



# Member Newsletter

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## MARCH MADNESS

JUNEAU MARCH 2020

### STRAIGHT FROM THE BLOG [THEALASKACLUB.COM/BLOG](http://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.

### WHY YOU SHOULD STRETCH AFTER A WORKOUT

Reviewed by Dr. Frantisek Vismont

*Flexibility is as important as strength and endurance. Regular stretching helps increase the range of muscle motion around the joints.*

*This contributes to:*

- Increased productivity when exercising
- Lower risk of musculoskeletal system injury when exercising and in daily life
- Stress reduction during muscle training and post-workout tension relief
- Improved body posture due to the elongation of certain target muscle groups (a constant static position can encourage slouching)

*The best time for stretching is at the end of your workout because your muscles are relaxed and warmed up (i.e., have the maximum elasticity).*

## 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 POP-UP CLASSES

FREE for fitness members!  
No registration required, just pop in!  
[TheAlaskaClub.com/PopUp-Classes](http://TheAlaskaClub.com/PopUp-Classes)  
for Pop-up dates, times, and locations.

#### VALLEY LOCATION

Group Blast  
March 1st & 15th at 9am  
Instructor: Nickie

#### P90X

Tuesdays at 5:15pm  
Instructor: Stephany

#### SPECIAL PROGRAMMING

YOGA CLINIC FOR SNOW SPORTS  
DOWNTOWN

Instructor: Kristy

Has winter left you a little less mobile, and a little more lethargic? Or maybe you didn't enjoy as many winter sports and activities as you desired? Well, it's never too late to start! This 2-part workshop is the jumpstart you need to get out and enjoy the last few weeks of winter sports, or get excited for springtime hiking and biking!

Workshop #1 - March 11th at 6:15pm:

Legs & Hips: Build strength, stability, flexibility and awareness in the lower half of your body to help you power down the hills these last few weeks of ski season, or up the hills this summer!

Workshop #2 - March 18th at 6:15pm:

Core & Balance: Strengthen all core support muscles and challenge yourself with standing balancing poses to keep you centered, and safe, this ski season, and beyond!  
Both workshops will focus on static yoga postures + yoga conditioning exercises mixed with yoga flow.

#### ONE WORKSHOP:

MEMBER \$20 NONMEMBER \$40

#### BOTH WORKSHOPS:

MEMBER \$30 NONMEMBER \$55

For more information contact Becky Thomas at [bthomas@thealaskaclub.com](mailto:bthomas@thealaskaclub.com)  
Registration at any front desk, online or via the call center at [callcenter@thealaskaclub.com](http://callcenter@thealaskaclub.com)

## SPOTLIGHT ON KRISTY HILL

Kristy took her yoga teacher training in 2008, and has been sharing yoga with people of all ages ever since! She's also a snow lover and has skied in Colorado, Alaska and Washington. She taught yoga for a winter season at the base of Alyeska ski resort in Girdwood, Alaska.



## 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 your 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.

**ANCHORAGE 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 / **CLUB FOR WOMEN** - 1450 WEST NORTHERN LIGHTS BOULEVARD 264-2700 / **DOWNTOWN** - 701 WEST 8TH AVENUE, SUITE 100 274-4232 / **JEWEL LAKE** - 3841 WEST DIMOND BOULEVARD 365-2717 **EAGLE RIVER** - 12001 BUSINESS BOULEVARD 694-6677 **WASILLA** - 1720 EAST PARKS HIGHWAY 376-3300 **PALMER** - 12051 EAST PALMER-WASILLA HIGHWAY **FAIRBANKS SOUTH** - 747 OLD RICHARDSON HIGHWAY 452-6801 / **WEST** - 575 RIVERSTONE WAY 452-3777 **JUNEAU VALLEY** - 2841 RIVERSIDE DRIVE 789-2181 / **DOWNTOWN** - 641 WEST WILLOUGHBY AVENUE 586-5773