

What's Happening at CAC...

EMPLOYEE OF THE QUARTER!!



Congratulations to Allen Brooks for being named Employee of the Quarter. We thank Allen greatly for all of the hard work and dedication that he brings to CAC every single day. Allen is the head of Maintenance and keeps the entire club running smoothly. No matter what we throw at him, Allen tackles each job quickly and with a smile on

his face. **Thank you, Allen!**

BIGGEST LOSER – MEMBER EDITION

The winners of the Biggest Loser competition are Sylvia Morria and Ed Kopka! Congratulations to you both!! Sylvia lost 16 lbs and Ed lost a whopping 35.5 lbs! Way to go!

SUMMER PARTIES

Beginning June 4th- thru August 27th the Weekly Q PUMP will be back at CAC! This time it will be a Pool Party! Q PUMP will be broadcasted live on 107.5 every Monday poolside from 5pm until 7pm. Karson from Q107.5's Morning Show will be hosting the show LIVE! Karson will be taking music requests and call-ins! Join us every Monday for this exciting program..

EARN FREE MONTHS!

CAC Members can earn one free month for each membership resulting from a referral. Each new member must sign up for a minimum of 12 months and tell the Membership Coordinator who referred them during signup. There is no limit to the number of months you can earn! Stop by the Membership Department if you have any questions.

NEW CLASSES!

Check out Yoga with Cheri on Mondays at 10:15am and Tuesdays at 5:30pm. Also, Dance 101 class is every Thursday at 10:15am.



Spotlight On:

**Karin King,
Group Fitness
Instructor**

Quite often the members in my class ask me if I have a "real job". And the answer to that question is yes! It was actually my real job that brought me to Cordova Athletic Club. For the last 11 years I have worked for International Paper. In 2000, I was transferred from Cincinnati, OH to Memphis. I didn't know a soul. Before I had even unpacked my boxes I joined CAC. As a member, I met a lot of new people and made quite a few new friends. Because I was pretty much a gym rat, I even became friends with the instructors. It was their support and encouragement that inspired me to become an instructor myself.

Believe it or not, I was actually nervous when I first started teaching! Who was I to think I could lead a group of 20 people in a Spin class and still be able to talk? As anyone who has been to my class recently knows, I got over that nervousness. I talk, I sing, I laugh, and get laughed at in my classes. I look forward to my Spin class every week. I can't wait to see my hard core students who challenge themselves and those around them. And I welcome the new people and remind them that we were all new at one point.

Over the last seven years I have achieved many of my fitness goals with many of my students by my side. I have made new friends, and still see several of my old buddies. Whenever someone asks me what keeps me motivated, I tell them I love what I do!

Living with Allergies



What are allergies?

Pollen, mold, peanuts, pets -- Seemingly harmless things can trigger your body's immune system to overreact. This can mean days of sneezing, itchy eyes

and a runny nose or more severe problems, such as rashes, breathing difficulties, asthma attacks or even death.

About 50 million Americans suffer from some kind of allergy, according to the Asthma and Allergy Foundation of America. Allergens, or triggers to allergies, can be foods, insects or particles in the air such as mold and pollen.

When someone with an allergy is exposed to a trigger, his or her immune system produces antibodies and chemicals to fight what the body perceives as an invader. This battle is what produces the symptoms.

Airborne particles

Most people's allergies fall into the "airborne particles" category.

Of these, the most common are:

Dust mites: These microscopic insects are all around us and feed off dead skin cells. They live in bedding, upholstery and carpets.

Pollen: Pollen allergies are sometimes called hay fever and are caused by the greenish powder produced by plants for fertilization.

Mold: Mold usually grows in bathrooms or damp basements, but any dark and damp environment can be a breeding ground.

Pets: A pet's good grooming may mean bad news to an allergy sufferer. The animal's saliva produced while licking later dries and a protein in the saliva floats in the air and sticks to fabric or furniture.

Cockroaches: Besides being a pest with a high "ick" factor, cockroaches can trigger allergies and asthma with their droppings, saliva or bodies themselves.

Food

About 2 percent of adults and 6 percent of kids have a true food allergy, according to the Mayo Clinic. The following foods account for about 90 percent of reactions.

- Milk
- Eggs
- Peanuts
- Tree nuts (walnuts, pecans, etc.)
- Fish
- Shellfish
- Soy
- Wheat

Other triggers

Here are some more of the most common allergies:

Insect stings: Around 2 million Americans are allergic to the venom in the stings of bees, wasps, hornets, yellow jackets and fire ants. Victims experience more severe symptoms than the usual redness, swelling and pain. Reactions include swelling all over the body, dizziness or passing out, a drop in blood pressure and even a heart attack.

Medicines: The antibiotic penicillin is the most common drug allergy. Other common drug allergens include anticonvulsants such as Dilantin and insulin from both pork and beef sources.

Chemicals: Itchy skin or rashes may be caused by chemicals in everyday things, such as cosmetics, laundry detergents, household cleaners or dyes.

Why do we get allergies?

Genetics: The exact cause of allergies is unknown. But genetics do play a part. If one parent has allergies of any kind, chances are 1 in 3 that his or her child will have some type of allergy. If both parents have allergies, the odds are even greater. Also, people exposed to substances when they are sick or their body's defense system is weak may later develop allergies to those triggers.

Hygiene hypothesis: Another theory is what's called the "hygiene hypothesis." Some studies suggest that allergy rates are growing because today's ultra-sanitized world has not allowed people to build up immunities to substances that cause allergies.

Other: Other theories include increase of pollution, higher prevalence of chemicals in daily lives, not eating locally grown food and the fall in popularity of breast-feeding. But no research has firmly proven any theory.

Treatment

Unfortunately, there's no cure for allergies. But there are several ways to keep them under control and treat the symptoms.

Avoidance: The first step is determining what exactly you're allergic to and then of course, avoiding that trigger if at all possible.

Medication: Over-the-counter and prescription drugs such as antihistamines, decongestants or anti-inflammatory medicine can help relieve many symptoms.

Allergy shots: When allergies don't respond to medication, allergy shots (or immunotherapy) may be in order. Over the course of several years, shots with small doses of the allergen are given to desensitize the sufferer to substances that trigger allergies. But shots don't work on all people or for all allergies (they don't work for food allergies, for example.)

Exercise Tip



The "bicycle" is a classic abdominal-strengthening exercise, but anyone with a bad back knows that if you do it incorrectly — or before your body is strong enough — it can cause pain in your lower back.

The key is to raise your extended leg high enough so it does not cause your back to overarch. You'll know if you are overarching if your rib cage pokes up and the space under your waist increases when you straighten your leg.

Why not try Personal Training for the first time?

Our Fitness First program introduces you to the wonderful world of Personal Training. When you purchase your first package, you also receive a 10% discount.

Our Personal Trainers are the BEST in the business and can help you achieve your fitness goal -whether it is strength training, weight loss or endurance, they are here for YOU!

CAC MISSION STATEMENT

To provide a wholesome and energetic family atmosphere that is service driven in an environment where everyone is comfortable making fitness a part of their lifestyle.

♥ Heart Healthy Recipe Corner ♥

SKEWERED STEAK SUPPER

Makes 4 servings, 1 meat Skewer, 1 fruit skewer and 1 cup rice per serving

Ingredients:

20-ounce can pineapple chunks, canned in fruit juice with no sugar added
1 teaspoon grated lemon peel
2 tablespoons fresh lemon juice
1 teaspoon molasses
1/8 teaspoon black pepper
1 pound sirloin steak, all visible fat removed, cut into 1-inch cubes
8 cherry tomatoes
1 star fruit, sliced crosswise into 1/2-inch slices
Vegetable oil spray
1 medium onion
1 medium bell pepper, any color
4 cups cooked rice (about 1 1/3 cups uncooked), kept warm
4 sprigs fresh parsley

Directions:

Drain juice from pineapple, reserving 1/4 cup for the marinade. Pour reserved juice into shallow nonmetallic bowl or casserole and set aside pineapple chunks. Add lemon peel, lemon juice, molasses, and black pepper to pineapple juice. Stir to combine. Add steak cubes, cover and let marinate in the refrigerator for 2 to 12 hours, stirring occasionally.

Soak 4 8-inch skewers in water for 10 minutes. On 4 unsoaked 8-inch wooden or metal skewers, thread pineapple chunks, cherry tomatoes, and starfruit alternately. Cover with plastic wrap and refrigerate. Preheat broiler. Spray a broiler pan lightly with vegetable oil spray.

Peel and quarter onion and separate into pieces. Cut bell pepper in half, remove seeds, and cut into 1-inch squares. Thread the steak cubes alternately with the onion and green pepper on the skewers. Place beef skewers on prepared broiler pan 4 to 6 inches from broiler. Broil for 3 to 4 minutes on one side, then turn and broil for 3 to 4 minutes, or until meat is cooked to desired doneness.

To assemble dish, place 1 cup cooked rice on each plate. Lay a beef skewer at one side of plate and a pineapple and tomato skewer at the other. Place a sprig of parsley in the middle for garnish. Serve warm.

Cooks Tip: Flat metal skewers help keep whatever you are grilling from twisting around as you turn them. You can grill these skewers over medium-hot coals (or medium-high heat if using gas, electric, or propane grill) for 3 to 4 minutes on each side. Also, you can substitute 1/2-inch slices of mango or papaya for the star fruit.

FOCUS ON:



**Duane
Stewart,**

**Personal
Trainer**

I have been a Personal trainer for about eight years. I started out doing runway modeling underground in Memphis which led to me pursuing a deal in the modeling industry.

In the midst of pursuing modeling, my good friend was drafted to the NBA. We moved to Dallas in 1997 and began intense resistance training to maintain NBA caliber speed, quickness, ability and power. This prompted me to seek a job in the related field of exercise and nutrition. Utilizing workouts geared for athletes and average Joes, I began doing body sculpting and fast-twitch regimens to get maximum performance and weight loss/gain results. In my tenure as a professional trainer I have worked with elite-level athletes, pastors, artists in the music industry and average people who would just like better overall health and a better looking body.

After a couple of years I formed Heavenly Bodies Personal training. I was working with my pastor in an attempt to better his overall health. If your body is a temple then you should educate yourself on the foods that go into it and the effect food has on the body. I began trying to change the way people thought about their health. I believe the key to changing anything starts with the mind. You change the mindset and the body follows. After all the up and downs, trials and tribulations, I am glad to have ended up in an establishment such as Cordova Athletic Club.

HUMOR

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**“Employee Wellness Program, Phase One:
Choose the doughnut with the largest hole.
Drink enough coffee to raise your pulse to 160
beats per minute for 20 minutes 3 times a week.
Increase your activity, use Google and Yahoo.”**



Tongue In Cheek!

My gym teacher told me to touch my toes. I said, "I don't have that kind of relationship with my feet. Can I just wave?"

A woman walked up to a little old man rocking in a chair on his porch. "I couldn't help noticing how happy you look," she said. "What's your secret for a long happy life?"

"I smoke three packs of cigarettes a day," he said. "I also drink a case of whiskey a week, eat fatty foods, and never exercise."

"That's amazing," the woman said. "How old are you?"

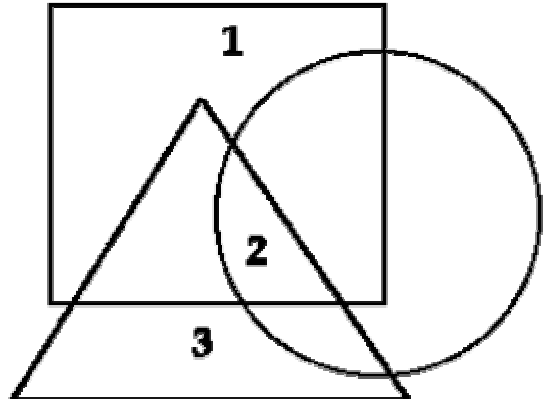
"Twenty-six," he said.

Newsletter Submissions

If you have a comment, question, or would like to submit an article to the Cordova Athletic Club HealthyNews newsletter, please send us an email at newsletter@cordovaathleticclub.com.

MENTAL FITNESS

Puzzle of the Month: Brain Teaser



Place the remaining numbers from 4 to 10 in the seven divisions of the above figure so that the outer divisions total 30 and each geometric figure totals 30.



*Happy
Mother's
Day!*