

# Sonora Sports & Fitness Center

# NEWSLETTER



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### Notification for Saturday, August 26

Due to a Birthday Party for Desi Sandoval on this day, the *Basketball Court* will be closed from 10 to 11 am and the *Front Pool* will be closed (one lane will be available) from 11 am to Noon.

For information about Birthday Parties, visit our website—under Youth Programs

## The Think Tank



## August 2006

I would have never imagined that one day I would be taking advice from a dog. However Tank is no ordinary dog. He is English you know, kind of particular about things. One thing he does not do well with is the **HEAT**. Tank has suggested that I remind the membership how important it is to stay hydrated. This is particularly important with children. Children should limit their outside activity on extremely hot days, especially during the later half of July and in August. Why? Children have not fully developed their cooling system and cannot convect heat as well as adults.

Seniors should also limit their outside activity as well. Seniors can suffer a number of heat related issues; specifically loss of electrolytes through perspiration. The loss of electrolytes cause a number of problems especially if you are taking medicine; diuretics (water retention) or blood pressure medication that slows your heart rate. These drugs, combined with extreme heat, could pose life threatening situations. It is important to take in fluids, reduce your efforts and seek a cooler environment during the heat of the day.

Did Tank really come up with all that...YEAP? Tank is now considered a senior and he has no problem limiting his activity. He stays in the house (air conditioned) most days during the summer.

Everyone is a bit tired of the heat but don't let the heat get the best of you. Find cooler things to do. Winter will be here soon enough. Do you remember March 11<sup>th</sup>? I do - a foot and a half of snow in the parking lot opening day of basketball. Be careful of what you wish for.

Tank and Tim

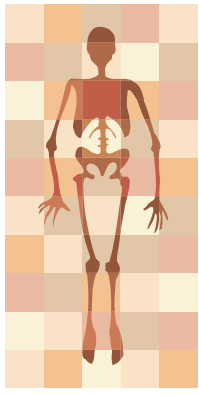
## Fall Youth Programs

Did your kids enjoy staying active this summer with our youth programs? Did you miss an opportunity to have your kids enrolled due to your busy summer? **WE HAVE A SOLUTION!** Keep your kids active year round with our upcoming Fall Youth Programs starting in September. Stay tuned for program details and schedules. Sign up information will be in the Athletic Center soon...

I think one's feelings waste themselves in words; they ought all to be distilled into actions which bring results.

*Florence Nightingale*

STAPLES



# OSTEOPOROSIS:

## What You Need To Know

Can you guess what disease currently affects 10 million Americans (8 million of which are women) and threatens to afflict 34 millions more? This disease has a propensity to jeopardize 55 percent of people 50 years of age and older, but younger generations are susceptible as well. If you guessed osteoporosis (meaning "porous bone") you are correct.

Osteoporosis is a disease characterized by low bone mass and structural deterioration of bone tissue. When this occurs the body becomes more fragile and susceptible to fractures, especially in the hip, spine, and wrist. It is often called a 'silent disease' because bone mass loss occurs without symptoms. People often discover they have the disease after they suffer a fracture or collapsed vertebra; by then it is too late. Collapsed vertebra may initially be felt or seen in the form of severe back pain, loss of height, or spinal deformities such as kyphosis or stooped posture.

Osteoporosis is highly preventable, however, once you have the full stages of the disease, there is no cure. Below are some of the risk factors for developing this disease:

- Females
- Being thin and/or having a small frame (under 127 pounds)
- Estrogen deficiency (as a result of menopause)
- Family history of the disease
- Anorexia nervosa
- Low lifetime calcium intake
- Vitamin D deficiency
- Current low bone mass (you can get tested)
- Low testosterone levels in men
- Smoking
- Excessive use of alcohol
- *For a full list visit the website for the National Osteoporosis Foundation*

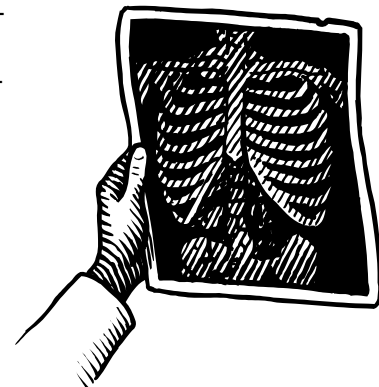
By about age 20, the average woman has acquired 98 percent of her skeletal mass. Even though building strong bones during childhood and adolescence can be the best defense against developing osteoporosis later, there are five steps, which altogether can optimize your bone health and help prevent osteoporosis. They are:

1. Eating a balanced diet rich in calcium and vitamin D
2. Practicing weight-bearing and resistance-training exercises several times per week
3. Don't smoke or drink alcohol in excess
4. Talk to your healthcare professional about bone health
5. Have your bone density tested and use medication when appropriate

Two types of exercises important for building and maintaining bone mass and bone density are weight-bearing and resistance exercises. Bone is living tissue that responds to exercise by becoming stronger. Just as a muscle gets stronger and bigger the more you use it, a bone becomes stronger and denser when you place demands on it. Weight-bearing exercises are those in which your bones and muscles work against gravity such as jogging, walking, stair climbing, and dancing to name a few. Resistance exercises are activities that use muscular strength to improve muscle mass and strengthen bone. Weight-lifting using free weights or weight machines are primary examples of resistance exercises. Daily activities and most sports involve a combination of these two types of exercises, so it is important to do a little bit most days of the week.

Everyone should try to add these two types of exercises into their fitness regimen to ensure a long and healthy life for your bones.

All information was gained from the National Osteoporosis Foundation



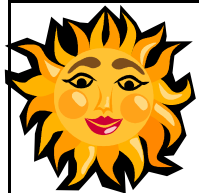
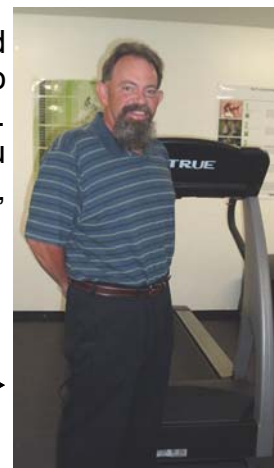
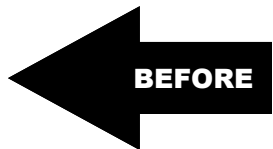
# A PEX Success Story - Jim Schultz

In my fifty years I have lost over 400 pounds through various diets. Lose 20 and gain 30, lose 30 and gain 40, and so on. I have tried the Slim-Fast Diet, Grapefruit Diet, and Olympic Ski Team Diet to name a few, but nothing has worked for me like APEX. You see, APEX is not a diet but a lifestyle. In about four months I have lost approximately 70 pounds and feel great. Making proper food choices through APEX combined with exercise is a common sense weight loss program. Hard to believe, but taking in fewer calories and burning more through exercise works. No more staying up late eating a bag of chips with a hunk of cheese, no more eating twenty or more Oreos with a large glass of milk, no more eating the six slices of pizza plus. And you know what? It is not that hard because APEX lets you eat many smaller meals of the right type of foods. Will APEX work for you? My answer is yes if you truly want it to work.

Having a personal trainer to be accountable to was also very important to me. Weekly meetings for nutritional information and to weigh in in front of someone was something I needed. I am not a big 'gym guy' so I walk for most of my exercise. I started at about a mile and had difficulty, I now walk 6 or more miles per day, six days a week.

My goal has not completely been met but I am getting close and have the confidence I will reach it with the help of APEX. It has to be something you want to do, not something someone else wants. Once you get this mind set, APEX is a program that works. You don't have to go and buy fancy pre-packaged foods or cans to drink, but eat normal everyday food in the correct amounts. APEX works!

Jim Schultz



## Tuolumne County Aquatics

- **Masters 101:** The next Masters 101 begins on Monday, August 14. This is an introductory class into the sport of swimming for fitness. The class meets MWF 11 am to 12 for four weeks. When the class ends, swimmers get two free weeks of Masters swimming. Cost: \$60 members, \$80 non-members.
- **Masters 102:** If you are a current Masters swimmer you can improve your stroke technique by taking this three week class. Classes begin August 15 meeting on Tues & Thurs. There are two class times to choose from, 3 pm and 5:30 pm, each for one hour. The cost is \$30.
- **TCA Fall Break:** This year the fall break for TCA swimmers will begin on Monday, August 28 (last day of practice will be Fri, Aug 25). Practices will resume on November 1. There will be a special day for parents to sign up swimmers for winter swimming, stay tuned.
- **Pinecrest Open Water Swim:** The annual Pinecrest Lake one and two mile swims will be held on Sat., Aug 26. All TCAM swimmers plus TCA swimmers over age 12 (with coach's permission) should plan to participate. With the heat wave the water should be warm. Sign up!

## Get in Running Shape

### Beyond the Distance

4 week running class that meets on

Wednesday, Friday and every other Sunday

From 5:30 am to 7:00 am

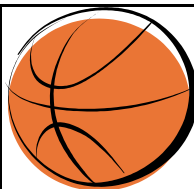
Improve your running form, strength, power, and overall fitness.

Class will be held at the Sonora High School Track and other close by locations.

**Next class runs August 2 to August 30**

**Cost: \$85 members, \$115 Non Members**

Upcoming class - September 1 to September 29



## It's time to think about Youth Basketball!

We will be holding a meeting for the 2007 youth basketball league the week of **September 11**.

All parents, volunteers, coaches, and referees are invited to attend. More details coming...stay tuned!



## Awesome Achievers

- **Coeur d' Alene Ironman Triathlon:** Members who participated in this triathlon in Idaho completed a 2.4 mile swim, 112 mile bike, and 26.2 run. Congratu-

lations to **Ron Fossen** (13:53:22), **John Brunolli** (13:39:22), **Joe Ryan** (14:15:52), and **Dale Paugh** (15:18:35).

- **Death Ride:** This annual 129 mile ride covers 3 mountain passes climbing over 15,000 feet total elevation. It is referred to as the Tour of the California Alps climbing over Monitor Pass, Ebbetts Pass, and Carson Pass.

**Ron Fossen, Rick Sheppard, Rich Stone, Gary Grimes, Hosea Sheppard, Lee Shuemake, Kyle Stock, Gary Stofle, Tom Hernandez, Tom Schupp** and **Jeff Smith** all completed the ride. Great job!

- **Twin Lakes 5 mile run:** This race occurred on the 4th of July around a beautiful lake on slightly hilly terrain at 7,000 ft. elevation. **Tim Diestel** (35 min) and **Paul Jones** (37 min) finished with impressive times. **Joan Diestel** (45 min) and **Erica Jones** (43 min) both took second place in their age groups. **Gina Montanez** came in an impressive 1st place finish for her age group.

- **Escalon Park Fete:** Both **Paul** (37:30) & **Erica** (54:00) **Jones** finished in the top 50 at this 10 km running race in the valley. Paul came in 4th within his age group and Erica came in 2nd within her age group and was the 6th female overall.

- **Reno-Tahoe Relay:** This unique relay lasts 178 miles broken into 36 legs varying between 3.5 to 8 miles. Each team has 2 vans with 6 runners a piece; van 1 completes legs 1—6, and van 2 completes 7—12 and so on until the race is completed. This race is a 24 hour run so runners used reflective vests and flashlights at night. Runners who participated included **Warren Goodman** and **Mike Miller**.



## Childcare Policies:

We are having a busy and *fun* summer over in childcare! Due to the busy schedule and increase in overall childcare usage, we would like to offer a few reminders:

- Childcare is for children 6 weeks and up.
- Daily childcare extends for up to 2 hours. You are required to pick up your children within this time period or there will be a late fee of \$1.00 per minute over the 2 hour allowance for each child.
- You must cancel your appointment at least 1 hour 30 minutes prior to your scheduled time. Failure to do so will result in a \$4.00 no show fee.

## GROUP EXERCISE

Stay fit with some encouraging instruction from our Group Exercise classes.

We will keep you motivated and distracted from the heat in our Tuesday & Thursday rotation classes. Get a different class each month.

The featured class in August is:

**BOSU (Both Sides Up)**  
5 to 6 pm

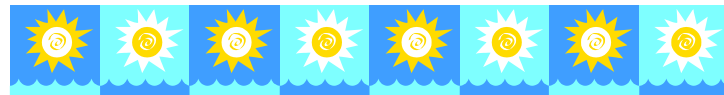


The BOSU will tone and strengthen your upper and lower body, abs and back by working on a half ball, half platform surface which keeps the entire body activated. The workout combines cardiovascular activity, strength exercises, and incorporates flexibility and balance.

SEPTEMBER - Pilates

OCTOBER - Body Blast

*Be There and Get Fit!*



### MISSION STATEMENT

Our mission is to provide an educational, nurturing, safe, and healthy environment for our members.