

## CREATING HEALTHIER TOMORROWS

# SAC

**STILLAGUAMISH  
ATHLETIC CLUB**

4417 172nd Street NE  
Arlington WA 98223

www.sacfitlife.com  
360.435.9404



**Keep Calm.  
Family Fun Night  
is almost here!**

**Friday, June 12th  
5:30-8:30pm**

**School is out and  
Summer is here.**

**Join us for a School's  
out PARTY during our  
Family Fun Night!**

**-Partner KidsFit with  
Ben 6:30-7:00pm. Kids  
bring an adult to be your  
partner (or we can find  
you one).**

**-Dance with your part-  
ner in the pool during  
Aqua Zumba with Lara  
7:30-8:00pm. (Fun re-  
quired, a partner is not).**

**Free for Members or \$3  
per child or non-  
member. Snacks, Fun,  
Open Swim, Games and  
Childcare INCLUDED!**

**AND...BRING A BOOK  
FOR OUR BOOK**

**MO-TI-VA-TION/ ,mōdə'vāSH(ə)n/** Internal and external factors that stimulate desire and energy in people to be continually interested and committed to a job, role or subject, or to make an effort to attain a goal.

Motivation is found with the beautiful lady who often greets you when you enter SAC. Here is JULIE'S STORY:

I have an amazing mom who taught me many things. She taught me how to be kind, how to show respect, and how to help those in need. She imparted words of wisdom that have helped me throughout my life: Excuses please only those that make them, life isn't fair, do your best. I'm not sure it ever occurred to her to teach me about healthy eating habits and exercise. Probably because I was a skinny kid who stayed active, all the way through college. It wasn't until my late twenties that I started having weight problems. I've struggled with weight, body image issues and horrible eating habits for the past twenty years. I've tried most of the diets out there and I've gone through periods of time where working out is part of my daily routine. I'd lose a little weight, start feeling better about myself, then I'd go right back to my bad habits.

In January of this year I made a commitment to myself to get it together. What makes this time any different than the times before? First, I took a real hard look at what I eat and more importantly, why I'm eating it. Second, I didn't do this alone. I found a partner in crime that also made a commitment to do this right. Lastly, I hired a professional.

I have worked at SAC for almost ten years. As someone who works in the fitness industry I can explain the benefits of a proper diet, a supportive environment and why personal trainers are an excellent resource for anyone. Of course, being able to explain these concepts vs. having personal experience with them has been eye opening for me. The firsthand knowledge that my personal trainer, Ben Cotton, has taught me will stick with me for life. My workout partner, Carla Gastineau, has been an inspiration to me. The members and my co-workers (aka, my staff family) have encouraged and supported me. I know that my commitment got me started, but it is SAC's commitment that keeps me going!



**DON'T WAIT!  
DUCK DASH TICKETS SOLD HERE!**

The Great Stilly Duck Dash will be ringing in its 27th year. Through the efforts of Rotary, money raised from the selling of tickets will be used to transform Arlington's Haller Park into a Splash Park. A place for families to enjoy for years to come. 

Your purchased ticket # will be associated with a rubber duck entered into a Duck Dash Race on July 4th. Fingers crossed your duck is the winning one as wonderful prizes are given out every year. Buy your tickets at Stillaguamish Athletic Club. With your purchase you can also vote on.....THE Great SAC STAFF DASH!!!!!!

<b>Brain Threats</b>		<b>Brain-Protectors</b>	
Saturated fats		Vitamin E	
Trans fats		Beans and chickpeas	
Excess iron		Blueberries and grapes	
Excess copper		Green leafy vegetables	
Aluminum		Sweet potatoes	
		Vitamin B12	
<b>For Extra Power</b>			
Exercise	Intellectual stimulation	Sleep	

**Never let the things you want make you forget the things you have.**

# JUNE NEWSLETTER



## ON THE CALENDAR

### Second Week Specials

Monday, June 8th:

Bring One Guest to Family Swim  
**FREE**

Wednesday, June 10th:

Premier Protein Bars 1/2 Off

Thursday, June 11th:

Free Guest Day

Friday, June 12th:

Free Childcare (up to 2 children 1 hour max)

### FREE Racquetball Clinic

This clinic is free!  
Bring a friend and learn to  
become a better player or  
just learn how to  
be a player.



Tuesday, June 9th 6-7pm

Racquetball was made an  
official sport in 1952 under  
the name "paddle racquets."

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OUR SUMMER PROGRAMS ARE UP:  
GIRL POWER \* YOUTH STRENGTH  
TRAINING \* MORNING KIDSFIT  
+ TRX SUMMER SPECIAL 30% OFF



## EXERCISE: THE MIRACLE CURE-ALL?

We know there are many benefits to regular exercise. After sifting through study after study, professors at the Academy of Medical Royal Colleges in the United Kingdom have labeled exercise a miracle cure.

The organization, which "speaks on standards of care and medical education across the UK," recently released a report titled *Exercise: The Miracle Cure and the Role of the Doctor in Promoting It*. The goal of the report, according to professor Dame Sue Bailey, who chairs the academy, is to provide doctors with tools that will help them promote exercise to patients. One of the benchmarks of the report explains just how valuable physical activity is as a preventive measure against a wide range of diseases and ailments.

Because we can always use more ammunition to motivate clients, here is a breakdown of some of the benefits of exercise, according to the report:

- 31% reduction in cardiac mortality
- 90% improvement in self-esteem and well-being (from outdoor activity)
- 25%–53% reduction in pain symptoms among osteoarthritis patients
- 57% lower rate of prostate cancer progression
- at least 10 mm Hg drop in blood pressure among 31% of patients
- 50%–80% reduction in risk of developing type 2 diabetes
- 30%–50% reduction in risk of falls among older adults
- 30% lower all-cause mortality rate
- 45% reduction in risk of bowel cancer

While the report's primary goal is to prepare doctors to promote activity among patients, the authors also put out a call-to-action to the fitness industry: "In a wider context, sports and recreational facilities need to actively seek a diversity of clientele, and infrastructure is needed to support more active travel and outdoor spaces."

Gain access to the full report at [www.aomrc.org.uk/publications/reports-a-guidance?view=docman](http://www.aomrc.org.uk/publications/reports-a-guidance?view=docman).

