

The Club At Kruse Woods Health Links

Health Links

A newsletter published by



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March– April 2010

Club Notes for March/April 2010

March 17th, St Patrick's Day

March Madness-College Basketball tournament time!

April 1-30 CCM Corporate Club Challenge

Avoiding Cool Weather Dehydration

When spring approaches and the weather gets nice, there's nothing better than throwing on a pair of running shoes and getting some exercise outdoors. The only problem? Dehydration. Temperatures that are warmer than winter's but still relatively cool make it easy to forget this serious exercise-induced concern.

Exercisers can actually lose more water in colder, spring-like weather than at any other time of the year. When you work out, you typically get hot and begin to sweat, which tells your nervous system to send a signal to the brain—"I'm about to get thirsty -- hydrate me!" In cold or cool weather, the brain doesn't always get that thirst signal as quickly as it does in warmer weather. In fact, some people don't get a signal at all; they are lax in

replenishing their water stores and put themselves at risk for dehydration.

Signs and symptoms of serious dehydration If you notice two or more of these symptoms at the same time, especially after any outdoor activity, sip some water and contact your doctor immediately.

- Dry, sticky mouth
- Muscle weakness and extreme, sudden fatigue
- Headache
- Extreme thirst
- Irritability and a sense of confusion
- Lack of sweating
- No urination (or urine that's dark yellow)
- Rapid heartbeat
- Fever

Understanding why cold weather dehydration happens is the first step in preventing it. Here are a few more tips:

1. Drink lots of water. If you know you're going to go outdoors to exercise or perform other physical activities, drink before, during and after your outing. And depending on your activity level, the typical eight

glasses of water a day may not be enough. Talk to your doctor about how much water you should be drinking and if perhaps a **sports drink** is right for you.

2. If you're thirsty, stop working out. Your body will tell you when you're thirsty or when you've been working out too hard. Learn to listen to your body and cut your activities short if you sense dehydration is looming.

3. Weigh yourself. Some super-endurance athletes weigh themselves before and after a workout to gauge how much fluid they've lost during an activity. If, when you weigh yourself, you've lost more than one pound, replenish your water stores, fast.

4. Eat water-rich foods. Drinking water isn't the only way to get fluid into your system. You also can stay hydrated by eating water-based fruits and veggies, like watermelon and cucumber.

Regardless of the season or weather conditions, be sure to drink up. You'll feel better *and* you'll reduce your risk of dehydration.

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• March •

National Nutrition Month

Save Your Vision Month

American Red Cross Month

• April •

Organ & Tissue Donor Awareness Month

Cancer Control Month

CCM Corporate Club Challenge

Club Hours

M-R 5:30 am- 7:30 pm

F 5:30 am- 7:00pm

Sat 7:00 am- 1:00 pm

Contact Information

5300 Meadows Rd
Suite 140
Lake Oswego, OR 97035

503-603-1899



Visit Us on the Web: www.theclubkw.com

It's not too late to make a fresh start of a New Year

We're a few months into the New Year, and many of us are still basking in the glow of a fresh start. Even if your new year's resolutions are forgotten, let spring renew your optimism for change, for a better life, for a better you. It's wonderful, because this fresh start gives us a chance to reinvent our lives and ourselves. It allows us to reinvigorate ourselves, to shed our baggage and do anything. Anything is possible! Let's make the most of this gift. Not just by creating and sticking to resolutions, but by reinventing the way we live. Here's how.

1. Let go.

Many times we are held back by the tangled web of previous failures, commitments, emotions, barriers. We cannot change careers because we're used to what we're doing and it's too hard to change. We cannot find time to get healthy and fit because we have all these other things to do. We cannot find time for our loved ones because we have too many commitments.

This is all old baggage. A fresh start demands a clean slate. Let everything from the past go (easier said than done, I know). Clear your plate and your palate.

Let go of attachments to what you've been doing for the past year, or years. Let go of failures. Let go of fears you've built up. Let go of reluctance. Let go of your ideas about what your life has to be like, because that's the way it's evolved so far. Let go of long-held beliefs and habits.

You have a fresh start. Let go of last year, and start anew.

2. Decide what matters most today.

Forget about your goals for all of this year. Instead, decide: what do you want to do today?

What matters most to you, to your life? What are you most passionate about, right now? What excites and invigorates you? What would give you the most fulfillment?

Often the answer is in creating something, making something new, helping other people, becoming a better person, working on a project that will be an accomplishment to be proud of. But whatever your answer, have it clear in your mind at the beginning of the day.

This might be something you work on all year, or it might just last a month, or it might last a week or a few days, or just today. It doesn't matter. What matters is today — that you're going to work on this with all your heart, today. Tomorrow ... we'll decide on that tomorrow.

3. Clear away distractions and focus.

Clear away email and Facebook and Twitter and your favorite blogs and news websites and social forums. Clear away the iPhone or Blackberry or Android or cell phone, clear away all the little nagging work and chores and errands that pull at your attention, clear away the clutter that surrounds you (sweep it off to the side to deal with later).

In fact, if you can, shut off the Internet for awhile. You can come back to it when you take a break.

Now, find focus. Even if only for 15 or 20 minutes at first, but preferably for 30-60 minutes. You can take a break and check your email or whatever after you've focused. Focus on the thing that matters most. Do it for as long as you can, until you're done if possible. Feel free to take breaks, but always return to your focus.

When you're done, focus on the next thing that matters most, and so on.

4. Find happiness now.

Don't look at happiness as something that will come when you're done with this goal, or when you've attained a certain accomplishment or certain amount of wealth or material goods. Don't look at happiness as a destination, something that you'll get later.

Happiness is possible right now. Always remember that. When you push it back until later, it'll never come. When you learn to be happy now, it'll always be here.

When you're doing whatever you're passionate about, whatever matters most, whatever you decide is worthy of your time and heart and focus ... be happy! You're doing what you love. And that is truly a gift.

5. Reinvent yourself, every day.

Every day, you are reborn. Reinvent yourself and your life, every day. Do what matters most to you, that day.

It might be the same thing that mattered most yesterday, or it might not be. That isn't important. What's important is today — right now. Be passionate, be happy, right now.

You'll have a fresh start every single day, not just on January 1. And that is the best thing ever.

By Leo Babauta, with permission

Group Exercise Schedule and Descriptions

	<i>MON</i>	<i>TUES</i>	<i>WED</i>	<i>THUR</i>	<i>FRI</i>
12:00– 1:00pm	<p>Pilates</p> <p>Sports Conditioning</p>	<p>Cardio Extra</p>	<p>Yoga</p>	<p>Strength Lab</p> <p>Sports Conditioning</p>	<p>Pilates</p>

Group Exercise Class Descriptions

•**Strength Lab:** Improve your muscle tone and increase your metabolism! Simple, safe and effective exercises designed to increase your muscle strength and endurance. Using dumbbells, resistance tubing and body weight, participants perform high repetitions of strength exercises for each major muscle group. Meet in the Group Exercise Room Building #5335, lower level/parking garage. •All fitness levels encouraged.

• **Pilates:** Based upon exercises developed by Joseph Pilates, this mat-based Pilates class is designed to improve core strength as well as flexibility. Meet in the Group Exercise Room, Building #5335, lower level/parking garage. •All fitness levels encouraged.

•**Yoga:** Take the knots out of those tight shoulders, strengthen your back and abdomen, and loosen up your legs in a fun and relaxing way with yoga instructor Jim Gillen. Meet in the Group Exercise Room, Building #5335, lower level/parking garage. •All fitness levels encouraged. • Fee Class

•**Sports Conditioning:** Challenge your limits and have fun at the same time. Class blends high intensity cardio intervals with strength conditioning intervals, then finishing out the class with the best core workout (Ab Lab) known to man. Dress for an outdoor workout as this class is held outside year-round in the lower level parking area near the gym. Meet at The Club. •Designed for intermediate to advanced fitness levels.

Recipe

The Club Staff

•Director•

Liesa Phillips

•Staff•

*Jen Goodrick**Dan Höering**Allison Greene**Carolyn Harris*

•Personal Trainers•

*Linda Stadler**Kristi Tauti**Tanya Thompson**Coach Dan**Leno Pugh*

Club Hours

M-R 5:30 am- 7:30 pm

F 5:30 am- 7:00pm

Sat 7:00 am- 1:00 pm

Contact Information

5300 Meadows Rd
Suite 140

Lake Oswego, OR 97035

503-603-1899

lphillips@theclubkw.com

Our Location

We are located in the Shorestein Building parallel to Kruseway Drive behind the 5300 building, on Meadows Road. Look for the black awning over the entrance doors.

Website

CCM, Inc.
www.ccmwellness.com



INGREDIENTS:

Fitness Coach Dan's
Salmon Marinade:

1 LB Salmon

3 Tbsp Teriyaki

3 Tbsp olive oil, 1/2
lemon (fresh),

1 long sprig of fresh
Rosemary,

cracked pepper, 4
turns

Mix together and
place flesh side of
salmon down in mari-
nate for 2 hours.

DIRECTIONS:

Cook on hot BBQ Grill for no more than 5 minutes, flip onto skin side and cook for another few minutes...avoid over cooking. Cook until butter soft - medium doneness.

Contact Coach Dan for more delicious recipes:
503.332.0026 or
dan@fitnessintraining.com |
www.fitnessintraining.com :
the body is a temple : not a temple



Running Around Portland

Go to www.orrc.net/calendar to register online for one of these events and to see many more opportunities in the greater Portland area.

**Saturday, Mar 14****Shamrock Run**

15K run, 8K run, 3.5M walk,
5K run, 1K kids run

Sunday, April 11**Race for the Roses
Half Marathon & 5k**

13.1 mile run or walk
5k run or walk

And on the horizon...**Monday, May 31****Up the Lazy River****10k Run/Walk**

In West Linn

Saturday, June 5**Starlight Run**