

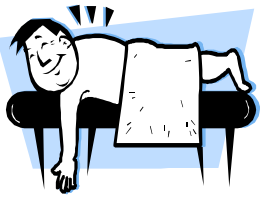
# February 2010 FLAC News



## Happy Valentine's Day!

FLAC can help you get in the good graces of your sweetie:

Give your someone special an incredible massage by Eve Mora or one of FLAC's personal training or tennis packages.



During inclement weather, call FLAC (741-2000) or check the website (4flac.com) for schedule changes or closings.



Stay tuned for more free education classes from FLAC's personal trainers...

## New Year's Resolution Revival How to stay on track with your health goals

Are you faltering with your New Year's resolution? Are you ready to give up? Before you succumb to "inevitable" failure, take a look at these tips to help you keep your New Year's resolution.

According to Serge Prengel's book, Resolutions That Work, there are three main tips to keep in mind.

1. Keep an eye on the goal. Be sure you are committed to your resolution versus wishing for change to happen. Wishing is passive and commitment is active. If you are committed, you

know that change is not easy and that you will have to fight for what you want. Do not go with the flow, but rather control what you can. For example, you can control what you eat or how often you go to the gym. It is not the easy path, but one that can be planned out. Your resolution must be realistic and specific. It is easier to accomplish going to the gym 3 times per week versus "exercising more." If necessary, change your goal to be more specific.

2. Keep track of what

you're doing. Track your food, exercise, and feelings and review what you've done. Tracking keeps you centered on your reality. Focus on your positive accomplishments; they do make a difference.

3. Think of change as a creative process. Expect obstacles on your path and learn from them. Make adjustments! Get past fear of failure. Mini failures ("bad days") are not personal failures, but part of the journey.

### WISE QUOTE OF THE MONTH

Small successes can lead to big outcomes!

## Top 8 Exercise Tips for Weight Loss

Tuesday, February 9th  
6:00pm

Bored with your exercise routine? Unsure about what exercises burn the most calories? Need help kick starting your weight loss efforts? Whether you are a long-time FLAC member or are new to the club, it's common for people to get in the routine of doing the same workout week after week. This can lead to the deadly plateau, a.k.a. the inability to make further progress on your health goals. FLAC offers many tools for people to use in their workout, however,

often people either stick with a comfortable routine or are not pushing themselves enough. It may be daunting to think about how to change your workout. In response, we invite you to join personal trainer, Kerri Reed, for an informative one night class. Kerri will share some of the exercise research on the best calorie burning and metabolism boosting workouts. She will specifically discuss how to use FLAC to help you reach your goals. This class is free for both members and nonmembers, so bring a friend with you and "tune up your workout."

# February Member of the Month: Jeff Rosendahl



Jeff's stepping skills are top notch.

Congratulations to our February Member of the Month, Jeff Rosendahl. Jeff was chosen to be member of the month because of his dedication to fitness and his overall community spirit. He can usually be seen in the mornings on the fitness floor and in group exercise classes. Jeff often takes strength, cycling, and step classes. He even doubles up on Mondays so that he can attend Janeen's cycling class later in the day. Jeff has supported several of FLAC's fund raising

efforts, including making an awesome pie for the New Equipment Fundraiser. He is married with two kids and has been a FLAC member since 2004. He is involved with the Elkhorn Fund and can often be seen volunteering at Scott and Stephanie's school. Jeff receives a free personal training session or tennis lesson as member of the month.

If you have someone you'd like to nominate for Member of the Month, contact Amy or Kerri.

## Zumba News

Zumba specials continue! Members can continue to attend Zumba classes in February for only \$1 and nonmembers for only \$5. Also, don't forget that your elementary-age kids can take Cindy's Zumba Kids class for free every Thursday at 4:30pm!



ü MARK YOUR CALENDARS

Zumbathon at FLAC  
March 5th from 6-8pm

## Dodge Ball Tournament

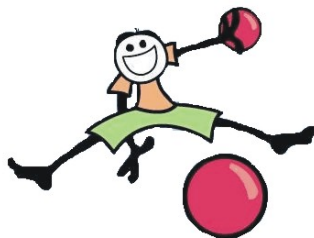
February 26th  
6-8pm

Ready to relive some of those dodge ball memories? For a hilarious good time (and surprising workout), gather a team together and enter FLAC's 2nd dodge ball tournament. Teams are guaranteed two full rounds of dodge ball (each round is best 3 out of 5 games).

Team requirements:

- 6-7 players (6 on the court with 1 sub)
- Ages 16 and up
- At least 2 female players per team

Registration is due by Monday, February 22nd at the front desk. The cost is \$50/team due at sign-up (both members and nonmembers). Contact David Stefanik with questions or if need help putting a team together.  
p.s. Ladies, the balls are soft!



## Motivate Your Mate

February is Motivate Your Mate month at FLAC. Encourage your partner to get to the gym regularly and try out a new class or new workout together. Sit down with you mate and discuss healthier snack and meal options that you both can agree on. Having a strong support system can make all the difference in your health!

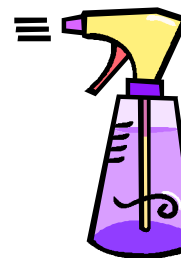
### New Member Specials:

Motivate Your Mate includes new members with 2-for-1 all month (2-for-1 joining specials, personal training, and tennis lessons). Tell your friends to check out FLAC in February. They can try out the club for a week absolutely free!

## Housekeeping Reminders

Please help us keep FLAC a great place to workout:

- ◆ Spray a paper towel with the disinfectant spray and wipe clean your equipment after use (please do not spray the equipment directly).
- ◆ Please change into your workout shoes inside FLAC to help keep the equipment free of salt, sand, and slush.
- ◆ Squirt a little hand sanitizer on your way in and out of FLAC to help keep germs at bay.



Thank you FLAC members for your help and support. Please let a staff member know if you see any problems or safety issues.





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We're on the web!  
[4flac.com](http://4flac.com)

[www.4flac.com](http://www.4flac.com)