



Member Newsletter

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MARCH MADNESS

FAIRBANKS MARCH 2020

STRAIGHT FROM THE BLOG THEALASKACLUB.COM/BLOG

How to Get a Good Workout in Bad Weather

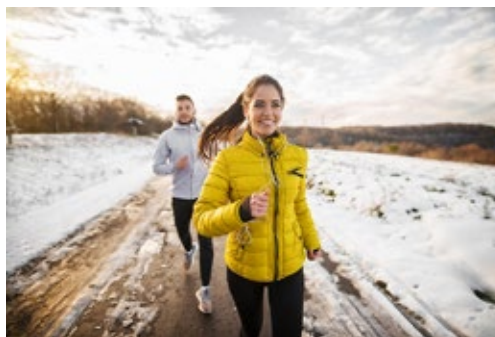
By Sheila Olson

You like to exercise outdoors and enjoy the fresh air, nature, and that feeling after a good run. But what do you do when it's too cold out? Some bad weather is okay to exercise in with proper precautions, such as appropriate clothing, lights on your bike, and reflective strips so people can see you. Sometimes, though, it's too darn cold to work out safely. Here are some tips for taking your warm-weather exercise routine into cold weather and indoors when necessary.

First, realize that keeping yourself warm and dry is the most important aspect of your exercise routine, even if you're running or cycling in the rain. You need a plan for getting dry as quickly as possible so you're not losing body heat from damp clothing. The answer to this problem is layering. Whether you're running in rainy or cold weather, dry air, your exercise routine will cause you to sweat. You need layers of clothing that you can add or take off as your body heats up and cools down. Start with a thin, synthetic layer of material that draws sweat away from your body. Layer fleece or wool clothing over that for warmth, followed by a waterproof, breathable outer layer. Make sure you have protective clothing for your hands, feet, face, ears, and head to keep yourself warm. If you'll be in snow, don't forget sunglasses and sunscreen to protect you from the sun's rays bouncing off the snow, as well as lip balm with UVA and UVB protection. Be sure you're well hydrated, even if you don't feel thirsty.

One tip for working out in cold weather is to do your warm-up inside. That way you're getting limber and stretched out in a body-friendly environment before tackling the cold. You might consider switching your exercise to seasonal activities such as snowshoeing, skiing, mountain biking, etc. Vary your routine and location to really enjoy the winter weather, while keeping someone informed of where you'll be and how long you'll be gone.

Once it gets too cold, you really need to move your workout indoors. If the wind chill is extreme or the temperature is well below freezing, you don't want to be outside. If you like to run or bike long distances and will be in the cold for a long time, or if you have asthma, poor circulation, or a heart condition, you should reconsider exercising outdoors when temps dip below freezing. If it's rainy as well as cold, you're battling multiple elements and an added danger of drivers not seeing you. Better to stay indoors and alter your exercises.



The good news is that you can get a great workout indoors. You might find an off-peak season special at your local gym or fitness center if you prefer that, or you can get a good workout at home. You can create your own gym with your favorite machines, use equipment that is based on resistance and not mechanics (think jump rope, resistance bands, dumbbells, etc.), or go completely equipment-less and work out using your own body weight on a yoga mat or other padded surface. If that's not interesting enough for you, find a good yoga class online or dance the calories away. Any of these workouts can keep you fit and trim while staying indoors.

Cold weather is no reason to skip your workout, but it does require thoughtful planning in order to keep you warm and dry. If you're determined to keep exercising outdoors despite the cold, be sure to check the weather forecast so that you can be prepared for whatever comes your way. Stay warm, stay safe, and stay fit.

CONGRATULATIONS TEAM #7!



The Alaska Club is a proud sponsor of Team #7 (Aklestad & Olstad), who took 1st place in last month's Iron Dog Race. Congratulations team!

GET THE ALASKA CLUB APP & EARN BIG POINTS!

Join the rewards programming this month and send your friend a 3-day pass. If they join, you'll receive 500 Reward Points!

- Rewards Program
- Track Workouts
- Set Goals
- Join Challenges
- Schedule classes
- Club Check-in
- Real-time Notifications





IN THE MIX

RECIPE OF THE MONTH



BERRY CHIA OVERNIGHT OATS

Mornings just got 100x better and that's a fact. This is an oats-meets-smoothie-meets-chia pudding mash-up in the best possible way. It's pink, it's pretty and you can put it in a stemless wine glass and feel fancy! Waking up can be fun...

INGREDIENTS

- 1/2 cup Quaker Oats rolled oats
- 1/4 cup chia seeds
- 1 cup milk or water
- pinch of salt and cinnamon
- maple syrup or other sweetener to taste
- 1 cup frozen berries of choice (or yesterday's smoothie leftovers)
- yogurt for topping
- berries for topping

INSTRUCTIONS

- 1 - Place the oats, seeds, milk, salt and cinnamon in a jar with a lid. Refrigerate overnight.
- 2 - Puree the berries. (I usually incorporate this into my smoothie routine, so I either use leftover smoothie or just blend up a huge smoothie batch so I have a little extra for the oats. You don't HAVE to do this, but it's a nice way to add some fruit and color.)
- 3 - Stir oats with your frozen berry puree, top with yogurt and more berries, nuts, honey, whatever you like.

HIGHLY recommend making this in batches, usually do 3 at a time, all in individual jars for easy grab and go breakfasts.

[pinchofyum.com/chia-overnight-oats](http://pinchofyum.com chia-overnight-oats)

MARCH EVENTS

SPRING BREAK YOUTH CAMP

Full week & single day registrations available.
 March 9th - 13th
 Fairbanks South
 Standard Hours: 8am - 4pm
 Member \$184/week
 Nonmember \$204/week
 Extended Hours: 7:30am - 5:30pm
 Member \$244/week
 Nonmember \$264/week

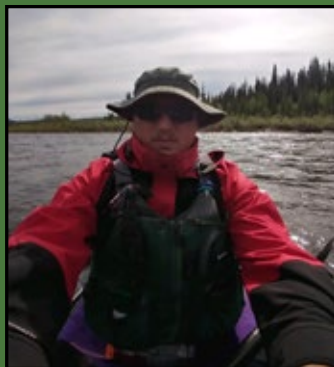
For more information, visit
www.thealaskaclub.com/camps

FAMILY FUN NIGHT

A night filled with activities for all ages!
 Wednesday, March 18th
 Fairbanks South
 5pm - 8pm

For more information, visit
www.thealaskaclub.com/kids

SPOTLIGHT ON ANTHONY MUSTERED



Tony is avid outdoorsman that enjoys bicycling, kayaking and a wide variety of adventure sports. He is an Eagle Scout, Lifeguard, White Water guide and Swift Water Rescue Professional. He enjoys showing his passion for Kayaking and Paddle boarding through teaching and introducing people to these amazing sports.

EXERCISE OF THE MONTH



Upper Body - Dumbbell Incline Bicep Curl

- 1) Sit on an incline bench with arms hanging and dumbbells in both hands, palms facing in.
- 2) Use a comfortable weight level, curl the weights up to shoulder level, while turning your wrist so that you palms face upwards at the top.
- 3) You can do both arms at the same time or alternate. Complete 3 sets of 10 each side. Rest in between each set for 60 seconds.



MARCH APP CHALLENGE

Iditarod: Mush The Miles

The 2020 Iditarod uses the North course, which covers 975 miles. Your challenge is to log one minute for every mile of the course (975 minutes = 16.25 hours). Register via the club app. All successful challenge participants will be entered into a drawing to win 2, one hour PT sessions.