

March 2010 Newsletter

Issue 7



Message from IAC Management

Summer is Almost Here!

Spring is here and IAC wants to help you get in shape for summer! It is warming up outside and all of us are looking for any and every opportunity to get out in the sunshine. Whether it is getting yard work done, going for a bike ride, or getting up in the hills for a hike it feels great to get out our spring and summer clothes. But what about those rainy days, nights, mornings, and overall exercise regimen to reach, or maintain, your goals? The Idaho Athletic Club is here to serve our

members and guests and help you stay on track. Utilize the pool to swim laps, unwind in one of our saunas or steam rooms, or hit the weights. Don't forget about the variety of Group X classes, which are a great way to stay motivated and have fun while exercising.

Whatever your fitness need, the IAC is here to help. Need some assistance reaching your goals? Have a question about dieting, using the equipment, or doing an exercise? Our experienced, knowledgeable, and

friendly training staff is here to work with you. They can assist you in setting up healthy eating habits and a workout plan to have you ready for swimsuit season. We have great training specials available to help get you started.

We look forward to seeing you in the gym!

Training Specials

3 Training Sessions
& Nutritional
Consultation/Meal
Planning
ONLY \$179

See Club for Details

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Exercise of the Week

Free Standing Narrow Squat

Swimsuit season is just around the corner! Tone up those problem areas with this simple exercise.

Equipment: Rubber ball to ensure that knees are hip-distance apart.

1. Stand with hands on hips, toes forward and feet hip-distance apart. Squeeze the ball between your thighs without losing proper knee alignment. With abdominals pulled in, chest lifted and buttocks squeezed tightly, lean slightly forward at the hips. Bend your knees and sit back into a squat until your

thighs are almost parallel to the ground; keep knees aligned directly over the center of your feet and do not let them collapse inward as you squat. Remember to keep your feet flat on the ground and this should be performed in a "pain-free range of motion." The most important part of this exercise is not how long you hold the squat, but how you get there and back to the start position.

2. Exhale as you squeeze the ball and lower into the squat; pause and breathe in, then exhale as you squeeze the ball and rise back to the start position.

Squeeze your buttocks as tightly as you can throughout the exercise. Once you master the technique, lift both of your arms out in front of your body and eventually up and over your head. Maintain a long, strong spine as you lift and lower your arms.

Modified version:

Utilize a stability ball against the wall for some added support for beginners. Remember "perfect practice makes perfect."

Jeanne Fisher
Fitness Manager
State Street Club
(208) 853-4224

Not Losing Weight? Eat More!

I know this sounds crazy, but just maybe you're not eating enough in order to lose the weight you're trying to lose. Do you know that your body should not drop below a thousand calorie deficit at any point of the day for an extended period? Or, that if you don't eat at least 1,200 calories in a day, your body will go into an internal stress mode which will in return release cortisol (which holds and binds fat to your body).

So what to do?

Sit down with a Fit Pro in order to understand what your minimum calorie consumption should be for your specific body type.

Consider investing in a Bodybugg. The device takes all the guess work out of everything when it comes to understanding what your calorie consumption/calorie burn should be in order to hit the goals you're trying to attain. It will

also design specific meal plans for you to follow so you have proper guidance in how many grams of specific nutrients your body needs to maximize efficiency.

Doug Hall
Elite Trainer, IAC Eagle
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Fitness Challenge Winners

We have come to the end of our 2010 Fitness Challenge. Winners have been announced at each of the clubs and their hard work has really paid off!

Please join us in congratulating all of our Fitness Challenge contestants and winners!

First Place Winners At Each Club

- **Winner: Kevin Miller**
Club: Black Eagle
Trainer: Chad Hofert
Results: Lost 42 lbs & 17% body fat!
- **Winner: Shawn Christian**
Club: Caldwell
Trainer: Charlie Pace
Results: Lost 41 lbs and 12.8% body fat!
- **Winner: Scott McDonald**
Club: Eagle
Trainer: Doug Hall

Results: Lost 37 lbs & 8% body fat!

- **Winner: Deean Peck**
Club: Silverstone
Trainer: Theresa Brittan
Results: Lost 34 lbs and nearly 8% body fat and gained almost 12 lbs of muscle!

- **Winner: Pam Pierce**
Club: Meridian
Trainer: Dave Curtiss
Results: Lost 34 lbs!

- **Winner: Greg Featherstone**
Club: State Street
Trainer: Toby Barr
Results: Lost 7% body fat and nearly 19 lbs!

- **Winner: Kevin Walker**
Club: Nampa
Results: Gained 14 lbs of muscle and lost 10.5 lbs fat!

(Check out before and after pictures on our website at www.idahoathleticclub.com)

The contest was a great catalyst for members to push themselves to live healthier lifestyles and achieve their fitness goals. It is fantastic to see the transformation our members have experienced and the improvements made on their lives.

The contest may be over, but it is never too late to start working towards your fitness goals and getting in shape!



Black Eagle Club

Check Out

XTREME FIT!

For those looking for serious results before summer

Contact Kari at the Meridian Club for more details

888-0060



State Street Club

Power 120

**Endurance
Kettle Bells
Core Intensification
Spinning**

**Every 3rd Saturday
10am
Eagle Club**

**875 E Plaza Dr
Eagle, ID
938-8410**

Call the Club to sign up