

# July 2010 Newsletter

Issue 9

## Idaho Athletic Club

### Message from IAC Management

Keeping your club in great condition and offering you facilities with leading services and amenities is a daily focus for staff at IAC. This summer, several projects that have been completed or are underway are:

- Remodeled steam room in the Meridian Club.
- Black Eagle Club pool cleaning
- Eagle Club pool has been switched to liquid chlorine

In addition, the Idaho Athletic Club has also added a new Vvykn Water System at the State Street Club. This system provides purified water for members for only a \$29.99 subscription

for the first year (which includes a bottle). Purified water while you work out for less than \$3.00/month? A great value!

***(Look for these machines going in businesses and other Idaho Athletic Clubs around the valley - and yes, your subscription will allow you to access any of the machines).***

In June of this year, the Idaho Athletic Club became accredited with the Better Business Bureau. What does this mean to you? This reflects the IAC's focus on continuing to be a business that provides members with service and facilities where they can achieve their fitness goals.

The accreditation also reflects IAC's commitment to values of:

- Staying strong in commitment to growth
- Staying motivated in quest for improvement
- A clean club is mandatory, an immaculate club is rewarded
- Removing all obstacles that hinder member's success in fitness
- Eradicating all obstacles that contribute to a negative member experience
- Making it easy to do business with IAC

***We look forward to seeing you in the gym!***

### July Training Special

Buy one 10 pack of training and get 2nd 10 pack for 1/2 price!

See Club for Details

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### New Children's Swim Program

The IAC continues to recognize the importance on providing our youth with quality programs to help promote fitness and good health.

IAC is offering a new swim program at your Eagle, Meridian, Black Eagle, and Nampa clubs! This new program has been developed by Streamliners Aquatics Swim School. Streamliner Aquatics is made up of the parents and swimmers of Streamliner Aquatics Swim Team,

a USA Swimming competitive swim team that practices and competes year-round.

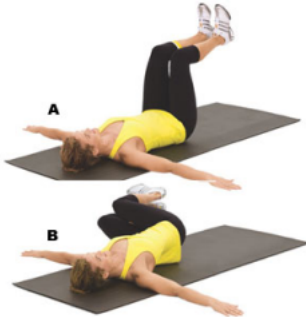
Upcoming classes begin at each of these clubs on July 12th, July 26th, and August 9th.

### For additional information on the swim program:

- [www.meridianstreamliners.com/swim-lessons](http://www.meridianstreamliners.com/swim-lessons)
- Call 608-0555
- E-mail at [streamlinersswimschool@yahoo.com](mailto:streamlinersswimschool@yahoo.com).

## Exercises of the Week

### WINDSHIELD WIPER



Bend your knees and lift your legs until your thighs are above your hips (A). Press your palms into the floor and

lower your legs to the left. Go as far as possible while keeping your right shoulder glued to the floor (B), then bring your legs back to center. Next, lower them to the right. Alternate until you've completed 8 to 12 reps on each side.

### BACK EXTENSION (Lower Back)



Lie face down and squeeze the lower back to lift your chest a

few inches off the floor. Lower and repeat.

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



Eagle Club

### Vyykn Water

Get purified water for less than \$3.00/month

Pure drinking water that is constantly monitored and tested

*Better than bottled water!*

Go to [www.vyykn.com](http://www.vyykn.com) or visit the State Street Club for more info

## Health Aspects of Resistance Exercise Training

It is the position of the National Strength and Conditioning Association that:

- Resistance training may enhance cardiovascular health by mitigating several of the risk factors associated with cardiovascular disease by producing such changes as
  - decreases in resting blood pressure, particularly in individuals with elevated pressures;
  - decreases in exercise heart rate, blood pressure, and rate pressure product at a standard workload;
  - modest improvements in the blood lipid profile and;
  - improvements in glucose tolerance and decreases in hemoglobin A1c in patients with diabetes mellitus.
- Resistance training may result in improvements in body composition by maintaining or increasing lean body mass and producing modest decreases in the relative percentage of body fat.
- Resistance training can produce increases in bone mineral density and may help delay or prevent the development of osteoporosis by reducing the age-associated loss of bone mineral density.
- Resistance training may reduce anxiety and depression and may result in improved self-efficacy and overall psychological well being.
- Resistance training can reduce the risk of injury during participation in other sports and activities. When performed correctly and properly supervised, it is in itself a safe activity with low injury rates.
- Resistance training increases muscular strength and endurance, resulting in an increased ability to perform activities of daily living, and reduces demands on musculoskeletal, cardiovascular, and metabolic systems.



Nampa Club

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