

**Volume 3, Issue 3**

**February 2009 Issue**

### **Special points of interest:**

- If you have any questions please visit our website at [www.ccfitnesscenter.org](http://www.ccfitnesscenter.org)
- **Do you have a little extra time? We are looking for people who have fundraising experience. Please contact Randy Szenas if interested!**
- **Equipment additions, deletions and needs**
- **CPR Classes**
- **Self-Defense Class**
- **Why Drinking Water Really is the Key to Weight Loss**

### **Hand weights!**

We are getting more hand weights, so if you have hand weights that we've been using over the years and would like them back please pick them up by the end of February. Whatever is left after the end of February will be considered the property of CCFC. Thank you so much for allowing use to use them!



## **Welcome to 2009!**

Things at the center are VERY busy! If you haven't been here lately...you're missing out on FitQuest 2009 (team exercise), CrossSeal, Zumba, kids programs, CPR Class, New equipment, construction of a new group exercise room in the mezzanine with pull up bars, pull up bars in the fitness center and gym for our kids CrossSeal and more!

FitQuest 2009 found 15 teams competing for prizes! Thanks to Deb Peltier for this idea. If you missed the "1st round", round 2 is coming in April!

## **Unlimited Group Exercise class memberships are here**

You've been asking for it...finally it's here! Thanks to Nancy Harris and Deb Peltier for heading this and making some great suggestions.

[Click here to read more](#)

## **Thomas Gerick Running History**

I know you've seen him in here walking & running on the treadmill, doing a CrossSeal class or working out. But do you know his story?

[Click here for his story](#)

## **Calling all Mom's & Dad's!**

We are on a mission to provide more programs for kids and we need your input! We already have the staff lined up with a great deal of experience and enthusiasm...all we need are the KIDS!

What type of classes, programs, etc. would you like to see CCFC create?

[Click here to learn more and give us your input](#)

## **CrossSeal...WOW!**

In all my years of working out and teaching I've never seen anything catch on like CrossSeal! If you haven't tried it, you are truly missing the phenomena sweeping through the Center! I don't care what your age, shape, fitness level or challenges.

[Click here for the rest of the story](#)

## **CPR classes at CCFC - Register NOW!**

**CPR class will be taught by the Brooklyn Fire Department on Saturday, February 28th and March 14th from 1:00 pm to 4:00pm  
You only need to attend one session for your certification.**

**Cost: \$15**

# Welcome to 2009!

Page 2

## Inclement Weather

In the case of inclement weather, please be advised that if it is perilous for staff to open the Center, the Center will close. This in particular may occur on the weekends due to lack of snow removal in our parking lot. If in doubt, please call ahead to the Fitness Center to make sure we're open.

Phone# 1-517-592-3393

Thank you,  
Management

## Catering to the Max

(Max is her son's name)

Did you know that our very own Tahny

Lowry is a "Chef Extraordinaire"?

Specializing in:

- Cooking classes
- Catering for large & small parties
- Custom menus
- Weddings, Holiday events, Graduation parties

Call Tahny Lowry at (517) 262-5867 to plan your event

## Unlimited exercise classes!

Monthly - \$60

3 Month - \$150

6 Month - \$250

Members get 10% off the above prices.

Annual - \$400

February Special \$365 - \$1 a day!

Punch cards will be:

Member - \$35

Non-Member - \$55

## FREE Indoor Walking Track

Many people don't know that we have an Indoor Walking Track that is absolutely **FREE** to the local public. You don't have to have a membership to use this community amenity.

So if you know someone who is walking outside or going to the "mall" to walk tell them about our indoor walking track.

It is available anytime our fitness center is open.

All we ask is that you bring a different pair of shoes to walk in than you wore to the fitness center. It helps us keep the gym clean!

**Tell anyone you know that walks for fitness!**

## Healthy eating from Tahny's Kitchen

Remember that eating healthy is not a "DIET" it's a lifestyle choice!

### Berry Lemon Muffins

(Makes 12 muffins)

For a healthy alternative to all-too-common oversized, high-fat muffins. These are made with a mix of whole wheat and all-purpose flour, which gives it a heartier texture and lots more nutrition! Don't forget the lemon zest for extra zip. If you like them sweeter, try sprinkling each one with a pinch of brown sugar, which will add to the flavor and produce a beautiful crunchy golden top to enjoy.

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1/3 cup sugar
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- Zest of one large lemon
- 1 egg, beaten
- 3/4 cup fat-free (skim) milk
- 1/3 cup canola oil
- 1 cup berries (blueberries, raspberries or combination)



Preheat oven to 400 degrees. Lightly oil standard 12-cup muffin tin. Mix together dry ingredients and lemon zest in a medium bowl. In another small bowl, combine egg, milk and oil. Add liquid ingredients to dry and stir until just combined. Do not overmix. The batter should be lumpy, thick and moist, not smooth. Carefully fold in berries. Fill muffin tins 2/3 full and bake 20-30 minutes or until browned.

## Calling all Mom's & Dad's

The CC Fitness Center would like to expand its programs to the younger community. We feel there is a need in the community to offer some parent and tot programs along with children's programs for the 3-5 year olds.

But we need your help to find out what you, the community, would like us to offer. Please take a minute to fill out the survey and let us know what type of programs you would like to see offered and also days and times that would work for you and your child.

### Possible types of programs:

Parent and tot movement class	2-4 yr olds
Parent and tot gymnastics	3-4 yr olds
Gymnastics for tots	4-5 yr olds
Baking class	4-5 yr olds
"Hola" to Spanish	4-6 yr olds
Sports-R-Us variety	3-5 yr olds
Family Fitness Series	
family Zumba	6 and up
family aerobics	6 and up
family yoga	6 and up

Again, these are just thoughts we have, but we would really like to hear from you. Please fill out the form below. Thank-you

Name \_\_\_\_\_

Email \_\_\_\_\_

Name and age of child \_\_\_\_\_

What type of program would interest your child \_\_\_\_\_

What day(s) are good for you \_\_\_\_\_

What time of day \_\_\_\_\_

Please return this survey to the Fitness Center "Attention Deb Peltier" by February 27<sup>th</sup>.

Thanks for your support.

**"It is a funny thing about life; if you refuse to accept anything but the best, you very often get it."**

**Somerset  
Maugham**

*"Success is often a result of good decisions,  
Good decisions are a result of experience,  
and experience is often a result of bad decisions!"*

Due to popular demand the minimum age for a "Senior" membership and discount will be lowered to 60 years of age. This only applies to NEW purchases.

## **CrossSeal...Wow!** (cont'd)

I'd like to thank Steven Garrison for this program! He put this together from the start and the success of CrossSeal goes to show his leadership, enthusiasm and infectious personality!

Thank all of you that have tried CrossSeal! I know many of you had reservations and may have even been a little "afraid" to try it, but you did it! Now the question is, "Are you going to continue or quit?" I'd like to encourage you to continue and take it at your own pace!

Your body is very adaptive; "if you don't use it you will lose". It doesn't matter if you're 7, 17 or 77 it all works the same! If you haven't worked out in a long time don't expect it to come back right away, it will take time. Remember the "CrossSeal Battle Cry"...MODIFY!! :-)

**MEN** - If you haven't tried this you're really missing out on an incredible workout. Remember this workout was started by the "Navy Seals" to get in shape. Gladly we are having roughly 30% men in this class and our numbers are ranging from 10 to 25 in every class. If your not sure peek in on a class and see for yourself what this class is all about, or talk to Steve Garrison or myself about it.

## **CrossSeal**

Are you looking for a fresh new workout that will take your fitness level to new heights? Then **Cross-fit** is for you!

It's the principal "**Strength & Conditioning**" program used by many police academies, tactical operations teams, military special operations units (including the Navy Seals), champion martial artists, and hundreds of other elite and professional athletics worldwide.

**Cross-fit** training uses *constantly* varied, high-intensity, functional movements to avoid boredom and create muscle confusion.

**We only have 2 rules: SHOW UP! and DON'T QUIT!**

**YOU WILL SEE RESULTS...GUARANTEED!!!!**

## **Thomas Gerick Running History by Thomas Gerick (cont'd)**

"I started running in 1983 after quitting smoking for 25 years. I did well for about 70 days after quitting, then I wanted to smoke again. I gave myself this deal, I have to run for one week and if I don't like running then I can smoke again.

Well 26 years later I'm still running and enjoying my life. In this 26 year span I have run 100 marathons, 12 - 50 mile runs, 5 - 24 hour runs and many 5k and 10k runs. My main goal now is to live to 70 years old this November.

Last July 9th I had my right kidney removed because of cancer. It has slowed me down a bit, but I'm making a comeback and hope to run a marathon this coming fall. I really like working out at the CC Fitness Center, great people workout here and the workers are great as well."

MAY WE ALL ENJOY GREAT HEALTH AND JOY!

Tom Gerick

# TRIPLE THREAT TRAINING

Hosting:

## **2009 SPRING INSTRUCTIONAL BASKETBALL LEAGUE**

**3<sup>rd</sup> & 4<sup>th</sup> grade level**

**5<sup>th</sup> & 6<sup>th</sup> grade level**

**"Open Registration Starts NOW"**

**ENDS MARCH 13th**

**WHEN:** March 22, 2009, Sunday Afternoons Starting @ Noon

Practice days will be available!

**WHERE:** Columbia Community Fitness Center

11775 Hewitt Rd, Brooklyn, MI

**PRICE:** \$200 per team

**VOLUNTEER PARENT COACHES NEEDED!**

IF YOUR CHILD HAS NO TEAM TO PLAY ON, PLEASE LET ME KNOW!

For Registration and more Information call:

EJ King @ 734-718-6111

Email: [ejking@tttsports.net](mailto:ejking@tttsports.net)

## Why Drinking Water Really is the Key to Weight Loss

**Don't roll your eyes!** The potion for losing that excess body fat is all around you. It covers two thirds of the planet. If you eat right and exercise at the intensity, frequency and duration proper for you, but still can't get rid of a little paunch here and there, you're probably just not drinking enough water.

No need to get defensive. You're actually quite normal. Most people don't drink enough water. Most people are also carrying around a few more pounds than they would be if they did drink enough water. If you can't seem to get that weight off, try drowning your sorrows in nature's magical weight-loss mineral. It works, and here's why:

**"What on Earth is 'metabolism', anyway?"** People use the term all the time, but ask them what it means and you'll get all kinds of answers. Merriam Webster defines it as, "The process by which a substance is handled in the body." A little vague, but that's really all it means.

There are many forms of metabolism going on in your body right now, but the one everyone is talking about is the metabolism of fat. This is actually something that the liver does when it converts stored fat to energy. The liver has other functions, but this is one of its main jobs.

Unfortunately, another of the liver's duties is to pick up the slack for the kidneys, which need plenty of water to work properly. If the kidneys are water-deprived, the liver has to do their work along with its own, lowering its total productivity. It then can't metabolize fat as quickly or efficiently as it could when the kidneys were pulling their own weight. If you allow this to happen, not only are you being unfair to your liver, but you're also setting yourself up to store fat.

**"I've tried it and I couldn't stand it!"** The problem is that, though many decide to increase their water intake, very few stick with it. It's understandable. During the first few days of drinking more water than your body is accustomed to, you're running to the bathroom constantly. This can be very discouraging, and it can certainly interfere with an otherwise normal day at work. It seems that the water is coming out just as fast as it's going in, and many people decide that their new hydration habit is fruitless.

Do take heed, though. What is really happening is that your body is flushing itself of the water it has been storing throughout all those years of "survival mode". It takes a while, but this is a beautiful thing happening to you. As you continue to give your body all the water it could ask for, it gets rid of what it doesn't need. It gets rid of the water it was holding onto in your ankles and your hips and thighs, maybe even around your belly. You are excreting much more than you realize. Your body figures it doesn't need to save these stores anymore; it's trusting that the water will keep coming, and if it does, eventually, the flushing (of both the body and the potty) will cease, allowing the human to return to a normal life. It's true. This is called the "breakthrough point."

One recent finding, as irresponsible as it may be, that caffeine increases the body's fat-burning potential has many people loading up on coffee before going to the gym. This finding may hold some degree of truth in it, but caffeine is, in essence, a diuretic, and diuretics dehydrate. Caffeine may increase the heart rate, causing a few more calories to be burned, but this is at the expense of the muscles, which need water to function properly. This isn't doing your heart any favors, either. It's already working hard enough during your workout. Never mix caffeine and exercise. In fact, your best bet is to stay away from caffeine all together. It's a big bully that pushes your friend water out of your system.

## Why Drinking Water Really is the Key to Weight Loss (cont'd)

**Water is the best beauty treatment.** You've heard this since high school, and it's true. Water will do wonders for your looks! It flushes out impurities in your skin, leaving you with a clear, glowing complexion. It also makes your skin look younger. Skin that is becoming saggy, either due to aging or weight loss, plumps up very nicely when the skin cells are hydrated.

In addition, it improves muscle tone. You can lift weights until you're blue in the face, but if your muscles are suffering from a drought, you won't notice a pleasant difference in your appearance. Muscles that have all the water they need contract more easily, making your workout more effective, and you'll look much nicer than if you had flabby muscles under sagging skin.

**"Eight glasses a day? Are you kidding?!"** It's really not that much. Eight 8-ounce glasses amount to about two quarts of water. This is okay for the average person, but if you're overweight, you should drink another eight ounces for every 25 pounds of excess weight you carry. You should also up this if you live in a hot climate or exercise very intensely.

This water consumption should be spread out throughout the day. It's not healthy at all to drink too much water at one time. Try to pick three or four times a day when you can have a big glass of water, and then sip in between. Don't let yourself get thirsty. If you feel thirsty, you're already becoming dehydrated. Drink when you're not thirsty yet.

Do you think water is yucky? Drinking other fluids will certainly help hydrate your body, but the extra calories, sugar, additives and whatever else aren't what you need. Try a slice of lemon or lime in the glass, or if you really think you hate water, try a flavored water. Just make sure you read the labels. Remember that you're going to be consuming a lot of this fluid.

It's probably a good idea to stop drinking water a good three hours before you go to bed. You know why.

**"How cold should it be?"** This is debatable. Most experts lean toward cold water, because the stomach absorbs it more quickly. There is also some evidence that cold water might enhance fat burning.

On the other hand, warmer water is easier to drink in large quantities, and you might drink more of it without even realizing it. Do whatever suits you, here. Just drink it!

When you drink all the water you need, you will very quickly notice a decrease in your appetite, possibly even on the first day! If you're serious about becoming leaner and healthier, drinking water is an absolute must. If you're doing everything else right and still not seeing results, this might just be what's missing.

## CCFC needs your help with fund-raising & kids programs

As we try to provide more to the community we're in need of some help from the community.

**FUND-RAISING:** If you or anyone you know have any fund-raising experience and would be interested in helping with fund-raising we would greatly appreciate it.

**KIDS PROGRAMS:** We're also working on creating more kids programs at CCFC as well and are looking for someone to help develop and help run this on a part time basis. We're also looking for "helpers" to assist in all of these programs.

Thanks in advance!

If you're interested please email Randy at [szenas@myeagles.org](mailto:szenas@myeagles.org) or call 517-592-3393

So you have taken a crime awareness class.....

What if you're still attacked?

Learn how to protect yourself now!!



Attend a **FREE** self-defense seminar at Columbia Community Fitness Center

11775 Hewitt Road

Brooklyn, MI 49230

No uniforms, no impractical moves, and no rituals~ Just realistic and practical self-defense training.

Call now to sign up for this **FREE** seminar!!

Sergeant First Class Bernard Pinckney, US Army

1<sup>st</sup> degree black belt(Korean self-defense system).

Certified Self-Defense Trainer

Call today: 1 (877) 677-4870 or (517) 265-3246

Increase your confidence and stay safe now.

The best kept secret in Jackson County!

We're on the web at:  
[www.ccfitnesscenter.org](http://www.ccfitnesscenter.org)

17755 Hewitt Road  
 Brooklyn, MI 49230  
 Phone: 517-592-3393,  
 (south end of Columbia Central H/S)

If you have any suggestions for our newsletter please send me an email at [szenas@myeagles.org](mailto:szenas@myeagles.org)

**RANDY SZENAS**  
 FITNESS CENTER DIRECTOR  
 SZENAS@MYEAGLES.ORG

**To support our troops any active member of our armed services will be able to use ALL of our facilities for FREE!!!**

## Randy's final thoughts:

New Mission: I've discovered that we will only get so many people to come to our center to "workout", with that in mind I would like to offer more community events, kids and adult programs, etc.

When I graduated from CCHS you had PE every semester every year you were here, now only 1 semester is required. By cutting PE programs over the years we are teaching our kids that fitness isn't important! Yet we spend millions of dollars on TV commercials telling kids to "get up" and go outside to play...what a shame! And the healthcare cost of obesity, heart disease, etc. is staggering. THIS MUST CHANGE!

We will be trying many new programs and events to help our community. If you have any ideas in this regard I would greatly appreciate it! - Randy

If you know of anyone who wants to join our center but has financial challenges please let me know and we will work it out!

**Do you have an idea for the Fitness Center?**

**Thank you all for your suggestions, input, compliments, and criticism! It is the only way we will grow and improve!!!  
 Keep them coming!**

## **Equipment additions, deletions and needs!**

We will be getting a cable cross over/ Lat pull down machine, ab bench, back extension bench and a leg curl machine very soon. And we will be getting rid of the neck machine, grip machine, leg press machine (upstairs) and incline bench. So if you know anyone that could use this equipment please let me know.

**We need:** exercise balls, steps, hand weights 5 lbs. to 15 lbs., kids equipment—such as balance beam, bag toss, parachute, bean bag toss, bubble machine, tunnel, and any other group kids equipment.

**Do you have access to steel?** We need angle iron, schedule 40 pipe, strapping, channel iron, etc. We want to build a "jungle gym" for grown ups in front of the center. You may have seen them in parks - pull up bar, incline bench for abs, push-up bars, etc.

Maybe we can trade or barter See Randy for details!