

YOUR HEALTH & FITNESS

Some Points Of Interest On Fitness Center Etiquette

by Barry McLaughlin, info@radissonfitness.com

Every so often I write up what is usually regarded as the do's and don'ts in the health club scene. For many, this is their first time being a member of a fitness club. Some things are fairly obvious but others may catch you off guard or maybe you never gave it much thought.

Use of Aerobic Equipment

Long ago in another world we had less equipment and had to share. We had sign-up sheets limiting members to 20 or 30 minutes. Now in the year 2009, while we are not a huge club, we have grown. Instead of two treadmills we have six. Instead of one elliptical we have three etc.,etc. People may now stay on the equipment longer but usually that's not a problem.

Why does it work so well? Through time, people set up their daily routines and workouts so everything fits. So far it's worked out pretty well but every now and then something happens. I am aware of one recent situation when a "night workout member" came in during the busy morning hours and several schedules were thrown off kilter. He stayed on the equipment for an hour. Sometimes we are definitely busier than at other times. At



a busy time staying on a piece of equipment such as an elliptical or rower for an hour could create a problem. Now I'm not saying don't ever do that but just be aware there are other members who would like to get fit also. If you see someone watching your machine and patiently waiting (and you've been on longer than 30-40 minutes) at least give it some thought that maybe you could work on another piece of equipment for the other 20-30 minutes. (And by the way you're an "Aerobic Animal").

Remember to **wipe down your equipment** when you have completed your workout – even if you did not work up a sweat. Keep in mind it's flu season.

Don't change the channel on the big TV without first checking with your fellow exercisers. You wouldn't want to feel the wrath of someone interrupted from watching his or her soap or a football game!

Please **don't sing to the music** on your Ipod - unless you have a really good voice.

Weight Room Equipment.

- Wipe down the equipment when you are finished or use a towel on the pads.
- Shirts required. (Besides the sweat – again, think flu season)
- Remove the weights you have loaded on a bar when you are done. (You don't want a 90 year old grandmother unloading those 45 lbs. weights).
- If the weight room is hopping don't sit on a machine doing multiple sets unless you are sure no one wants to use the machine you are on. You can always switch off and rest/recover while they're working.

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“
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”



**Flu Season
Wash Your Hands
Wash Your Hands
Wash Your Hands**



NEW CLASS!**“Real Hard Fun”****Participant Level: Beginner to Advanced / Age: 13-130****Tuesday Mornings 8:00 a.m.**

This class will challenge you in ways unexpected while you laugh at yourself. Although music is playing, moving along with the music is NOT encouraged, we would rather you sang along with the music, after all this is NOT an Aerobics class. This class is caught somewhere between basic training and a circus act, creating an ever evolving atmosphere – no two classes will ever be the same. Because all the actions involve the body moving the most naturally it can, all levels of participant can participate together in the same class and challenge themselves to whatever level they wish; nicely warmed to completely exhausted, your choice.

Instructor: Ken Bromley

Conditioning Coach/Personal Trainer to active people and athletes of all levels; youth sports to recreational endeavours to professional athletes – 14-year-old hockey player to the 60-year-old Ultra Marathoner to the 32 year old Major League Pitcher (ask Ken about any of these stories or others)

Fee: RFC members \$8 – nonmembers \$12

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Tidbits

A long-term study of 4,400 healthy adults found that the 20% with the lowest fitness levels were twice as likely to die over the next 9 years as those with the next-lowest fitness level. Overall the study showed that these groups were very similar most of their lives, but exercise or activity in recent years made all the difference.

NEW RFC RENOVATIONS!

New!

We hope you like what we've done to your RFC. **New flooring** in the aerobic equipment area sparked up the place. . And the weight room has new lighting, a new ceiling, and freshly painted walls (one of which will dare you to relax). The hotel owners and management want to keep this club moving forward. Nice job!

Tidbits

New research suggests that more exercise, not less, may prevent lymphedema after breast cancer. The New England Journal of Medicine reported a study of 141 breast cancer patients who had lymphedema. One half adhered to the traditional restrictions, while the other half embarked on a slow, progressive program of lifting weights. To the researchers surprise, the weight lifters actually had significantly fewer flare-ups than the women who restricted their activity. Researchers state that someone with lymphedema should not embark on an exercise program on their own but ask their doctors to find a rehabilitation center for their condition. Try www.uphs.upenn.edu/news

Tidbits

The U.S.A. Track & Field will oversee more than 100 competitions this year for athletes over the age of 30. And they do drug testing but not for the average Master's competition. There are people in their mid-nineties still competing. And just like the youngsters there is talk about seniors taking steroids to enhance their performance.

This Guy Does Not Mince Words

Recently, Marian Michael, a member of the RFC, approached me with a request concerning an upcoming program she and her husband Roger, were presenting at their church. The name of the program is "Healthy Aging: 70 is the New 50." The Oshner Lifelong Learning Institute thru the U. of Minnesota sponsors this program. The subject matter deals with healthy living habits and how in some parts of the world, people seem to live longer than the norm. Marian asked if we had any members who were in their nineties, who might want to give some insight into how exercise etc. had impacted his/her life. Two members immediately popped into my head, a husband/wife team who attended *SilverSneakers* at least three times weekly. Harriet is 91 years of age while her younger husband Rollie is 90. Just as I mentioned these two wonderful specimens, who were perfect for the situation, Rollie walked in the door. I quickly introduced him to Marian. Marian described the upcoming program and asked if Rollie would be interested in making a presentation on how he thought exercise had added years to his life.

Rollie's reaction and exclamation was immediate – "Nooooooo!!! If they don't

know it's good for them by now they never will." Rollie added, "people used to tell me I was crazy when I retired and decided to walk 2 miles a day. Well most of those people aren't around any more and I'm still exercising." Rollie's retort was so fast and caught everyone so off guard that we were all in "belly laugh hysterics." This man tells it like it is – you bet your booties!!

Rollie then, smile on his face, headed for the coffee pot and his fellow classmates.

Back-Up To Rollie's Claim

The results of a study in Israeli backed up what our 90-year-old fitness enthusiast Rollie, stated in this newsletter, a little activity goes a long way. *The study found that people aged 85 or older that were active (four hours of exercise a week or more) had a survival rate three times higher than those that did less than four hours of exercise per week.*

Even previously inactive 85 year olds doubled their three-year survival rate as compared to those that remained inactive.

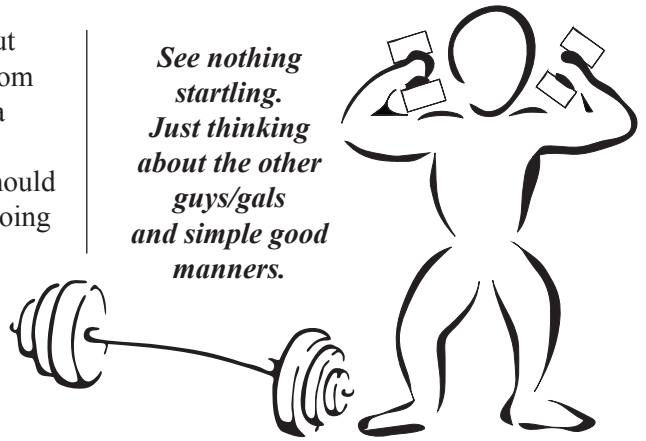


YOUR HEALTH & FITNESS Weight Equipment

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- Don't change the radio station without asking the people who were in the room before you if it's okay. This can be a tough one.
- The dumbbells are popular so they should stay in the weight room. If you are doing more than one set of an exercise the dumbbells should be available to others while you rest between sets.

See nothing startling. Just thinking about the other guys/gals and simple good manners.



Inna & A Ukrainian Home Remedy

Cough? No problem!

I am making a nice drink, my grandmother made me when I was a little girl. I put boiled milk just from the oven into a cup where I have already mixed egg yolk with 1 teaspoon of sugar or honey (I mix it until it will turn into lighter color). I mix it again and add less than 1 teaspoon of butter. I drink whole cup very slow in my bed, cover up with down blanket. I will not cough all night.

I wish you to stay healthy and happy!



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HAPPY HALLOWEEN

Since you're never too old for Halloween. . .
Don't forget to wear your costume to the club
on Friday morning, October 30th.

Don't be a stick in the mud, wear a mask, a wig or something.
Prizes for the best costume worn by a male and a female member of
the club will be judged that morning at 11:00 a.m.

(In the Halloween and RFC tradition cookies,
will be available for consumption).

