

WESTIN WORKOUT SPEAKS OUT



NOVEMBER 2009

20th Annual Indoor Triathlon- benefiting Leukemia Society

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HOURS OF OPERTION AND CONTACT INFORMATION

Pool and Equipment Hours:

- Weekdays- 5:30am-10pm
- Weekend- 7:00am- 8pm

Contact Us:

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You have a great chance to test your fitness skills with the upcoming Leukemia Society's Indoor Triathlon here at the Westin Workout. Do it as an individual and/or be part of a team. \$50/Individual or \$200/team. Our distances are the following:

*Row 2000 meters. Note- No swimming this year

*Air dyne 4 miles.

*Treadmill run of 2 miles.

This event will be held on Thursday, November 12th at the WW from 4pm-7pm. Help raise money for the Leukemia and Lymphoma Society of America. If you have a time conflict, you may schedule with Chris to do it before the event. Applications available at the Westin Workout.



Upcoming Westin Workout Charity Events-

18th Annual Indoor Rowing Challenge benefits Juvenile Diabetes Foundation

Please join us on Wednesday, January 27th at 12 noon for the 19th Annual 1 Hour Indoor Rowing Challenge. You can do a 15:00 segment or the whole 60:00 if you have the endurance! Be a part of a team, either of friends or fellow company staff. You can also join us on Wednesdays at



1pm for a 30-45:00 rowing class to help get you into rowing shape. See Chris.

Indoor Race to Anyplace benefiting Leukemia and Lymphoma Society

Once again the Westin Workout will be organizing a team for this fun event occurring on Saturday, February 27th from 8am until 2pm. This is a 6 hour relay race where each team member will ride the airdyne bike for 15 continuous minutes. Each team will have 6-12 people so each person will be required to ride 2-4 rides. Our team usually has 12 riders, so 2 rides would be required. We would like to get enough riders to do 2 teams. Each team has an entry fee of \$500, so if don't want to ride, you are welcome to contribute and help sponsor our team! Remember our airdyne classes Monday/Friday at 1pm- signup required. See Chris.

**WESTIN WORKOUT MEMBER REFERRAL PROGRAM-
REFER A NEW MEMBER AND RECEIVE A \$25 GIFT CERTIFICATE!
ALSO, SUMMER SPECIAL MEMBERSHIPS ARE AVAILABLE!**

During the month of November we would like to offer our members a \$25 WW Gift Certificate if they refer a new member to our fitness center. Your friend or co-worker can join for \$499 which includes the gold membership for the first 6 months. The pool or aerobic dance (silver) membership would be \$369. Your referral may try out the club for a couple of visits before they make a decision. We will offer a two for free initiation fee also during September. Two signing up together for 6 months will only pay the dues. Gold- \$465 each or Silver \$338 each. You and your partner must sign-up together. See staff for more details.

SWIMMING POOL UPDATE

We would like to let you know the schedule of the swimming pool repair. Once they began the work, the contractor was very unsure if the repairs would actually be a long term fix. So the hotel brought in another pool contractor. The decision was to put in a new liner inside of the pool, and then repair and replace the gutter system, (the skimmer/overflow system) of the pool. Since this will be a longer term correction, and the cost will be great, the hotel needed to get a capital expense and the contractor will not be able to begin right away– the work will begin on November 16th and should be completed by the end of November. We feel extremely bad about having the pool out of operation for such a period, but we feel very positive about this repair and also the long term prospects that we won't have to put the pool out of operation for future painting, since the liner will not be requiring painting. Thank you for your understanding.

WESTIN WORKOUT MEMBER INFORMATION

Indoor Triathlon- (11/13) Hours at Westin Workout– closed 4pm-7pm during the competition.

Thanksgiving hours 8am until 6pm.

Private and Small Group swim lessons will be starting soon (date to be determined) if anyone is interested. See Gabrielle for more details and to sign up.



Remember, members can bring family members into the facility for swimming during the weekends. There is a minimal charge of \$4.00/adult and/or \$2.00/child or \$5.00 for a family of a spouse and up to 2 children. Additional children will be \$1.00. See Chris for more details. Thank you for your attention.

LOOKING FOR A FEW GOOD PEOPLE

- BY JACK HOLCZER

When we think of weight loss, we think of losing fat. Over the course of 2009, I lost about 20 – 25 pounds in overall weight and since I wasn't effectively working out, it was more likely that I was losing both lean muscle along with body fat. In August, after my initial loss, my body fat took 19.8% of my over all weight. I call the result of sedentary weight loss as "over-fat." I may have "looked" good but I was carrying around 36.7 pounds of fat even though my weight is considered ideal for having an overall weight of 183.5 pounds! I'm actually presuming that my loss is not a success. This is reason I don't recommend using bathroom scales as a measure of someone's fitness because weight loss could mean you're losing valuable muscle --in both men and women.

The best measure of the physicality of fitness is lean weight vs. fat weight. Muscle mass is denser than body fat which means muscle takes up less space. My goal for doing this program is to transform the composition of my over all weight. Chris measured my body fat again at the beginning of October and found that I measured to 13.7% while still maintaining an approximate over all weight of 185 pounds (body fat now weighs 25.4 pounds —a 11.3 pound difference meaning that I've gained 11.3 pounds of muscle!). This means for success, I must execute an appropriate diet plan and a progressive exercise program that both reduces fat and grows muscle. The beauty is that I can "deny" that I've actually lost weight when people notice that I've gotten "thinner." Now the battle is to keep losing body fat so that it reaches 10% and to start gaining weight.

So how did I do this? What are the details of my methods?

The information is too abundant to include in this newsletter. The good news is that I've written a PDF file where by I can email it to any interested members.

If anything they make interesting, thought provoking reading. The first PDF file (hope to have many of these newsletter supplements) is about diet and the real purpose of food in a fat loss lifestyle. Food is the main component to my body fat loss, muscle gaining transformation success. And now you can get this information free. Consider this: statistically, weight loss exercisers cite food as their biggest obstacle. Food ought not to be an obstacle; diet is the key. Read the PDF file and decide for yourself.

Moreover, I'm looking for a few of members who want to lose body fat and get leaner using my methods. My methods are not outrageous or difficult but simply a different way to look at your diet. I promise. The Plan is geared to individual ability, overall strength and commitment level. All I ask for in return is a 100% commitment and effort to achieve. The minimum gym time is 3 hours a week spread over 3 days of the same week. Ideally, this program works faster for someone who commits 45 minutes a day for 5 days a week. The effort is truly at the grocery store and what passes your lips. And I also promise you will rarely feel "deprived" of what you like to eat. I'll take your goal, explain to you what needs done to reach that goal and we'll set a reasonable time table to reach that goal. We'll be using benchmarks to calibrate the diet and workout plans along the way. When you succeed, you decide what its worth.

This offer will be on going for the calendar year of 2010. What a better time to set goals for next year than now!

- To lose body fat, the exerciser needs a comprehensive diet and exercise plan.
- The investment of a 100% of commitment and effort to the plan.
- And using tangible targets that mark success.

The Manager's Corner– by Chris Gibson

It has been a year since we last elected our President and other members of Congress and the Senate. Now a smaller election is upon us with some huge implications; potentially a Republican can be elected to govern a Democrat state of New Jersey and Virginia. Some think that if this occurs it could be a signal that the present direction in our country is not being totally accepted from the masses. Time will tell. But it does beckon that something a year ago that seemed like a great idea may not be so great now, at least for a certain percentage of the population. As always, I try to show impartial attitudes toward religion and politics, so please understand that I am not promoting one philosophy over another. I have always promoted the great concept that is present in our country - the ability to discuss the differences we have and the ability to make our own personal choices in what direction that we would like to pursue our own personal dreams. Remember also that sometimes old ideas have to be replaced with new ideas, despite the displeasure of many. Eventually these new ideas are implemented and accepted by the public. Time will always tell the story.

This does parallel many things in our life, especially the choices we make about our health and the direction we want to go despite the challenges that we are bombarded with. There are two ways of reviewing this topic; there are ideas that were great before their “time” and then another idea came along to make the older idea obsolete. We may have seen that the old idea really wasn’t so bad, as the new idea had limitations. Then there is the concept that the older idea is being replaced by a new idea that is so superior to the old, that it would never be questioned again as having any legitimacy in a present day fitness regime.

Remember Pilates. It was a method of training first introduced in the early 1900’s right after the First World War. The concepts were before their time and now since the early 2000’s, many have jumped back onto the bandwagon as this concept is still relevant 90 years later.

I remember back in the old days– remember the high school gym days? We used to do a lot of calisthenics– jumping jacks, squat thrusts, push-ups, sit-ups, etc. Then we decided it was a better idea to get away from exercises and make it simpler. That is the point – to attempt to make things simpler in your life when it comes to health and fitness. Now we offer classes that integrate these types of exercises that are more functional in nature, using your body to accomplish the exercise or routine.

The basic accoutrement of any fitness program back in the heyday was the dumbbell. Then it progressed to the machine that had stacked weights, having the weight supported by the machine versus the weight being supported by the underlying soft tissue of the body. There are many benefits attributed to the use of dumbbells as you attempt to increase your muscular strength. There are many more risks present with the dumbbell but the benefits commensurate with the risk. So this concept has come full circle with benefits to both strategies.

Another concept of training that has evolved as a new idea is the overall core training concept and the introduction of stability balls, the BOSU balance trainer and stability core boards. All are pieces of training equipment used while doing other strength and flexibility activities. These supplemental training devices have really help to increase the core strength of individuals with a decrease risk of physical problems.

This was a great idea, and I believe that many pundits were skeptical of it but have now changed their minds since it is now mainstream with many benefits and few negatives. Having a strong core means that you have strong abdominal muscles that actually will act like a splint for your lower back. This will prevent the normal attrition of back problems– back aches and sciatic pain radiating down to the legs. Many of you who have chronic problems with your back can become new and live a lifestyle without pain. Frank, Pam and Jack can help in this area. Heart rate used to be a very important determinant of exercise intensity a linear increase to the workload that you were achieving. Typically you would have to stop your workout and palpate to get a heart rate. You would then have to adjust your workout accordingly. It was determined that there was a unique relationship between rate of perceived exertion so you would then determine your intensity on a scale of 1-10. But then the heart rate monitor became much more sophisticated and now it is a better use to determine your intensity. This is the concept of having an idea and then building upon the technology to make it even better. Seeing your heart-rate during your exercise can help you gauge how much more or less you should be doing any particular workout. If performance is your goal, the heart rate monitor is the key to making sure you reach challenging but safe heart rates that will stimulate change to your aerobic capacity. Knowing your resting heart rate can give you feedback if you are overtraining or not. An increase of 10 beats over a normal rate when you wake up in the morning could be a key indicator that you should be backing off.

I was reading another article about some of the future trends in the fitness industry. Some of them are noted here

- 1) Certification and accreditation for health and fitness programs and professionals are becoming more common
- 2) Fitness programs to address childhood obesity
- 3) Personal trainers are becoming more accessible to more people
- 4) Older population using weights to stay strong while aging
- 5) Core training to strengthen muscles in abdomen and back
- 6) Special programs for older adults with or without limitations
- 7) Pilates
- 8) Stability balls for use of all types of exercise to stabilize core
- 9) Sport specific training
- 10) Balance training
- 11) Functional fitness- preps the body to be able to do daily activities
- 12) Comprehensive health programming at work– improving health and lowering health care cost
- 13) Wellness coaching– helping individuals to make behavior changes
- 14) Worker incentive programs– for employees making good choices
- 15) Accountability and measuring progress toward fitness goals
- 16) Spinning (indoor cycling)
- 17) Getting doctors to refer patients to health and fitness facilities
- 18) Exercise and weight loss- nutritional counseling using exercise
- 19) Group personal training– allowing 2-3 persons getting more benefit
- 20) Reaching new markets– 80% of population do not exercise

Only time will tell if some of these ideas are great, bad, or maybe should be shelved for the time being. It is good that these concepts don’t have the same impact as those within our political system. Make sure you are part of the solution-not the problem. In both areas!!