

PENSACOURT

Report

July
2009

Personal Trainers Do Make a Difference!

At some point 70% of all Americans begin an exercise program and in less than three months 80% of those individuals quit. Individuals who have a personal trainer maintain their gym schedule.

Sound interesting?
Contact Damon Bachman
478-1400 ext. 103.

10 Reasons to Work with a Personal Trainer

1. Set right goals & plan
2. Get results — better & faster
3. Avoid injury
4. Learn to exercise on own
5. Add variety to workouts
6. Get great motivation
7. Get supervision & support
8. Enjoy challenges
9. Train for your sport or event
10. Adjust for injury or illness



★☆☆ Thin & Healthy's Total Solution ☆☆☆

The Littlest People Know the Biggest Motivation Secrets

Everything you need to know about fitness and weight loss, you can learn from kids. Have you ever watched a child completely engrossed in a project? They have the magical ability to be serious about what they're doing without taking it too seriously. You can do the same with your weight loss. You can live every day with more focus, and every week with more motivation.

Remember...

1. **Don't walk when you can run.**
Every day is full of opportunities to increase your fitness. This rule is closely related to "don't drive when you can walk."
2. **If you don't like it, don't eat it.**
Once you hit your goal weight, chances are your eating habits won't stick around long if you hated what you were eating. Healthy eating involves balance and moderation.

3. **Laughter feels good.**

Kids seem to inherently know that laughter can ease blood pressure, help your brain function, give you energy, and help you reach your goals. Smiling and enjoying yourself can be serious help.

4. **The world should be full of color — especially on your dinner plate!**

Splash it with as many colors as possible, paint it like a rainbow with food. It's more fun to look at and chances are you'll be eating a healthy, balanced meal.

5. **It's always more fun with friends around.**

Children tend to gravitate toward other children. It gives them spirit and makes them want to play all day. Working out with other people is almost like having your own little play group.

6. **Adventures are found outside.**

Every kid knows that the good stuff is in the great outdoors — fresh air, wide-open spaces, and limitless possibilities. Open the door and start a new adventure every day.

7. **Anything is possible.**

No fear, no self-doubts, no negative self-talk, no self-criticism, no worries, no destructive anxieties or thoughts of failure. To a child, he/she can do anything. And do you know what? They're right.

8. **You have the rest of your life ahead of you.**

Here's your chance to do it right.

When you act more like a kid, suddenly the world opens up. Living a healthy lifestyle becomes something you want to do every day. Start enjoying yourself again!

Way to Go, Chris!

Chris McGee joined the Thin & Healthy family mid-May, and he just lost his first 20 pounds along with 3.5 inches and 3.4% body fat. Chris tells us, "Thin & Healthy has given me much more energy to enjoy more time with my family. I'm not hungry like so many other programs that I have been on, and at the same time the counselors give me the much needed motivation to reach my goals."

Thin & Healthy Member Totals

From May: 118 pounds & 99 inches
Year To Date: 444 pounds & 592.5 inches

A Taste of Thin & Healthy's Recipe Favorites:

Red, White, and Blue Salad

- 2 pkg. cherry or strawberry banana supplement
- 3 c. hot water
- 1 envelope gelatin
- 1 c. sugar substitute
- 1 c. skim milk
- 1 tsp. vanilla
- 1 (8 oz.) fat-free cream cheese, softened
- ½ c. cold water
- ½ c. nuts, chopped (pecans)—optional
- 16 oz. blueberries

1st Layer: Dissolve 1 package gelatin supplement in 2 cups hot water in 9 x 13 inch pan (or a large jello mold). Refrigerate until set.

2nd Layer: Heat 1 cup of skim milk and 1 cup of sugar substitute. Just heat it, don't boil it. Soften plain gelatin in 1/2 cup cold water. Add to heated milk. Stir in vanilla, fat-free cream cheese and nuts (optional). Let cool and pour over 1st layer. If you don't let it cool first, it will melt the first layer. Put in refrigerator until set.

Fourth of July

The club will be open 7 a.m. – 3 p.m. on Saturday, July 4th.

Kids Korner



Sign Up Today for Summer Kamp Fun!

2009 Summer Kamp is underway at the Langley Kids Center, but there is still space so sign up today! Come join the the fun Monday-Friday from 7:30 a.m. to 6 p.m.

Kamp is for kids 5 years old through those who have just finished the 5th grade. For more information, including registration fees and session costs, please contact Tessa Brough, our Kids Center Director at 478-1400 ext. 230.



Time to Plan Ahead

Our After-Schoolers Program is accepting registration for the 2009-2010 school year. Bus pick-up is available from Scenic Heights, Cordova Park, and NB Cook Elementary schools. The registration fee is \$40.

The program is open to the public and runs Monday-Friday from 2 to 6 p.m. To register or if you have any questions, please contact Tessa Brough, 478-1400 ext. 230.



Cancellations

Life gets especially hectic during the summers, so if you've made a Kids Center reservation and find you're not going to make it, PLEASE give us a call. Also if you find time at the last minute and want to come to the club, just give us a call and we'll fit you in!

Get Cool in the Pool!



Welcome back to the pool everyone! The aqua staff is happy to be back on deck teaching and helping you reach your fitness goals. If you haven't been in the pool yet, come on out. The pool has been resurfaced and the salt water is fine!

Check out the new Noodle Class that is being offered on Fridays at 9:30 a.m. It is an hour of cardio and toning all done with noodles.

Swim lessons are in high gear, so if you haven't signed up contact Sera at 478-1400 ext. 233 for details. Our instructors have experience teaching students age 6 months to adult... all ages and stages welcome!

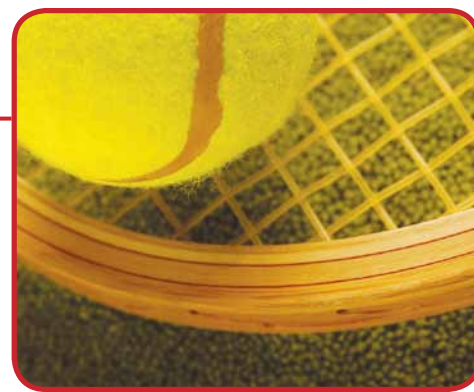
What's All the Racquet About?

■ USTA Combo League 7.0 for men and USTA Combo Mixed League 7.0 begins this month.

■ **Tennis Mixer**
Saturday, July 18
10 a.m.-1p.m.

Come out and have some fun!

■ **TIP:** Summer has arrived and the heat is up. Please make sure to keep yourself hydrated out on the court.



Warm Welcome!

Elizabeth Murray is our new Massage Therapist at 9 Mile. She is available for appointments mornings, evenings, and Saturdays. Please make your appointments with the Front Desk at 9 Mile.

Update Us!

Make sure we have your email address. It's a great way to get updates on the latest club news and events. Plus, you'll receive 25 Pensabucks.

CPR Class

New Certification for Adult CPR

Monday, July 20 • 10 a.m.-1 p.m. • Langley

Sign up at the Front Desk at Langley

Group Fitness News

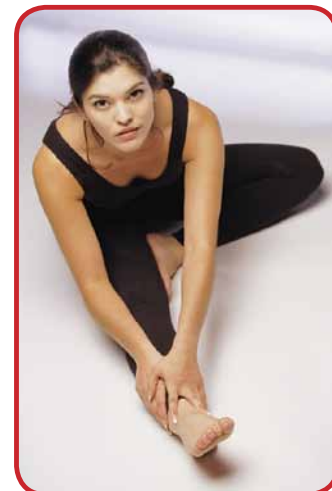
9 MILE:

■ Short on time? Try the new 30-minute classes at 9 Mile. These classes have been designed to improve your endurance, strength and flexibility in just 30 minutes! Classes are offered as early as 6 a.m. and as late as 5 p.m.

LANGLEY:

■ Summer is here and now is the time to come in out of the heat for some COOL classes with some of our HOT instructors! We have 50 classes a week to choose from! We recommend participation in a variety of classes that fit your time schedule and needs.

In a hurry? Try one of our 30-minute classes such as H.A.T. (hips, abs, and thighs). Whether it's cardiovascular endurance and fat burning, muscle strength and toning, or flexibility and relaxation, we have a class for EVERY BODY!



Change in your membership status?

Please submit any changes to your membership status by notifying us in writing by the 5th of the month in order for the change to be effective the following month.

Billing questions?

For quickest response, e-mail us at billing@pensacourt.com



PENSACOURT

HEALTH, RACQUET & FITNESS CLUB

3001 LANGLEY AVE. • 40 W. 9 MILE RD • PENSACOLA • 478-1400

CLUB HOURS: Mon-Thurs 5:30am-9pm • Fri 5:30am-7pm • Sat 7am-6pm • Sun 10am-6pm