



## What's Happening at CAC...

### *SUMMER PARTIES*

Remember, thru August 27<sup>th</sup>, the Weekly QPUMP will be at CAC! Each week a Pool Party version of QPUMP will be broadcasted live on 107.5 every Monday 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 with any questions.

### *NEW CLASS!*

Zumba! is coming to CAC. There are two trial classes being formed right now and we are wanting to add the class permanently. Look for notices on the board at the Front desk. What is Zumba? Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

### *AROUND MEMPHIS...*

YMCA Walking Club: Meets 9:15-10 a.m. at Schilling Farms YMCA Mondays and Wednesdays for a brisk, 45-minute walk. Designed for all fitness levels. Call 850-9622.

Healthy Eating -- 30-minute meal: Noon Tuesday at Cossitt Branch Library, 33 S. Front. Learn how to make dishes that are quick and nutritious. 415-2846.

NAMI -- Memphis annual African-American Mental Health Summit: 8 a.m.-4 p.m. Thursday at Wyndham Garden Hotel, 300 N. Second. Theme: "Resilience and Recovery in African-American Families." Dr. Gregory Washington, Dr. Hilda Davis-Carroll, Dr. William Young and Dr. Evelyn Lewis speak, along with a panel of local advocates. Registration required: (800) 467-3589. Registration at hotel call 525-1800.

## SPOTLIGHT ON...



### **...CHRISTENE Carter**

Christene Carter has been with CAC since April of 2005. She first joined the club as our Membership Accounting Manager and fast made herself invaluable to the entire organization. Christene is now the Assistant General Manager and helps to run the day-to-day operations of Cordova Athletic Club and also long-term goal planning.

We're sure you've seen Christene racing around the club, her personality and charisma are hard to miss! She has the ability to put a smile on anyone's face and we are very happy to have her here. Christene has helped make the club a fun and exciting place to work and workout. We truly don't know what we would do without her, she is extremely vital to our organization. I think the members would agree, Christene is the heart and soul of Cordova Athletic Club and it shows.

Thank you, Christene, for all that you do! Keep up the great work!

## Tai chi: Stress reduction, balance, agility and more



***Tai chi is a series of gentle movements that can bring about stress reduction, improved balance and many other health benefits. Find out what tai chi is all about.***

Tai chi (ti-CHE) is sometimes described as "meditation in motion." Originally developed in China as a form of self-defense, this graceful form of exercise has existed for about 2,000 years. It's becoming increasingly popular around the world, both as a basic exercise program and as a complement to other health care methods. Health benefits include stress reduction, greater balance and increased flexibility.

### ***What is tai chi?***

Tai chi is a noncompetitive, self-paced system of gentle physical exercise. To do tai chi, you perform a defined series of postures or movements in a slow, graceful manner. Each movement or posture flows into the next without pausing.

### ***Who is tai chi for?***

If you're trying to improve your general health, you may find tai chi helpful as part of your program. Tai chi is generally safe for people of all ages and levels of fitness. Studies have shown that for older adults tai chi can improve balance and reduce the risk of falls. Because the movements are low impact and put minimal stress on your muscles and joints, tai chi is appealing to many older adults. For these same reasons, if you

have a condition such as arthritis or you're recovering from an injury, you may find it useful.

Tai chi appears to offer both physical and mental benefits no matter what your age. It's used to:

- Reduce stress
- Increase flexibility
- Improve muscle strength and definition
- Increase energy, stamina and agility
- Increase feelings of well-being

Tai chi hasn't been studied scientifically until recently. Preliminary research shows that especially for older adults, practicing tai chi may:

- Reduce anxiety and depression
- Improve balance and coordination, reducing the number of falls
- Improve sleep quality, such as staying asleep longer at night and feeling more alert during the day
- Slow bone loss in women following menopause
- Reduce high blood pressure
- Improve cardiovascular fitness
- Relieve chronic pain
- Improve everyday physical functioning

### ***Types of tai chi***

Like yoga, many styles of tai chi exist. Some of these styles include:

- Chen
- Hao
- Sun
- Wu
- Yang
- Zhao Bao

The intensity of tai chi varies somewhat depending on the style. For example, the Chen style may be more fast-paced than other styles. However, most styles are gentle and suitable for everyone. Talk to your doctor and tai chi instructor to make sure the style you're using is appropriate for your physical capabilities.

**Spotlight On:**



**Sarah Li**  
**Tai-Chi**  
**Group Fitness Instructor**

Xuemei (Sarah) Li became an Assistant Professor at Human Normal University in China in 1976, and her expertise was in Martial Arts including Tai-Chi, Wushu (Kung-Fu), Ba-Gua, etc. She was the founder of the Greater Memphis Wushu Tai-Chi School, which was established in 1993.

Sarah joined the USA Wushu Kung-Fu Federation in 1996. She became a very well-known judge, who was involved in many national, regional, and local Martial Arts tournaments. Because of her solid experiences and expertise, she is highly respected by her colleagues and other Martial Arts professionals.

Her students have participated in many national, regional, and local Martial Arts tournaments. Over 60 of her students have won awards including gold and silver medals.

Sarah has been teaching Tai-Chi classes at the Cordova Athletic Club for over 7 years. The slow, graceful movements of Tai-Chi help to strengthen the spirit and physical condition. It helps relieving stress while improving balances both physically and mentally.

Sarah really enjoys being an instructor at the Cordova Athletic Club because of her passion for teaching Tai-Chi. Her students love going to the Tai-Chi class because it is more than just a workout for them. Some of them have been going to the Tai-Chi class ever since the class started in 2000!

It helps them relax and get healthy, and, more importantly, it is an opportunity to do something that they have a passion for!

**Certifications:**

- Class A licensed Martial Arts Master in P.R. China
- Class A Certified Martial Arts Judge in P.R. China
- Teaching License at Universities and Colleges in P.R. China
- Advisor of USA Wushu Kung-Fu Federation
- USA National Wushu Tai-Chi Judge



**Personal Invitation**

Please consider this your personal invitation to try Tai Chi at Cordova Athletic Club.

Class are held in the gym on Monday, Wednesday and Friday at 8:00am each week.

Stop in and check out this great class.



**It's  
Summertime:  
Dealing with  
heat illness,  
heat stroke,  
exhaustion,  
cramps and  
sunburn**

We normally regulate our body temperature by sweating. But some reasons limit our sweat response during extreme conditions. High humidity, age, obesity, fever, dehydration, disease, and drug and alcohol use all limit our ability to sweat.

To protect your health when temperatures use these strategies:

**Drink Fluids**

During heavy exercise in a hot weather drink 16-32 ounces of cool fluids per hour.

**Replace Salt and Minerals**

Sweat leeches salt and minerals from the body. The easiest way to replace these are with foods or sports drinks.

**Wear Appropriate Clothing / Sunscreen**

Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, a hat and sunscreen is helpful. Sunburn decreases your ability to cool yourself and causes fluids loss.

Use sunblock with SPF 15 or higher.

**Acclimate**

You will have a greater tolerance if you become accustomed to the heat slowly. If traveling to a hotter climate, allow several days to become acclimated before vigorous exercise, and work up to it gradually.

**Use Common Sense**

Avoid hot foods and heavy meals—they add heat to your body. Limit sun exposure during the mid-day hours.

## Heat Emergencies

### Heat Exhaustion

Heat exhaustion is the body's response to an excessive loss of water and salt through sweat.

### Signs of Heat Exhaustion

- heavy sweating
- paleness
- muscle cramps
- tiredness
- weakness
- dizziness
- headache
- nausea or vomiting
- fainting
- The skin may be cool and moist
- The victim's pulse rate will be fast and weak
- Breathing will be fast and shallow.

If heat exhaustion is untreated, it may lead to heat stroke. Seek medical attention immediately if symptoms are severe.

### Treatment

- drink cool, non-alcoholic beverages
- rest
- take a cool shower, bath, or sponge bath
- get into an air-conditioned environment
- wear lightweight clothing

### Heat Stroke

Heat stroke occurs when the body becomes unable to control its temperature and the sweating mechanism fails so the body is unable to cool down.

Body temperature may rise to 106°F or higher within 10-15 minutes. Heat stroke is serious and lead to death or permanent disability.

### Signs of Heat Stroke

- extremely high body temp. (above 103°F)
- red, hot, and dry skin (no sweating)
- rapid, strong pulse
- throbbing headache
- dizziness
- nausea
- confusion
- unconsciousness

## Treatment

Call for immediate medical assistance and cool the victim immediately.

Cool the victim rapidly using whatever methods you can: immerse in a tub of cool water; place in a cool shower; spray with cool water from a garden hose; sponge with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.

Monitor the person's body temperature, and continue cooling until the temperature drops to 101-102°F. Get medical assistance as soon as possible.

## Other Heat Illness

### Heat Cramps

Heat cramps usually affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. Heat cramps are muscle pains or spasms - usually in the abdomen, arms, or legs - that may occur in association with strenuous activity.

### Treatment

- Stop activity, and sit quietly in a cool place.
- Drink clear juice or a sports beverage.
- Do not return to strenuous activity for a few hours after the cramps subside
- Seek medical attention for heat cramps if they do not subside in one hour

### Sunburn

Sunburn should be avoided because it is damaging to the skin. Although the discomfort is usually minor and healing often occurs in about a week, a more severe sunburn may require medical attention.

### Recognizing Sunburn

Symptoms of sunburn are well known: skin becomes red, painful, and abnormally warm after sun exposure.

## Treatment

- Avoid repeated sun exposure.
- Apply cold compresses or immerse the sunburned area in cool water.
- Apply moisturizing lotion to affected areas. Do not use salve, butter, or ointment.
- Do not break blisters.

## Heat Rash

Heat rash is a skin irritation caused by excessive sweating during hot, humid weather. It can occur at any age but is most common in young children. Heat rash looks like a red cluster of pimples or small blisters. It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

## Treatment

Move to a cool, less humid environment. Keep the affected area dry. Dusting powder may be used to increase comfort, but avoid using ointments or creams that keep the skin warm and moist and may make the condition worse.

### Exercise Tip



Exercise can help improve your cholesterol levels, even if you don't lose weight. Exercise raises your level of beneficial HDL cholesterol. This has been proven for aerobic exercise, and may be true of strength training as well.

### **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** ♥

**FRESH MUSHROOM SOUP**

**Makes 4 servings, 1 cup per serving**

**Ingredients:**

- 4 cups low-sodium chicken broth
- 2/3 cup nonfat dry milk
- 2 tablespoons acceptable margarine
- 1 cup chopped onion
- 2 cloves garlic, minced
- 4 ounces mushrooms, finely chopped
- 4 ounces mushrooms, sliced
- 4 tablespoons flour
- 1 tablespoon dry sherry
- 1/2 teaspoon grated lemon rind
- 1 1/2 tablespoons finely chopped fresh parsley
- 2 teaspoons fresh lemon juice

**Directions:**

In a small bowl, combine broth and dry milk. Set aside.

Heat margarine in large saucepan over medium heat. Add onion, garlic and both chopped and sliced mushrooms. Cover and cook 8 to 10 minutes. Uncover and adjust temperature to high. Allow moisture to evaporate. Stir in flour.

With a wire whisk, blend chicken broth and milk mixture into mushroom mixture. Bring to a boil. Add sherry, lemon rind, parsley and lemon juice.

Stir to mix well. Serve hot.

Calories: 167	Protein: 9 g
Carbohydrates: 18 g	Total Fat: 7 g
Saturated Fat: 2 g	Polyunsat. Fat: 2 g
Monounsaturated Fat: 3 g	Cholesterol: 2 mg
Sodium: 190 mg	

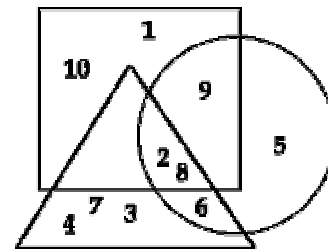
**MENTAL FITNESS**

**Puzzle of the Month: Suduko**

		8		4		1		9
	3	5	1					4
7								
6					7			2
		1		8		4	3	
		7	9					
					8			3
		2			5	7	6	
4		6		2		5		

Sudoku No. 34499      [kokolikoko.com](http://kokolikoko.com)

**Last Month's Puzzle Solution:**



**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](mailto:newsletter@cordovaathleticclub.com).

