

## CREATING HEALTHIER TOMORROWS

# SAC

**STILLAGUAMISH  
ATHLETIC CLUB**

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Arlington WA 98223

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### Be inspired...Terry's story

I used to walk quite a bit but as I got older walking became difficult. As I would walk, I would get shooting pain in my buttock and my hips would lock up. If I

stopped and sat for a minute or two I could continue on but finding benches while walking was difficult. My chiropractor suggested I get an x-ray of my lower back to see if there was a problem. I went to the VA and had it x-rayed. They found my spine had a slight twist and curve. There was also arthritis build up affecting the nerves. They gave me a walker and suggested physical therapy. I took the walker and used it only when I had to walk someplace where benches were not available (not that ego had anything to do with it). I did some therapy but going to the Seattle VA was long and time consuming not to mention getting into the pool was scheduled up to 2 months out already.

We had just moved to Arlington and I kept driving by Stillaguamish Athletic Club thinking I should check it out. My bad memories of other clubs (dollars and people) were stopping me. Finally, after a trip to New York, and having to get from one terminal to another while stopping and fighting the pain, I decided to stop in the club in December. I was surprised at how friendly the people were and that it was priced right. The big thing was the classes were included with my membership and so I enrolled.

I then decided to take water aerobics classes. I started on a Monday at 1pm and was worn out after it, but was going to stick it out for the month! I decided to do the Monday, Wednesday and Friday 1pm class. Of course Wednesday, was Lara (thank god for ice packs) and I thought "what the heck have I gotten myself into?" After Friday's class, I realized it wasn't too bad and I was feeling better. The next week I supplemented the classes by walking in the pool on Tuesday and Thursday. I was hurting less and feeling better.

Surprisingly, with all the fun I have been having I was getting fit. I had noticed that I was walking more and not having the back and butt pain that had previously hindered me. What brought it home, was my wife and I were at the mall to pick up a few things, and low and behold I walked an hour through the mall and didn't stop once. Not once. I didn't even notice until my wife said "did you know you didn't have to stop once"? After that, I put the walker in the shed and hope never to use it again. So thank you SAC staff for caring and making the journey fun. I especially want to thank Juanita and Lara whose classes and encouragement have been there along the way.

-Terry Johnson

A few bonuses:

Lost 12 lbs so far

Blood sugar levels and A1C dropped

Put the walker away

Walking more stopping less

Feel better and have less craving for the junk food

Thinking about working up to the TRX (Chiropractor thinks it would be good for me)

Enjoying the classes more than ever

### SHRIMP, MANGO AND BLACK BEAN SALAD. SUPERFAST AND HEALTHY

Serves: 4 Hands-on Time: 20 minutes Total Time: 20 minutes

#### INGREDIENTS:

- 1 15-oz BPA-free can unsalted black beans, drained and rinsed
- 1 large mango, peeled and chopped
- 1/2 small red onion, thinly sliced
- 4 cups packed chopped romaine lettuce
- 2 cups packed shredded red cabbage
- 1 lb frozen cooked medium shrimp, thawed

#### VINAIGRETTE

- 3 tbsp safflower oil
- 2 tbsp fresh orange juice
- 4 tsp white wine vinegar
- 1 tsp Dijon mustard
- 1 tsp raw honey
- 1/4 tsp sea salt

Nutrients per serving (1/4 of salad): calories: 381, total

fat: 11 g, sat. fat: 1 g, monounsaturated fat: 2 g, polyun-

saturated fat: 8 g, carbs: 38.5 g, fiber: 8.5 g, sugars: 18 g, protein: 35 g, sodium: 303 mg, cholesterol:

214 mg



**INSTRUCTIONS:** Prepare vinaigrette:

In a small jar with a tight-fitting lid, combine all vinaigrette ingredients and shake. In a large bowl, combine beans, mango, onion, lettuce and cabbage. Toss with dressing. Divide among 4 plates and top with shrimp.



**Sometimes you win. Sometimes you learn.**

ON THE CALENDAR

**Second Week Specials**

**Monday, March 9th:**

**Free Guest Day**

**Thursday, March 12th:**

**Free Childcare** (up to 2 children 1 hour max)

**Racquetball Clinic** →

**Wednesday, March 11th 6-7pm**

**class updates**

**Monday 5-5:30pm TRX Core Circuit**

**Wednesday 5-5:30pm Pilates**  
(starts end of March)

**Monday 6:30-7:30pm Aqua Zumba**

**FRIDAY MARCH 27TH 5:30-8:30PM**  
**FAMILY FUN MOVIE NIGHT**

**FEATURING: BIG HERO 6**  
showing at 5:30pm & 7:00pm

**POOL OPEN WITH TOYS ALL NIGHT.**

**Kids wear your PJ's and bring your pillow & blanket for the movie (optional). Included with Family Membership or \$3 person. Includes**

**TRAINER TALKS:**  
**HAVE A BALL**

**TUESDAY, MARCH 17TH, 2015**

**AT 10:30AM OR 5:30PM**

**COST: \$10 FOR 60 MINUTE SESSION**

Increase your Fitness knowledge in 2015 with an interactive trainer talk. Sign up today for one of these great sessions and learn the many uses of the stability ball! These balls found in most gyms and homes can help with stability, balance and strength. Sign up at front desk. Look for new trainer talks each month.



**MARCH**  
**NEWSLETTER**



*A hidden workout in our northeast corner*

Unless it is part of your normal routine, walking into the club and passing by the door on the northeast corner is easy. This area holds our active racquetball court. Members can reserve this space, for no cost,, up to 48 hours in advance. Once inside a great game of racquetball can begin. If you have never played racquetball, show up for one of our FREE racquetball clinics. The next one is Wednesday, March 11th, from 6-7pm. Racquetball is a great addition to any active lifestyle.

**Some benefits of playing racquetball.**

Racquetball gives you an intense workout that keeps you on your toes in a fast-paced game. You can play all year long in one of the more than 3,500 indoor facilities around the globe. Once inside the court, racquetball requires little equipment — just shoes, glove, goggles, ball and racquet. Less rigid than tennis, racquetball offers numerous physical and mental benefits.

**Burn Calories**

A one-hour game of racquetball burns more calories than an hour of many activities, including aerobics, circuit weight training, basketball and tennis. Depending on your intensity level and weight, you can burn over 700 calories playing racquetball. For a casual, moderate-intensity game, you will burn 511 calories if you're 160 lbs., 637 calories if you're 200 lbs. or 763 calories at 240 lbs.

**Strengthen Bones and Muscles**

A weight-bearing exercise, racquetball makes your bones and muscles stronger, while slowing bone loss. You can develop and maintain muscle tone throughout your body as you use all your major muscle groups in a racquetball game. Because you're in constant motion, racquetball benefits your most important muscle — your heart. One hour of play is equivalent to running 2 miles. Your heart rate can increase and maintains at 70 to 80 percent of its maximum

**Improve Balance, Coordination and Flexibility**

In order to run across the court and dip low to hit that returning ball, you need balance coordination and flexibility. You may stumble and miss that shot in your first game, but through practice, your hand-eye- coordination and balance improves. You use a wide range of motion in racquetball, forcing your body to stretch, in turn increasing your flexibility. To avoid pulling a muscle in the game, stretch before you play.

**Reduce Stress and Health Risks**

Any physical activity can reduce stress by increasing your endorphins, but racquetball can especially erase your worries. When you're caught up in the intense back-and-forth of racquetball, you're not thinking about the day's problems or tomorrow's to-do list. Shedding the day's tensions can lead to daily improvements in energy and optimism in all that you do, says MayoClinic.com. Regular physical activity through racquetball can reduce or eliminate your risk for many health problems, such as high blood pressure, diabetes and obesity. Racquetball can also reduce your risk for coronary heart disease by reducing your trigly eride levels and increasing your "good" cholesterol.

**Friendships**

Friendships are formed through racquetball. Over the years of playing you become friends with other players in your town,.

Source:The benefits of Racquetball: [letsplayracquetball.ca](http://letsplayracquetball.ca)