



THE ALASKA CLUB

Member Newsletter

March 2010

IN THIS ISSUE

March is the perfect time to gain momentum and shape up for spring. Mix up your workout routine and try something new. Take a group fitness class, schedule workouts with friends or sign up for The Alaska Club's free online Fitness Challenge. Don't forget to reward yourself with a relaxing steam, sauna or massage. Keep experimenting! Try things at the Club that will keep you motivated, mentally and physically.

2010 THE ALASKA CLUB FITNESS CHALLENGE



Congratulations to everyone who has committed to learn something new, and improving their fitness lifestyle.

In March, the Fitness Challenge will include all-new nutrition and fitness tips, instruction for balance, an introduction to meditation, and new exercises for all your muscle groups. Remember to send in your weekly fitness and nutrition logs for a chance to win a great prize

If you haven't signed up for the Fitness Challenge, it's not too late. Log on to www.thealaskaclub.com/fitnesschallenge and get started on a new fitness routine today!



Find out how to get a free T-shirt



Sunshine Smoothies are now offered in Juneau



Healthier Food choices for people with Heart Disease

Congratulations to:

Week One Winner!

Lynn Tatro

Week Two Winner!

Brandi White

WHAT'S HAPPENING?

REFER 3 for a FREE T



Invite three friends to be a guest at your club and receive a free T-shirt. To receive your free T-shirt today, stop at the front desk or the membership department.

www.thealaskaclub.com

COMMUNITY CORNER

Thank You!

Thank you to all who participated in the Ride for ALS. Together, we raised \$7,767 for the Muscular Dystrophy Association!

NEW PROGRAMMING

Spring into Action: Fitness and Nutrition Camp

Participate in a 6 week foundational and comprehensive camp that will cover everything from designing a healthy meal plan to strength, cardio and mind/body training. Even if you've been working out for years, this will help you pull it all together and get the results you're looking for. A great way to get in shape for the summer!

Valley Studio

Tuesday 6-7:30pm
& Friday 5-6pm
March 30-May 14

Instructor:
Heidi Lingle and Karlynn Welling

Pre-registration required at the Valley front desk. Limited space available! Please contact Jamie Pettis 907-789-2181 ext 321 for more information.

WHAT'S NEW?

New Group Fitness Schedule

The Spring Group Fitness Schedule starts March 29. Look for it at the front desk of any The Alaska Club location. All schedules are also available online at www.thealaskaclub.com.

Sunshine Smoothies Now Available in Juneau!

Hydrate and rejuvenate with a delicious and nutritious smoothie to boost your energy, body and mind! Take advantage of grand opening specials happening all month long. Located upstairs by the golf simulator.



Healthy Food Choices for People Living with Heart Disease

The D.A.S.H. (Dietary Approaches to Stop Hypertension) eating plan has all the components of a heart-healthy diet. It's delicious and varied — rich in vegetables and fruits, with whole grains, high-fiber foods, lean meats and poultry, fish at least twice a week, and fat-free or 1 percent fat dairy products.

The foods below are an example of recommendations for people with heart disease because these foods are typically low in salt, saturated fat and cholesterol. See the complete list and learn to read food labels to help you choose heart-healthier foods when you shop at www.americanheart.org

Fruits

Fresh, canned or frozen

Vegetables

Fresh or frozen (avoid sauce or flavor pouches, which add salt and fat)

Meats, poultry, fish

Canned is OK if unsalted or rinsed, Fresh or frozen fish (not breaded), Canned tuna and salmon (unsalted or rinsed), Chicken or turkey, both with the skin removed, Lean cuts of beef, veal, pork or lamb (trim away all fat)

Meat substitutes

Dried beans, peas, lentils (not canned) Tofu (soybean curd), Nuts or seeds (unsalted, dry-roasted), such as sunflower seeds, peanuts, almonds and walnuts (Eat nuts in small amounts because they're high in fat and calories.) Unsalted peanut butter

Dairy choices

(Choose 2-3 servings of these low-fat dairy products per day)

Liquid or dry milk (1 percent, ½ percent, fat-free or nonfat), Cottage cheese, dry curd (low sodium), Low-fat or part-skim cheeses, such as ricotta and mozzarella, Neufchatel cheese

Breads, cereals, grains, starches

Pasta, Rice (enriched white or brown) Starchy vegetables, such as corn, potatoes, green peas, etc. (not canned unless salt-free) Loaf bread and yeast rolls, Homemade breads (with regular flour, not self-rising), Melba toast Matzo crackers, Pita bread, Taco shell, corn tortilla, Cooked cereals, such as corn grits, farina (regular), oatmeal, oat bran, cream of rice, cream of wheat (avoid instant cereals) Puffed rice or wheat, shredded wheat (or any cereal with 100-150mg of sodium (limit to 1 cup/day)

Sweets

Carob powder, cocoa powder, Flavored gelatins, Fruits, Frozen juice bars, fruit ice, sorbet, sherbet, Sugar, honey, molasses, syrup (cane or maple), Jelly, jam, preserves, apple butter, Graham and animal crackers, fig bars, ginger snaps

EVENTS CALENDAR

Sunday 14 Set Your Clocks Ahead

Thursday 18 Free Guest Day

Monday 29 New Group Fitness Schedules Begin

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Anchorage NORTH · 700 Bragaw Street · 278-3621 / SOUTH · 10931 O'Malley Centre Drive · 344-6567 / THE SUMMIT · 11001 O'Malley Centre Drive, Suite 103 · 365-7300 / EAST · 5201 East Tudor Road · 337-9550 / WEST · 1400 West Northern Lights Boulevard · 264-2720 / FOR WOMEN · 1450 West Northern Lights Boulevard · 264-2700 / DOWNTOWN · 701 W. 8th Avenue, Ste 100 · 274-4232 / MIDTOWN 630 E. Tudor Road 562-2460 EXPRESS Jewel Lake · 3841 W. Dimond Boulevard · 245-2223 / EXPRESS Muldoon 7731 E. Northern Lights Boulevard 338-2639 / EAGLE RIVER · 12001 Business Boulevard · 694-6677 / **Wasilla** VALLEY · 1720 East Parks Highway · 376-3300 / **Palmer** EXPRESS 535 West Evergreen Avenue · 745-6677

Fairbanks SOUTH 747 Old Richardson Highway · 452-6801 / NORTH · 150 Eagle Avenue 456-1914 / EXPRESS · 575 Riverstone Way 452-3777 **Juneau** VALLEY · 2841 Riverside Drive · 789-2181 / DOWNTOWN · 641 West Willoughby Avenue · 586-5773