dec 26th Club Hours 8am-10pm 9am Aqua Zumba 9:30am Step 9:30am TRX
- Wednesday, Dec 31st Club Hours 5am-5pm Regular AM classes
- Thursday, Jan 1st Club Hours 8am-1pm 9am Aqua Fitness 9:30-10:30am New Years Workout

DID YOU KNOW?

The SAC offers Corporate Memberships. Is your employer a member yet? Health-related employee productivity is a primary issue for every business and yet only a few employers have a health and wellness strategy!

Employees in good health are **3 times more productive**, make **60% fewer errors**, and **cut sick days in half!** Best part, healthy employees AND bosses are **70% less stressed out!** Suggest the benefits of corporate membership today!

