

Idaho Athletic Club

Message from IAC Management

Are you ready for Summer? We sure are! School is out, the weather is great, and there are a lot of new fun activities. Check out what's happening at your Idaho Athletic Club.

The Idaho Athletic Club is also focused on helping you and your family stay healthy. We have recently lowered the qualifying age for members from 12 to 10.

are fit camps starting June 7th that offer kids a fantastic opportunity to learn about nutrition, exercise, and gym etiquette while having fun! You can select from 3, 4, or 5 day a week camps that last 11 weeks and are all taught by highly experienced and knowledgeable personal training staff.

Our children's health is important and giving children the right tools and opportunities to get, and stay, fit at a young age are vital.

With summer just around the corner, now is a great time to add your kids to your membership. There

We look forward to seeing you in the gym!

SUMMER FIT CAMP

For kids & teens
Ages 10 - 18

11 week summer camp
starting June 7th

See Club for Details

Many of the IAC locations have added new boot-camps for the summer. From the **Inferno**, **Two12**, and **Advanced Abdominals** classes at the Eagle Club to the **Xtreme Fit** class at the Meridian Club we are finding new and fun ways for you to get in shape.

Childhood Obesity

According to the National Center for Chronic Disease Prevention and Health Promotion, "childhood obesity has more than tripled in the past 30 years." Statistically speaking, this means that 19.6% of children ages 6-11 and 18.1% of adolescents between the ages of 12-19 are considered obese. In my personal opinion, the two main culprits for such astonishing statistics are; nutritional patterns passed along by parents along with a lack of outdoor, or any, activity. Along with poor self image and low self-esteem, children and adolescents that are obese are at a much greater risk for bone and joint prob-

lems, sleep apnea, hypertension and high cholesterol. These are major health concerns that can be reduced if not diminished by reducing the amount of calories consumed and increasing the amount of calories burned.

In response to these obesity statistics, we have implemented a Fit Camp for Kids this summer. The camp starts on June 7th and runs until August 27th. We will have Certified Personal Trainers teaching our youth about healthy nutritional choices, taking kids through fun kid-oriented workouts, introducing kids to the gym, and playing a

"sport of the week." Please spread the word about this camp to everyone that has kids between the ages of 10-18. The camp will be held at each Idaho Athletic Club location and ranges from \$243 - \$360 dependent upon the amount of days per week. Please contact your Idaho Athletic Club to get involved or if you have any questions.

Yours in health and fitness

**Kelly Tolman
Fitness Manager
Idaho Athletic Club**

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Exercise of the Week

COUCH KICKS



You can work out your thigh and gluteus muscles by using your couch as a piece of exer-

cise equipment. Stand up facing the couch, with one of the couch arms in front of you. Bend forward, supporting your weight on the arm of the couch. Keep your head down so that you do not put stress on your neck muscles. Kick your right leg back, so that the bottom of your foot is parallel to the ceiling, and then bring it back down. When you are doing the exercise properly, you should feel it in your thigh

and butt. Do fifteen repetitions on your right leg, and then repeat with your left leg. Continue switching back and forth between your legs until you feel like you have to stop. You will get results after a few weeks of this “uplifting” workout.

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

Burning Questions

**By Carol Krucoff
Foodfit.com**

If a cookie contains 100 calories, anyone who eats it consumes 100 calories.

But the other side of the energy equation isn't that simple. When it comes to burning off calories, people who do the same activity at the same pace for the same amount of time can burn vastly different numbers of calories, depending on their size.

Larger vs. Smaller

For example, if a family of three jogs side-by-side for 30 minutes, the 175-pound father will burn 400 calories, the 130-pound mother will burn 300 calories and the 65-pound child will burn 180 calories.

“Larger people burn more calories than smaller people, particularly with activities like walking or stair climbing where they have to carry their own weight,” says Robert McMurray, professor of exercise and sports science at the University of North Carolina at Chapel Hill.

Exercisers are often misled by workout equipment or charts that don't factor in weight when they proclaim how many calories are being burned by an activity, he says. If an exercise machine or chart calculates the calories burned by an “average” 150-pound person, the results would be “vastly inaccurate” for much larger or smaller exercisers.

Avoid the “Death Grip”

In addition, leaning on the hand rails of a stair climber or keeping a “death grip” on the treadmill railing will greatly decrease your caloric expenditure, says exercise physiologist Steve Farrell of the Cooper Institute for Aerobics Research in Dallas.

“The machine is assuming that your legs are carrying your entire body weight,” he notes. “But if you're supporting yourself on the handles, you're actually burning about 20 to 30 percent fewer calories than the machine indicates.”

Know What You're Burning

Knowing how many calories you're burning during activity can be important if you're trying to lose weight, since the

“general rule of thumb for weight loss is to create a 300 to 500 calorie deficit each day,” Farrell says.

Half of this “calorie deficit” should come from eating less and half should come from exercising more. “We generally advise people who want to lose weight to expend at least 250 calories more each day than they have in the past,” he says. “Additionally, they should eat 250 fewer calories than they've been eating.”

But it's important to eat enough to fuel your body, notes Farrell, who warns men not to eat less than 1,200 calories per day and women not to eat less than 1,000. That's because severely restricting calories prompts the body to try and conserve fat stores, so it breaks down lean tissue mass, robbing the body of muscle and bone.

“People who are overweight want to lose fat,” he says. “But many don't realize that about half of the weight lost on extremely low-calorie diets isn't from fat, it's from lean tissue.”

Idaho Athletic Club



Eagle Club

Check Out

**INFERNO
BOOTCAMP**

**At the Eagle Club
With Doug Hall
Call 938-8410
for details**



Caldwell Club

TWO12°

**THE EXTRA DEGREE
YOU ARE LOOKING
FOR!**

**Endurance
Kettlebells
Core Intensification**

**Eagle Club
938-8410**

**Contact Greg or the Front
Desk for more details**