

# NEWS

HEALTH **The Club** FITNESS

March/April 1997

"Living Healthy and Loving It"

## Energy Expenditure

by Ron Fuller,  
Certified Personal Trainer

Everyone's daily calorie requirements vary a great deal from one person to the next. Very briefly stated, your body consumes food for energy to take care of your baseline metabolic needs, physical activity, and digestion of that food.

The Basal Metabolic Rate (BMR) shows the energy required for basic body functions like breathing, pumping blood, maintaining body temperature, growing hair, and moving nutrients around the body. Growth, a fever, the climate, or your body fat percentage, and the amount of muscle you have, all influence BMR. There are many items at once that have an influence on your BMR.

Dietary Induced Thermogenesis, also known as the Specific Dynamic Action (SDA), refers to the energy costs of the digestion, absorption, and transportation of nutrients. Depending on how much and what you eat, the SDA can range between 10 and 35 percent of the calories consumed. If 25 calories are used to process 100 calories of protein, that's a 25% loss in caloric intake. Energy costs for metabolizing certain fats are only 3% of BMR.

Physical Activity is the other major energy expense. Reading or watching TV can utilize 10% of your BMR. Light activities such as standing can use 20%, walking 30%, fast walking or light work 40%. Moderate intensity workouts can

utilize 50% of BMR while high intensity uses 75%. This is the primary reason why caloric intakes can vary greatly from one person to the next.

So as you can see, everything you do is based on a percentage of your BMR or how much muscle you have. Keep following the recommendations of your trainer, try to eat properly and you will reach goals sooner than you ever thought possible.



### EXERCISE SCOOP

If you haven't made it into one of **The Club's** Aerobics' rooms yet, well, what are you waiting for? **Come On In!**

There are a variety of classes just perfect for the beginner including aerobics, step, yoga and Tai Chi. Make sure to let the instructor know that you're new to a class and

she'll show you safe modifications for the exercises throughout the class. You'll be able to exercise at your own level while enjoying the group atmosphere. Look for introductory classes on **The Club's** monthly activity calendar. You'll learn class terminology and how to perform each exercise in a safe and effective way. See you in class...

## You asked for it!

**Q** *As an executive member, I pay more for the extra amenities such as fruit, bagels and coffee. I often see members that are not executive members helping themselves to the coffee and food that I pay for. Why is this allowed?*

**A** Thank you for your comments and for addressing this issue. The executive locker room is for executive members and their guests only. We would like to remind members that extra amenities such as laundry service, a private locker, a semi-private locker room area, coffee, fruit and bagels are available to you with an executive membership. For more information about executive memberships, please see a membership advisor. While we cannot constantly "police" the executive area, we ask that non-executive members respect the executive area as private and that they not help themselves to amenities that are paid for by executive members.

**Q** *The treadmill sign-up sheets are not working. People just hop on any vacant treadmill regardless if they signed up or not.*

**A** The treadmill sign-up sheets will only be effective if they are used by everyone. If you have reserved a treadmill and decide not to use your time, please be sure to take your name off the sign-up sheet. If someone is using your reserved treadmill, either remind the member that you have the treadmill reserved, or ask a Fitness Trainer to assist you. Remember, be punctual! **Treadmill reservations will only be held for 5 minutes.**

## Anniversary Celebration!

**Can you believe it?** The Club is celebrating its' **1st Anniversary** on Sunday, April 6th, at 2PM.

We hope you'll join us for fun, games, class demos, music, prizes and much more. Watch the mail for your personal invitation.



**MASSAGE**

# Ahhh! The Spa!

Unwind in total comfort as your muscles are relaxed and conditioned under the hands of our trained therapists. Body massage promotes good health by reducing stress and relaxing everyday muscular tensions. Choose from Swedish, Shiatsu or Sports Massage, always the best way to round-out your work-out!

- 25 minute massage ..... \$30
- 50 minute massage ..... \$45
- 80 minute massage ..... \$70

Gift certificates for that special someone can be purchased at the Front Desk.

**PROGRAMMING**

## What is FitStart?

You've joined **The Club** and are ready to workout. Sounds easy enough, but you've never exercised a day in your life or you're not getting anywhere. Well, we know how you feel, that's why we have the FitStart program. As a participant of the FitStart program you will first be given a fitness evaluation and consultation with one of our certified personal trainers. Then you will have a program designed for you that will help you reach your fitness goals. For the next three months your trainer will guide you through the fitness jungle. By giving you personal attention and checking your progress on a monthly basis, you are sure to make the most of your time.

*Our mission is to assure that we meet the needs of each customer and provide exceptional experiences in our club every day. We will do whatever it takes to have our members, communities, clients and peers recognize our club as the best in the industry.*

**MEMBERSHIP**

# 50 Club Bucks. WOW!!!

**50 CLUB BUCKS** are given to you when you refer a member. Use them toward any club amenity like a relaxing massage, a personal training session, lunch in the cafe and much more.

Bring in a friend or co-worker to try **The Club** today!

*Wondering what's going on behind the frosted glass door?*  
Thinking about upgrading your membership to Executive? Would you just love the idea of fresh coffee, a healthy snack, TV and a relaxing atmosphere? Next time you work-out, stop by Member Services for more information.  
**Upgrade your membership today!**

**RAVE REVIEWS**

### *"The food is fantastic!"*

Michael and Cindy Preston serve daily gourmet specials. Place your order and it'll be ready when you leave or relax and dine here for breakfast, lunch or dinner Monday-Friday. Open for breakfast and lunch on Saturday.

**AFTER YOUR WORKOUT**

### *Perfect meals... from the Club Cafe*

- Breakfast**  
Bagel, 2 egg whites, cheddar cheese.
- Lunch**  
Roasted chicken breast on salad greens with oil and vinegar, carrots, cucumbers and small roll.
- Dinner**  
Seafood, poultry, beef with veggies, bread and dressing.

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**Members...we want to hear from you!**

Tell us your ideas for new programs, clubs or classes you'd like to see here at **The Club**. We are organizing committees of staff and members to bring together common interests. This is your club, let's work together to make your club part of our community.

**MEMBER SPOTLIGHT**



## The Babbino Family

How exciting...the whole family is here at **The Club**...Bill, Fran, Melanie and Billy. As owners of Double Dragon Dojo in New Milford and working full time in a family business, they still find the time to work-out.

As Fran stated, "Hey, if you don't take care of it, no body else is gonna!"

Melanie shared her feelings about **The Club**, "I love **The Club**, I really do. The atmosphere is nice, the staff friendly, you can get help if you need it and I reward myself in the steam room."

Bill describes **The Club** as peace and tranquility. "I sleep better, I do this for my life. I'd rather be in your newsletter than the obituaries. I love it, it's my adrenaline! I am so impressed, it's clean and being an executive member makes me feel like a million bucks!"

**HEALTH FITNESS**

**ADDRESS**  
130 Grove Street,  
New Milford, CT 06776  
(860) 350-1003

**CLUB HOURS**  
Monday-Friday ..... 5:30AM-10PM  
Saturday & Sunday ..... 7:45AM-8PM

**GENERAL MANAGER**  
Doreen Savran

**Managed by  
The Fitness  
Company**