

## Check out the excitement at Cordova Athletic Club!!

Cordova Athletic Club is now under **new ownership and management**. Toni David has been named the new Owner of CAC and is beginning a brand-new phase in our history! Along with this change are coming several projects to update our facility.

**Outdoor Pool Resurfacing** – the outdoor pool is also being refinished will all new tile. The pool will be closed for approximately a week beginning October 2<sup>nd</sup>. Watch the Board at the front desk for daily information.

**New Bubble for the Pool** – the new bubble is being manufactured and should arrive the first week of October. It will be installed over the weekend after the resurfacing is finished, so it should not impact anyone wanting to use the pool.

**Exterior Paint** – about October 9<sup>th</sup>, the outside of our building will be given a facelift with a new paint job.

**Interior Paint** – the inside of CAC will also get a new facelift. We've had an interior designer look at the club and recommend an awesome new color scheme. Painting will begin about October 3<sup>rd</sup>, so keep an eye out for Wet Paint signs and equipment!

**Lobby** – another exciting development is the redesign of the entire lobby area. This will cause us some inconvenience as we reconfigure the traffic flow. Bear with us!

**Nursery Redesign** – the nursery will be undergoing a complete redesign in the next two weeks! Check it out!



### Safety Reminder

The holidays are fast approaching. It's a fun and exciting time, however, we all need to be aware of our personal and property safety.

Break-ins are beginning to happen again in the Cordova area. Since there is such a high volume of people and shoppers in Cordova, it seems to be a target for would-be thieves.

Always remember, do NOT leave any valuables in your car, truck or locker. If you enter our parking lot and place your purse or wallet in your trunk, someone could be watching! It takes a thief less than 20 seconds to break into your car and take your valuables!

Please remember these safety precautions while you are out holiday shopping, too!

Here at CAC, we value your safety, so we have hired an off-duty police officer to patrol our club, inside and outside. He will be watching over all of us, but always remember to take your own safety precautions, too.

**PLEASE SEE THE LAST PAGE OF THIS  
NEWSLETTER FOR AN IMPORTANT POLL**



## **Weight-bearing regimen and calcium citrate proven to increase bone mineral density**

Osteoporosis International, the leading clinical publication on the disease, published data from the Bone Estrogen Strength Training (BEST) Study at The University of Arizona which confirmed that a specific regimen of weight-bearing and resistance exercises, combined with calcium citrate supplement over four years, provided significant improvement in bone mineral density (BMD) of postmenopausal women at key skeletal sites, whether or not they were on hormone therapy.

The findings from this four-year study indicate that the protective measures of adequate calcium supplementation and resistance exercise improve bone mineral density. Women can lose 10 to 20 percent of their BMD as they age, (80% of those affected by osteoporosis are women), but the researchers found that, on average, women following the exercise and calcium regimen not only did not lose bone density, but increased it by 1 to 2 percent.

"The good news is these long-term data confirmed the potent combination of improved nutrition and increased physical activity to prevent bone loss. The extended use of calcium supplementation and exercise counteracted the typical loss of BMD in women at this age, in a regimen that women really can stick with," said Timothy Lohman, PhD, principal investigator for the study, director of the UA Center for Physical Activity and Nutrition (CPAN) and UA professor of physiology. "This is quite significant for younger women as well, as these exercises and calcium supplementation can help build peak BMD which may prevent health problems and osteoporosis in the future."

BEST Study Co-Investigator Lauve Metcalfe, added, "What sets this regimen apart is the six specific exercises that help build bone in the wrist, hip and spine--three key fracture sites. This type of weight-bearing exercise now is proven to be beneficial and represents a shift in prior bone health recommendations. It previously was thought that any type of exercise was helpful, but now we understand that resistance and weight-bearing exercise are essential."

BEST Study participants were coached in specific exercises aimed at building bone in key fracture points of the wrist, hip and spine. Women were encouraged to take two Citracal® (Mission Pharmacal Co.) tablets twice a day, morning and evening, to ensure at least 800 mg of calcium. The balance of the remaining recommended dietary allowance of 1,000 mg per day was to be supplied by their food intake. The women who regularly took the recommended level of 800 mg of calcium supplement daily and continued to consume calcium in their meals showed greater improvement than those who consumed less, and women who kept up the with the exercises showed greater improvement than less frequent exercisers. In addition, the study reinforced evidence that long-term, consistent calcium intake and exercise are valuable and provide significant improvement in BMD. The UA investigators developed the BEST regimen, which they found effective in building bone in typically vulnerable areas. The regimen includes six core exercises:

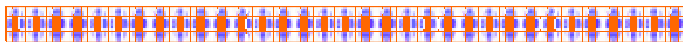
- Leg Press
- One-arm Military Press
- Seated Row
- Wall Squat and Smith Squat
- Back Extension
- Lat Pull Down

Study participants did two sets of six-to-eight repetitions, three times a week. Seven-to-ten minutes of cardiovascular weight-bearing activity, such as stair climbing, treadmill walking with a weighted vest and postural stretches, round out the study regimen. Participants lifted increasingly heavier weights, with the amount of weight lifted in correct form emphasized over number of repetitions.

## **Weight-bearing regimen... (cont.)**

Building BMD is important in preventing osteoporosis, which often results in fractures of the hip, spine and wrist. Adequate calcium intake and exercise throughout life help prevent bone loss, and these measures also can help the millions of Americans already diagnosed. The best treatment is prevention, and women of all ages should be concerned about their bone health and take action to stay active and improve their nutrition and bone strength.

*If you have any questions, don't hesitate to ask of the trainers here at Cordova Athletic Club to show you these exercises.*



### **Spotlight On:**

#### **Christine Crews, Group Fitness Coordinator**

As your Fitness Coordinator, you could say I have an addictive personality to exercise and fitness. I teach spin, pilates, Kickboxing, sculpt, core ball, and boot camp. If I'm not teaching I'm taking a class or running. For as long as I can remember I have belonged to a fitness facility, it's just part of my life and I love it. CAC is one of the friendliest places, if you haven't already I urge you to become involved in many of our group fitness classes and become accountable. Accountability to yourself and to the instructors will keep you coming back for more. I have been married for 19 years to a wonderful man and I have a daughter 16 and a son 14 who are wonderful as well most of the time (teenagers). I look forward to seeing you in our classes at CAC and I am honored to be the Fitness Coordinator for the finest group of instructors anywhere!

## **Top 3 Reasons: Adding Fruit to Your Diet**

### **1. Fruit is 100% bad-cholesterol free**

No doubt about this argument. Too much bad-cholesterol is not good for our bodies and fruit doesn't contain bad-cholesterol. Animal products like meat and dairy contain a lot of bad-cholesterol.

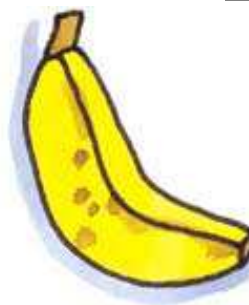
### **2. Fruit stimulates the memory**

If you didn't know yet: fruit is the ultimate brain fuel. Fruit has a positive effect on our brains. The way this works still has to be found out and many scientists are looking into it as we speak. What we do know is that if you consume fruit effectively, your brains can recall information faster and more easily. This is very useful information for people who are preparing for an exam.

### **3. Fiber**

We do know now that a diet with plenty of fiber helps against corpulence, high blood pressure, and other factors that increase the chance for heart disease. The consumed amount of fiber may be an even more important factor than the amount of fat that is consumed by people! The food that contains these healthy (natural) fibers is....fruit! (vegetables, as well). The American Heart Association advises us to consume 25 to 30 grams of fiber out of fresh fruits and/or vegetables. In practice this means: have five to nine portions of fresh fruits or vegetables a day.

### Fruit Fact



**The water percentage of fruit (80%) is higher than that of meat (15%) and comes more near the water percentage of the human body (80%).**

## What's Happening at CAC ...

### *CONGRATULATIONS CHRISTINE!*

Christine Crews has taken over the Group Fitness Coordinator position from Susan Wiseman. Susan has gone back to teaching full-time and Christine has really stepped up to help Group Fitness. Congratulations, Christine!

### *WELCOME SARAH!!*

Sarah Kee has joined our CAC family taking care of membership accounts. Stop by the Accounting Office upstairs and say hello to Sarah.

### *WELCOME BACK, MISSIE!*

Missie Doughty is back in the Nursery! We are all very excited about the changes happening in the Nursery. Missie is working hard to bring our Nursery up-to-date.

### *CORPORATE MEMBERSHIPS*

Are you affiliated with a business or own your business? Cordova Athletic Club offers corporate membership packages. We can develop a package specifically designed for your staff or patrons. Please see Sandra in Membership for details.

### *EARN FREE MONTHS!*

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

### Exercise Tip

**No pain, no gain. Yikes. Exercising to the point of pain can harm you, not help. It's OK to push yourself a bit, to tax your heart, lungs, muscles and bones -- but be reasonable.**



## What's Happening in Memphis...

### *Memphis Runners Track Club*

The local runners track club continues its Road Race series with a 10 Mile Run at Shelby Forest, 7am; race day registration permitted. Two races are scheduled in October on Sunday the 8<sup>th</sup> and Sunday the 22<sup>nd</sup>.

### *October is Children's Health Month 2006*

Children spend a significant portion of their time in schools—more than in any other environment other than their homes. Children's Health Month is a perfect opportunity to learn more about improving the health of your school environments. Visit [www.childrenshealth.gov](http://www.childrenshealth.gov) for more information.

### *Red Cross Run October 13<sup>th</sup> & 7pm*

Join the American Red Cross at the Run for Red 5K race in downtown Memphis (Court Square). There will be fun, door prizes, and pre- & post-race activities for all ages!

### *NASCAR in Memphis – Oct 22nd*

What do Bill Elliot, Charie Brown, Charlie Daniels, Lisa Marie Presley and Martin Truex Jr. have in common? Only one thing – NASCAR in Memphis. With an assortment of characters like that on the track and the stage, plus the influx of thousands of race fans to Memphis Motorsports Park on Oct. 22, track officials are expecting the mix of horsepower and star power to result in an all-in, Aces-over-Kings, no-holds-barred "Full House" for the NASCAR Busch Series Sam's Town 250.

### *South Main Arts Trolley Tour & Fresh Air Flick*

Hop a trolley or stroll through the historic arts district as shops, restaurants, and galleries open their doors, displaying their unique pieces of art, clothing, and cuisine. Enjoy a glass of wine and popcorn as you enjoy a free Fresh Air Flick on October 27<sup>th</sup> at 9pm next door to Ernestine and Hazel's. Come rain or shine.

♥ **Heart Healthy Recipe Corner** ♥

**Crunchy Pork Cutlets**

**Makes 6 servings**  
**Prep: 10 minutes**  
**Cook: 20 minutes**

**Ingredients:**

- 1 pound pork loin, cut into 1/4-inch slices
- 1/2 cup all-purpose flour
- salt and pepper to taste
- 2 eggs beaten with 1 tablespoon water
- 1 cup panko (Japanese bread crumbs) or dry bread crumbs
- 2 tablespoons vegetable oil
- tonkatsu or barbecue sauce for dipping

**Directions:**

1. Place the flour in a bowl and season with salt and pepper. In a second bowl, whisk the eggs with the water and place the bread crumbs in a third, shallow bowl.
2. Dip each pork slice or cutlet in flour. Pat off excess flour, dip in egg and then bread crumbs, coating evenly.
3. Lightly coat a skillet with vegetable oil and place over medium-high heat. Fry cutlets in a single layer, until golden on both sides, about 2 minutes per side.
4. Drain on paper towels. Chop into slices and refrigerate until ready to serve. Serve with tonkatsu or barbecue sauce for dipping.

**Serving Size:** 1 cutlet, sliced

**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.*

**FOCUS ON:**

**Reggie Percival,  
Personal Trainer**



**Accomplishments**

- Member of 1992 National Championship and SEC championship Football Team, Alabama
- Lettered Three years in Track & Field
- 200/400m Sprinter/USA
- Editor/Founder of Omega Wellness Newsletter
- Personal Trainer/ Sports Conditioning Specialist
- Health Educator/Health Promotion Specialist

**Certifications/Memberships**

- EMT (Emergency Medical Technician)
- CPR/First Aid, BCLS, ACLS
- AMSA American Medical Student Association
- American College of Sports Medicine
- Member of USA Track and Field organization
- Education
- University of Alabama
- BA in Health Education & Exercise Physiology
- University of Memphis
- MA in Liberal Studies (concentration Health & Social Sciences)
- University of Alabama
- MPH (Masters of Public Health)

**Interests/Goals**

- Sports & Emergency Medicine
- Serve as Team Physician for USA Olympic Team
- Specializing in: Fitness Training, Health behavior & lifestyle modification, Sports conditioning for Competitive and non-competitive Youth & adult athletes
- **Favorite Foods:** Chicken, Broccoli, and Pomegranates
- **Favorite Colors:** Crimson Red & White -Roll Tide
- **Favorite Hobbies:** Reading philosophy and studying biblical & eastern archaeology
- **Secret About me:** I can train any athlete to become faster & stronger in any sport

## Health News:

### When it comes to protecting your heart, fitness plays a leading role.



By Colette Bouchez

If you're convinced that working out is only for the young and buff, there's something you should know. Mounting research shows that exercise does more than give you a better shape. It's a key way of protecting your heart.

Fitness is absolutely the most powerful predictor of deaths from heart disease and other causes, says Rita Redberg, MD, a cardiologist from the University of California at San Francisco, and the science advisor for the American Heart Association Choose to Move program.

Indeed, Redberg says folks who exercise routinely have up to a 50% lower risk of having a heart attack or chest pain, and they have a lower risk of other diseases as well.

"And, most importantly, people who exercise simply live longer than people who don't," says Redberg. This, she says, is particularly true for women.

Likewise, cardiologist Helene Glassberg, MD, tells WebMD that not being physically fit is the single most important risk factor for heart disease.

"Even if you smoke, your risks are lower if you exercise -- lower than a nonsmoker who does not exercise," says Glassberg, director of The Preventive Cardiology and Lipid Center at the Temple University School of Medicine in Philadelphia.

In fact, a new study published in the Journal of the American Medical Association found that when it comes to protection from heart disease, being fit might be more important than being thin, particularly for women. In a joint project between the University of Florida and Cedars Sinai Medical Center in Los Angeles, research on some 900

women revealed that those who were at least moderately active were less likely to develop heart disease and related illnesses than women who were less active -- regardless of their weight.

And not working out -- at least to your full capacity -- may be extremely damaging. In a study just released by Rush University Medical Center in Chicago, research conducted on nearly 6,000 seemingly healthy women found that those who scored less than 85% of their target fitness rate on a treadmill stress test were twice as likely to develop serious heart disease and related death.

Researchers say this study offers the first clear picture of a woman's fitness-related health risks - and they are high.

#### How Exercise Helps Your Heart

There are number of obvious heart-healthy benefits to exercise. Usually you will lose weight, or maintain a lower weight. You'll also usually lower blood pressure and cholesterol. But experts say exercise directly affects the heart by keeping blood vessels strong and healthy. Exercise directly improves the blood vessels' ability to dilate and increase blood flow, says Glassberg. In addition, she says, regular workouts offer these heart-healthy benefits:

- Anticlotting and anti inflammatory effects that lower your risk of a heart attack.
- Reducing heart rate and blood pressure, which reduces demand on the heart.
- If you already have heart disease, exercise can help normalize your heart rhythm as well as helping your body expand smaller vessels to help keep blood flowing around an area that is clogged.

"Exercise is the single best prescription you can give yourself -- there is no prescription I can write that will promise a 40% reduction in events of death -- but regular exercise can do that," says Glassberg.

Cardiologist Stephen Siegel, MD, agrees: "If you want to age successfully, if you want to be one of those vigorous older folks that you look at and say 'wow' -- then exercise is going to get you there because it impacts not only your heart health, but your total health," he says. Siegel is an associate clinical professor at New York University Medical Center in New York City.

**HUMOR**



**Tongue In Cheek!**

Here is a little secret for building your arm and shoulder muscles. You might want to adopt this regimen!

Three days a week works well. Begin by standing outside behind the house, and with a 5-lb. potato sack in each hand, extend your arms straight out to your sides and hold them there as long as you can.

After a few weeks, move up to 10-lb. potato sacks and then 50-lb. potato sacks, and finally get to where you can lift a 100 lb. potato sack in each hand and hold your arms straight for more than a full minute.

Next, start putting a few potatoes in the sacks, but be careful not to overdo it at this level.

**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: Sudoku**

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

**Take Our Poll!**

Providing towels costs us over \$60,000 a year and we would love to use that money for other projects. We are looking at other cost-saving options. Please take a moment and circle your preference. You can drop this into the suggestion box or at the front desk.

**Which do you prefer?**

- a) *Optional* monthly Towel Fee
- b) Low Cost Disposable Towels (.50 hand / 2.00 bath each)
- c) No towels
- d) Other \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_