

Healthy Comments Anderson Athletic Club

JAN. 2006

HAPPY NEW YEAR FROM THE AAC STAFF!!

THE NEW FRESH FACES OF YOUR AAC STAFF

Part of growing your club is to always be on the "lookout" for new talented staff members.

We have hired some great people in the last few months and would like to introduce them...

We want to welcome **Shannon** to the morning Staff with **Donna**

Look for three fresh new smiles in the evening as **Bree, Shannon** and **Justin** help **Jennifer** and **Ryan** meet your Counter needs. Last, but not least, we welcome **Brittany, Beckie** and **Robin** to our office staff to help **Sara** answer any questions you may have!

We are looking at 2006 as our best year ever!!

"WOMENS ONLY" AREA DOUBLES IN SIZE

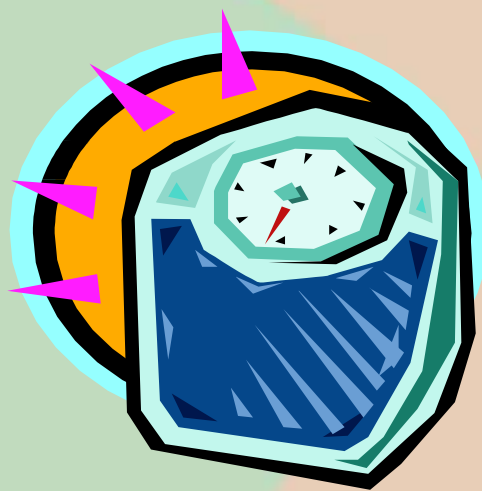
Seth recently added a doorway from the existing "Womens Only" area into the "Fitness Express" room.

Women can now use all the "Fitness Express" equipment when classes are not in session!!

As always we will still offer our 30 minute classes for:
Women Only & Beginners Class

But now you can come in during the non-class times and enjoy the use of a "Womens Only Area" that is now twice as large!!

We promise we are going
To: **MAKE IT FUN!!**



BODY BALANCE MASSAGE THERAPY OFFERS AAC MEMBERS SPECIAL RATES

As part of our ongoing wellness program here at AAC we have made special arrangements with the great staff at Body Balance Massage Therapy for a \$10.00 discount on either 30 minute or 60 minute treatments. Please call 378-1866 to make your appointment and just show them your current membership card to get your discounted savings!!

TIPS TO CHANGE YOUR MIND SET ON WEIGHT LOSS

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1. SET REALISTIC GOALS
Aim for just a portion of your total goal. Say to yourself: "I am going to eat correctly to reach my goal"
Your unconscious mind will try to bring reality into agreement with your words.

#2. WEIGH YOUR WORDS
Speak of lapses in the past tense. This reminds you that you are changing or at least capable of change.

#3. KEEP A FOOD DIARY
A diary takes the mystery out of your food life and also forces you to be accountable for your choices.

#4. TRY, TRY AGAIN
Dieters usually don't keep the weight off on the first attempt. If they do not give up, through trial and error, they find a plan that works for them!!



MENS SHOWER REMODEL DONE!!

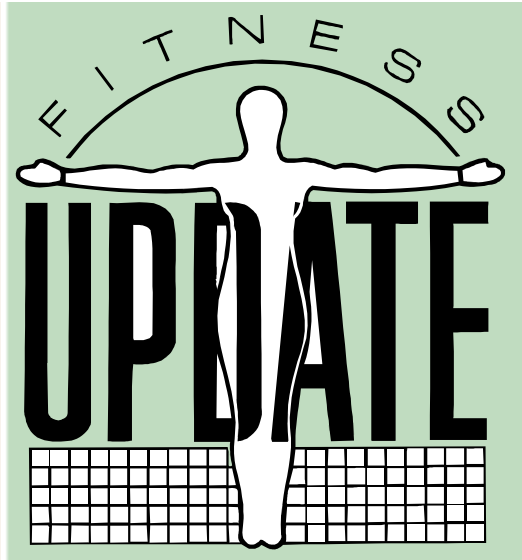
We want to thank all the tradesman that helped remodel the Mens Shower. It took longer than expected to get everything lined up but, once we got going it all went well!!
Special recognition to the foreman "Seth" for making it

REFER A FRIEND! GET A GREAT GIFT!

Jennifer has come up with a Fun Referral Program for the Month!!
Just give her the name of a friend that would like a two week pass.
If they join you get a Smoothie Drink Card!

all come together... BRING A FRIEND FOR FREE STARTING Jan. 20th

The third Friday of each month is: "Bring a Friend for Free Day"!! So on the 20th of January we invite you to bring one friend to try the Club and enjoy a workout with you.
SEE YOU ON THE 20TH



NEW YEAR BRINGS NEW RESOLUTIONS.
As we all know this time of year brings a renewed interest in improving your health.

AAC asks all our members to remember that the key to a fun workout is focus and friendliness!!

Please respect the time limit on the Cardio Equipment and Proper Rules for Circuit Training... helping a new member is a wonderful way to repay the help you once received when you first got started!!

DON'T FORGET THE WATER..WATER..WATER
As we begin our "after the holidays" diet it is very easy to forget the 8 daily glasses of water we need.
Remember...weight loss requires lots of water to flush toxins from the body.

FIT OR FAT??

NOW... is the perfect time to see how much of you is fit and how much is fat!!

We realize it has been a great holiday season and you are probably up a pound or three.

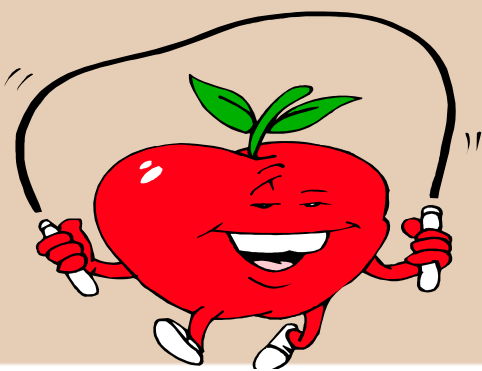
AAC offers the ability to measure your % of muscle mass, total body water and, of course, body fat through Bio-Impedence.

It's quick & easy and only \$8.00

Check with our front desk for details.

NEW CARDIO ROOM ADDED

COME CHECKOUT ALL THE NEW CARDIO EQUIP. that has replaced one of our racquetball courts..new tools!



MEMBER APPRECIATION DAY JAN. 18TH!!

Come enjoy all the fun, food, free drawings, vendors and festivity!!

Checkout the flyers in the Club for details of activities.

HAVE FUN ENJOYING THE HEATED POOL

We have once again placed the

KIDS CLUB

WORKERS NEEDED!

Do you know anyone that is great with kids and would enjoy working a few hours a week here at AAC? We have a great program!!

If so, Please have them call the club and talk to Sherry

important to show consideration for other members while using the pool....

Please do not bring inflatable toys or items that are thrown As always we do not allow jumping or diving.

JOIN THE "TONE ZONE"



FITNESS

PERSONAL TRAINING OPTIONS ARE EXPANDED

In addition to the FREE fitness orientation offered here at the club we are expanding our level of service by now offering private personal training.

Our staff member, Angela, will be available for a limited number of private and personal one on one training sessions each week.

Please see the front counter for a list of times and fee rates for this training.

NEW GROUP EXERCISE PROGRAMS STARTING..

How about trying...

"Laugh...A...Lates"

Mix the very best of Yoga, Pilates and Laughter then combine them with a great instructor and you have a great new class to try!!