January 2010 Newsletter

Issue 6

Idaho Athletic Club

Message from IAC Management

The Idaho Athletic Club is gearing up for a great 2010! Last year was full of exciting changes that included moving into a larger facility in Eagle to provide members with expanded services and amenities. Last fall we opened our new Nampa club to rave reviews from new and existing members. This is a first class facility that allows us to provide a quality fitness experience in an area of the valley that has gone too long without

In addition to new and expanded locations, IAC has also added new classes (i.e. Kettlebell Training and Zumba) and set-up educational seminars to provide members with the latest information to help them maximize their health and fitness efforts.

In 2010, the IAC Team is working hard to continue bringing our members the best possible service in a fun, healthy environment. Look for new group training classes, contests, and educational opportunities being added this year that will continue to enhance our member's workout experience and bring them new opportunities to reach their fitness goals.

The Idaho Athletic Club is a locally owned company that has been in this valley since 1986 (under the same ownership). Starting small and growing to 7 clubs and over 30,000 members, we are committed to this area. The IAC Team is a family that works hard to give back to our community and bring our members the best service through friendly fitness consultants, a trained and educated training staff, superior facilities and equipment, and the most popular classes.

Your success is our success!

Training Specials

$150 off all Personal Training packages for new clients

See Club for Details

Exercise of the Week

The Lunge

The **lunge** is a weight training exercise that is used to strengthen the quadriceps muscles, gluteal muscles and the muscles comprising the "hamstrings", the semitendinosus, the semimembranosus, and the biceps femoris. A long lunge emphasizes the glutes whereas a short lunge emphasizes the quadriceps.

To perform the lunge, the individual stands with their feet shoulder-width apart, and then steps forward, landing with the heel first. The knee should be at 90 degrees and directly above the toes, not further (taking a shorter step can put added pressure on the knee). The motion is continued until the back knee is nearly touching the ground. The individual then returns to his or her starting position by driving upward with the front leg.

There are several variations on this basic structure, with regard to both form and resistance in addition to varying the step length as mentioned above. The exercise is sometimes performed on an incline or on a bench to increase the difficulty. The walking lunge, as the name suggests, is performed by walking with lunging steps as described above. The stationary lunge can be performed either by alternating legs or by focusing on a particular leg.

The lunge can be performed without weights (i.e, bodyweight). However, weight trainers usually seek to increase the difficulty using either dumbbells (held in each hand) or a barbell with weights on it (held atop the neck and shoulders). Advanced trainers may find that grip strength is an issue with the dumbbell lunge, and therefore prefer the barbell lunge

-State Street Club-
Personal Trainers
(208) 853-4224

Inside this issue:

Get More Out of Your Workouts

If you're investing hours in the gym & feel that your results are lacking though the effort is there, your nutrient timing might be off. Priming your body to perform in the weight room is the most important part of training. Without it, you will not maximize your hours of hard work put into your workouts. Here is an example of what you should aim for when considering nutrient timing;

2-3 hours before training consume a balanced meal.

Pre Workout (10-30min before training) consume 20-40 grams of carbohydrates. Ex. fruit juice, Gatorade. Also load Apex Anabolic Amino & NO Xtreme.

WORKOUT!!!
Post Workout (20-40min time table after workout) consume 30-50 grams of Carbs with 15-25 grams of protein & 2-5 grams of fat. Also, load 1 serving of Apex anabolic Amino.

2 hours after eat another balanced meal.

Try this and you should definitely see great results!

Doug Hall
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Exercising in the Cold

The biggest concern for exercising in the cold is hypothermia, or too much heat loss. When you exercise in a cold environment you must consider one primary factor: how much heat will your body lose during exercise?

Insulation - consisting of body fat plus clothing. Environmental factors, including temperature, wind and whether you're exercising in the air or in the water.

Although many people aspire to have a lean figure, people with a little more body fat are better insulated and will lose less heat. Clothing adds to the insulation barrier and is clearly the most important element in performance and comfort while exercising in the cold. One study showed that heat loss from the head alone was about 50 percent at the freezing mark, and by simply wearing a helmet, subjects were able to stay outside indefinitely.

Clothing is generally a good insulator because it has the ability to trap air, a poor conductor of heat. If the air trapped by the clothing cannot conduct the heat away from the body, temperature will be maintained. Unlike air, however, water is a rapid conductor of heat and even in the coldest of temperatures, people will sweat and risk significant heat loss. With this in mind, you want to choose clothing that can trap air but allow sweat to pass through, away from the body. It is important to avoid heavy cotton sweats or tightly woven material that will absorb and retain water. Because these materials cannot provide a layer of dry air near the skin, they can increase the amount of heat your body loses as you exercise.

Keeping the hands and feet warm is a common concern when exercising in the cold. Lower temperatures cause blood to be shunted away from the hands and feet to the center of the body to keep the internal organs warm and protected. Blood flow will not return to the feet unless the temperature of the torso is normal or slightly higher. So, to keep your feet warm you must also keep the rest of your body warm at all times.

Check with the weatherman
Always check the air temperature and wind chill factor before exercising in the cold. Data from the National Safety Council suggest little danger to individuals with properly clothed skin exposed at 20°F, even with a 30 mph wind. A danger does exist for individuals with exposed skin when the wind chill factor (combined effect of temperature and wind) falls below minus 20°F. It also is advisable to warm the air being inhaled by wearing a scarf or mask over your nose and mouth to warm the air being inhaled.

Rules for exercising in the cold
Check the temperature and wind conditions before you go out and do not exercise if conditions are dangerous. Keep your head, hands and feet warm.

Source: American Council on Exercise

Idaho Athletic Club

Black Eagle Club

Power 120

Endurance
Kettle Bells
Core Intensification
Spinning

February 20th
10am
Eagle Club

875 E Plaza Dr
Eagle, ID
938-8410

State Street Club

Bones in Motion

Beginning January 14th
Eagle Club

Thursdays from 12—1
$189 - Members
$250 - Non-Members

Contact Club for more details

875 E Plaza Drive
Eagle, ID
938-8410