

CREATING HEALTHIER TOMORROWS

SAC

**STILLAGUAMISH
ATHLETIC CLUB**

4417 172nd Street NE
Arlington WA 98223



www.sacfitlife.com
360.435.9404



It's Cold...

At this time of year there may be periods of inclement weather which may make driving to the club hazardous. To keep our members informed, we have adopted the following policy: If Arlington School District schools are running on a 2 hour delay, all morning classes will be cancelled. Afternoon and evening classes will run as scheduled. If Arlington School District is closed for the day due to inclement weather, all morning SAC classes, childcare, and programs will be cancelled. The decision to run evening classes & programs will be made by 4pm. Please call the club. Personal trainers and swim instructors will notify their clients directly if he/she is unable to drive safely into the club. Trainers will reschedule your appointment if needed. The Stillaguamish Athletic Club will be open as long as there is power. With extreme conditions, club hours may be altered. Please check our Facebook page, webpage www.sacfitlife.com, or voicemail for updates.

360.435.9404

Is your favorite activity limited due to the cold weather? The good thing is, **RACQUETBALL** works almost every muscle in your body and can be played in our court year round! And best of all, it's **FUN!**

JOIN CHRIS KNIGHT FOR OUR **FREE**
RACQUETBALL CLINIC ON WEDNESDAY,
NOVEMBER 12TH FROM 6-7PM.
NO NEED TO SIGN UP! JUST SHOW UP!



THANKSGIVING SCHEDULE AT STILLAGUAMISH ATHLETIC CLUB

THURSDAY NOVEMBER 27th: CLUB HOURS 8-11AM NO CHILDCARE
8:30-9:15AM INTERVALS + 9:15-10AM ZUMBA = THANKSGIVING DAY WORKOUT
ALL GUESTS FREE THANKSGIVING DAY WITH 5 NON PERISHABLE FOOD ITEM DONATIONS

FRIDAY NOVEMBER 28th: CLUB HOURS 8AM-9PM
9AM AQUA FITNESS 1:00PM AQUA FITNESS

SATURDAY NOVEMBER 29th: REGULAR CLUB HOURS
8AM YOGA 9AM ENERGIZER ZONE 10AM ZUMBA

SAC FOCUSES ON YOUTH ACTIVITY

Are you are looking for a structured program that keeps your child active? Then make sure to bring your kids, ages 5-11, to our new Kids Fit Class. With physical education programs available in school, our kids need more opportunities to experience the joy of moving. This class will be held in our functional training room and will provide exercise and games to increase fitness, agility, endurance and most of all- FUN!

This kids class is on the schedule Tuesdays and Thursdays from 5-6pm. If your children are on your membership the class is included. Please stop by the member specialist area or front desk if you need to upgrade your membership type. Any kids not on the membership only need to pay a \$5 drop in fee per class.

Now you and your child can both get a great workout!

LIKE US ON FACEBOOK

"We can't become who we need to be by remaining who we are"

ON THE CALENDARSecond Week Specials

Monday November 10th :
Bring One Free Guest to
Community Swim

Tuesday November 11th:
25% off proshop snacks
or drinks

Wednesday November 12th:
Free Guest Day

Thursday November 13th:
Free Childcare (limit of 2
kids for one hour)

Friday November 14th:
25% off clothing



HEALTH & FITNESS FAIR

MONDAY NOVEMBER 3RD
8AM-1PM, 3PM-7PM

Browser Vendors Giveaways
Flu Shots at 9am and 5pm
Try Samples Free Childcare
Free Guest Day Sign up for
Hydro Static Body Fat Testing
Enroll and receive November
FREE

Family Fun Night

Friday November 7th, 2014
5:30-8:30pm

Swim, have snacks and make fun,
active memories!

Free for Members
Only \$12 per non-member Family

NOVEMBER NEWSLETTER



Should you exercise while sick?

Let's get one thing clear from the start: there's a difference between "working out" and "physically moving the body."

A structured workout routine — one where you're breathing heavily, sweating, working hard, and feeling some discomfort — awakens a stress response in the body.

When we're healthy, our bodies can easily adapt to that stress. Over time, this progressive adaptation is precisely what makes us fitter and stronger.

But when we're sick, the stress of a tough workout can be more than our immune systems can handle.

Still, there's no reason to dive for the couch the minute you feel the sniffles coming on. Unless you're severely out of shape, non-strenuous movement shouldn't hurt you — and it might even help.

What do I mean by "non-strenuous movement"?

Well, it might include:

- walking (preferably outdoors),
- low intensity bike riding (again, outdoors),
- gardening,
- Practicing T'ai Chi

In fact, all of these activities have been shown to boost immunity.

They aren't intense enough to create serious immune-compromising stress on the body. Instead, they often help you feel better and recover faster while feeling under the weather.

That's why doctors often recommends low intensity non-panting "cardio" when suffering from colds. Done with minimal heart rate elevation, preferably outside, these activities seem to offer benefits.

What about "working out"?

Non-strenuous movement and purposefully working out are different.

Plus, as you probably know, not all workouts are created equal. There are low intensity workouts and high intensity workouts — and all sorts of workouts in between.

But what's low to one person might be high to another. So how can you decide what level of intensity counts as strenuous?

Let your own perceived level of exertion be your guide.

In general, a low to moderate intensity workout will leave you feeling energized.

A high intensity workout, on the other hand, delivers an ass-kicking.

If you're sick, it makes sense to avoid the butt-kicking.

-read the article in its entirety at www.precisionnutrition.com

Written by Ryan Andrews [Exercise While You're Sick](#)