

June 2011 Newsletter

Message from 7Flags

Finally, we can say that it appears summer has arrived and with that the opening of our outdoor pool. Even though our goal was to have the outdoor pool open by Memorial Day weekend "Mother Nature" had a different agenda and we were forced to succumb to her capricious wishes! We hope to have the outdoor pool open this week.

While our members can enjoy the outdoor pool we will be intentionally closing the indoor pool for regularly scheduled maintenance, some upgrades and painting and will reopen the indoor pool as quickly as possible.

Summer in Iowa provides us all with terrific opportunities to enjoy the outdoors while working to improve our health. Our facilities' proximity to the "Greenbelt biking & hiking trail" system is one of the many advantages to our club. Many of our members will take advantage of this proximity with friends and family to walk, talk and/or bike together and then come in to our facility to enjoy a cool and relaxing swim in the pool. Try it!

Monthly health tip: Of course one of the reasons that we love summer so much is the tremendous variety of fresh garden fruits and vegetables which are readily available at many of the local farmer's markets and local grocery stores. Go for it in plenitude!

Here is my favorite recipe for a smoothie:

Smoothie made in blender:

1. A couple of bananas
2. 5 to 8 blueberries, blackberries and raspberries.
3. one sliced apple
4. one sliced pear
5. Additional fruit based on personal preference, I may add one kiwi or one peach or plum or pieces of Mango or pineapple, strawberries, etc.
6. Add two or three tablespoons of Raw Agave Nectar or honey.
7. Full glass full of ice cubes
8. Add half a glass of water
9. Hit the Smoothie button on the blender and be sure it is well blended and all the ice is thoroughly crushed. Serve and Enjoy!

Message from the Trainers

10 Tips For Better Sleep

Consider the following:

Approximately 70 million people in the United States are affected by a sleep problem. About 40 million Americans suffer from chronic sleep disorders, and an additional 20 - 30 million are affected by intermittent sleep-related problems. However, an overwhelming majority of sleep disorders remain undiagnosed and untreated (National Commission on Sleep Disorders Research, 1992).

Sleep deprivation and sleep disorders are estimated to cost Americans over \$100 billion annually in lost productivity, medical expenses, sick leave, and property and environmental damage (National Sleep Foundation).

According to NSF's 2005 *Sleep in America* poll, more than seven out of ten adults in America said they frequently have a symptom of a sleep problem such as waking a lot during the night or snoring. About one-fourth of poll respondents said their sleep problems have some impact on their daily lives, though most say they ignore the symptoms.

The NSF poll found that while the majority of America's adults do not use any type of sleep aid, 11 percent said they used alcohol, beer or wine at least a few nights a month; nine percent said they use over the counter remedies, and seven percent use a prescription medication at least a few nights a month. According to somniTech sleep disorders center and the NSF, there are ways that you can change your behavior in order to get more sleep and to wake up feeling refreshed.

If you are having problems sleeping, try to follow these Healthy Tips for Better Sleep:

- Maintain a regular bed and wake time schedule including weekends.
- Establish a regular, relaxing bedtime routine such as soaking in a hot bath or hot tub and then reading a book or listening to soothing music.
- Create a sleep-conducive environment that is dark, quiet, comfortable and cool.
- Sleep on a comfortable mattress and pillows.
- Use your bedroom only for sleep and sex. It is best to take work materials, computers and televisions out of the sleeping environment.
- Finish eating at least two to three hours before your regular bedtime.
- Exercise regularly. It is best to complete your workout at least a few hours before bedtime.
- Avoid caffeine (e.g. coffee, tea, soft drinks, chocolate) close to bedtime. It can keep you awake.
- Avoid nicotine (e.g. cigarettes, tobacco products). Used close to bedtime, it can lead to poor sleep.
- Avoid alcohol close to bedtime. It can lead to disrupted sleep later in the night.

For more sleep tips, go to NSF's Web site at www.sleepfoundation.org and www.somnitech.com

Does Daily Stress Keep You Awake at Night? Some Helpful Tips to Remind You that “Sleep is as Important as Diet and Exercise — Only Easier!”

Stress is a natural part of daily life. While many different situations can cause stress, reactions to them, and accompanying stress levels, will differ from one person to another. What is common for people under considerable stress are sleep problems such as insomnia.

Stress is probably the most frequent cause of short-term insomnia. Stress and your body's reaction to it can make it difficult to fall asleep and stay asleep; stress can also affect the quality of your sleep.

Stress comes in a variety of packages — excessive workloads, family situations, financial setbacks, health or medical problems, and even the Christmas holiday season are a few typical “stressors” for America's adults. Even “good” stressors can disrupt sleep; for example most of us would not sleep if we won the lottery earlier that evening. Recently, the stress levels of many Americans have been raised because of the threat of terrorist attacks and the all too vivid details of war in many parts of the world, which television brings into our living rooms and sometimes our bedrooms.

National Sleep Awareness Week®, March 3 - March 9, is a good time to pay attention to the stressors that disturb your sleep, whether it be infrequently or on a regular basis. A good night's sleep is important for optimum health, safety and productivity. The theme for the annual campaign offers a good reminder – “Sleep: As Important as Diet and Exercise (Only Easier!)”

The National Sleep Foundation (NSF) sponsors National Sleep Awareness Week®, joined by many partners throughout the country, including somniTech sleep disorders center in Des Moines.

“Sleep is important when you feel stressed and/or anxious. It is an essential part of our daily lives and well-being,” says Darrel Drobnich, NSF's chief executive officer (acting). Lost sleep robs us of the opportunity to restore ourselves physically, emotionally and even cognitively.”

somniTech notes that getting a night of seven to nine hours of restful, uninterrupted sleep is particularly important when you're dealing with the physical and emotional symptoms and consequences of stress. “Without sufficient sleep, the impact of whatever situation is causing your stress can be exacerbated. Concentration, decision making, memory and reaction time are all affected by sleep deprivation,”.

There are several studies that show the impact of stress on sleep. Researchers in Sweden found that when workers faced a difficult next day, their apprehension resulted in a decreased amount of slow wave sleep, a deep level of sleep that accounts for about 25 percent of total sleep time. In another work-related study, Swedish researchers found that stress resulting from a poor work environment doubled the risk of the onset of sleep problems. And as an example of how stress can impact health, researchers at the University of Pittsburgh found that acute stress affects heart rate variability during sleep.

Stress can affect the levels of some hormones and high levels of these hormones may make falling sleep more difficult. Hormones such as cortisol can be a stress barometer. Cortisol levels vary throughout the day; it is highest in the early morning soon after awakening, and falls to its lowest level by 11:00 p.m. or midnight, preparing us for a good night's sleep. High nighttime cortisol levels may mean a person is not relaxing or “winding down,” and may have difficulty falling asleep.

While stress usually disappears on its own, NSF and somniTech sleep center offer these eight tips for dealing with insomnia that may be stress-related:

- Exercise. Regular exercise is a good way to relieve stress, however, don't exercise too close to bedtime.
- Relax. Give yourself plenty of time — about two hours — to “wind down” before bedtime; engage in a relaxing, non-alerting activity such as reading or listening to music. Soaking in a warm bath or hot tub can also be relaxing.
- Avoid alcohol and nicotine, especially close to bedtime. Alcohol is not a sleep aid; don't use it to try to help you sleep.

- Do not eat or drink too much before bedtime.
- Cut back or eliminate caffeine. Excess caffeine has the potential to disturb sleep at night.
- Go to bed only when you're tired. If you don't fall asleep within 15 minutes, get out of bed, go to another room and try a relaxing activity such as reading. Return to your bed when you're sleepy.
- If you're having a problem sleeping at night, don't nap during the day.
- If your stress and/or insomnia continue, talk to your doctor.

More information about NSAW, sleep, and sleep disorders is available at NSF's Web site, www.sleepfoundation.org and www.somnitech.com

To Nap or Not to Nap

Would you ever think that Thomas Edison, Napoleon Bonaparte, Salvador Dali, Winston Churchill, and Presidents Kennedy and Reagan had something in common? In fact, each of them enjoyed a regular nap.

Many people find that a 20 - 30 minute nap is restorative, especially during the normal afternoon circadian 'dip' that usually occurs between 2:00 - 5:00 p.m. Napping can help maintain or even increase alertness and performance, sharpen memory and reduce symptoms of fatigue, especially during long periods of being awake.

"Naps can help people boost their alertness and performance – IF they are healthy and usually get sufficient sleep at night. But naps will not reverse total sleep debt and shouldn't be thought of as a substitute for a good night's sleep," says Mark Rosekind, PhD. "If you get sufficient sleep at night on a regular basis, you should not need a regular daytime nap," he adds. Dr. Rosekind is president and chief scientist of Alertness Solutions in Cupertino, CA, which specializes in fatigue management issues.

While napping isn't a widespread occurrence at U.S. workplaces, one-third of respondents in NSF's 2000 *Sleep in America* poll said they would nap at work if it was allowed. NSF's 2005 poll found that more than one-third of America's adults take two or more naps a week, and these last an average of 50 minutes.

somniTech physicians recommend a nap of around 30 minutes. "Even a shorter nap can take the edge off of sleepiness but you want to avoid getting into a deep sleep, which can occur after a longer nap of around an hour, causing you to awake groggy instead of feeling refreshed,". This sleep inertia or grogginess and disorientation that can occur when you awake from a deep sleep usually disappears in 10 - 15 minutes, but the accompanying lack of alertness can be critical at the workplace or when engaged in other activities such as driving.

If and when you nap, somniTech sleep center and the National Sleep Foundation (NSF) offer the following tips:

- Determine an optimal nap time. Try not to nap too late in the day which can disrupt your nighttime sleep. If you are having difficulty sleeping at night, don't nap during the day.
- Find the right environment. Make the most out of your nap time and avoid surrounding distractions. Find a quiet place, block out light and noise; use an eye mask and/or ear plugs if necessary.
- Be sure to make a good night's sleep a regular daily activity – on average, between seven to nine hours are recommended for most adults. Establishing this regular sleep habit may help you kick a nap habit. Do you know your real sleep need? Try to determine how many hours of nightly sleep you need to be alert and at your best

performance throughout the day; then establish a nightly routine and make time for your needed sleep.

Why your health needs to be a top priority in your life

By Reid Jansonius
7 Flags Personal Trainer

What do heart disease, cancer, diabetes, and strokes all have in common?

One, they are among the leading causes of death in the United States today. Two, your risk for developing any of them can be greatly reduced by proper diet and consistent exercise.

Think about that. Making a commitment to preventative health is one of the most sensible decisions you can make. You'll live a longer, healthier, happier life! One of the great tragedies of the current health care system is that so little emphasis is placed on preventing disease BEFORE a doctor needs to treat it.

Sure, a doctor can prescribe medication to lower your blood pressure, but you know what else works most of the time? Exercise and eating right. People expect a doctor to be able to give them a pill to fix anything, but many times the problem is a direct result of an unhealthy lifestyle, and that is something only YOU can change. The old saying could not be truer: an ounce of prevention is worth a pound of cure!

Excuses for not being in the gym, not eating right, not taking personal responsibility for your health and well-being are easy to come up with.

Busy? Of course you are. Who isn't? It comes to down to priorities: if you really want to get healthier, you'll find the time to hit the gym. Not only that, you'll educate yourself about proper nutrition and take the time to cook something healthy instead of throwing some processed crap in the microwave every night.

The 7 Flags website has a bunch of resources to get you started. Check it out, educate yourself and start living healthier, happier, life.

Adding New Muscle to Increase Metabolism:

Abs Class Wednesday 5:30 pm-6:00 pm

It has been proven time and time again that properly performed high intensity strength training stimulates the development of muscle mass which in turn will alter metabolism in two different ways. First, resting metabolic rate is increased when one gains muscle mass. While the energy expenditure per pound of lean body mass does not change, the addition of more muscle mass means higher energy expenditure or increased metabolism at rest.

Second, the more muscle mass an individual has the greater the post exercise oxygen consumption. When strength trained individuals were compared to non-trained individuals, there was no difference in post exercise oxygen consumption per pound of muscle. However, since the strength training individuals have more muscle mass, they burn more calories during the post exercise period.

Post-Workout Oxygen Consumption to increase metabolism:

There are several factors which influence the excess post exercise oxygen consumption (resynthesis of creatine phosphate in muscle, lactate removal, restoration of muscle and blood oxygen stores, elevated body temperature, post exercise elevation of heart rate and breathing, elevated hormones). In one study researchers examined the post-exercise oxygen consumption of strength training exercise to increase metabolism. Metabolic rate was measured for nine subjects after 40 minutes of cycling (80 percent of maximal heart rate), 40 minutes of circuit training (50% of individuals' 1 RM x 15 repetitions for 4 sets), 40 minutes of heavy resistance lifting (80-90% of 1 RM x 3-8 repetitions x 3 sets), and a control interval. All forms of exercise increased the metabolic rate immediately after exertion. For circuit training and heavy resistance lifting, the metabolism increase was also significant 30 minutes after exertion. The absolute total increment in caloric use after exertion was comparable among circuit training, heavy lifting, and cycling. However, cycling alone was far less than both forms of weight training.

In any case when one actually examines the energy cost or calories burned during the post-exercise period it is relatively small. Some researchers have commented that the post-exercise effect is sufficiently small and that it does not have a major role in the control of weight loss by itself. However, if you combine the entire exercise session with proper diet, weight loss and an increase in metabolism can be substantial.

The other factor to consider with the post-exercise is the fuel which is utilized. Strength training exercise tends to burn/utilize carbohydrate during the actual training session. However, after a workout more fat is burned to meet the energy demands of your body. The more carbohydrate burned during an exercise period, the more fat burned after exercise. The higher the exercise intensity, proportionately more fat will be burned during the recovery (resting) phase. Recent research at Colorado State University examined the effect of a resistance training session on post-exercise energy expenditure and resting metabolic rate, concluding that strenuous strength training can elevate metabolic rate for extended periods, and that this increased metabolism is due to the oxidation of body fat.

Conclusion to Increase and Speed Up Metabolism: Strength training increases energy expenditure during a training session. The high intensity or anaerobic nature of strength training indicates a higher utilization of carbohydrates during a training session. During the post-exercise recovery period, energy expenditure is elevated for a period ranging from two to fifteen

hours. The increased energy demands are obtained by burning more calories, and a good portion of those calories are coming from stored fat.

The addition of muscle mass on an individual will cause an increase in the number of calories that are utilized at rest. So it is comforting to know while one is exerting themselves through a high intensity workout, that the hard work will result in an increase in metabolism that continues to burn calories hours after a workout.

So many people try to lose weight on their own and unfortunately suffer the consequences by negatively altering their metabolism, thyroid, and hormonal function. **Abs Class June 1st – July 27th Wed 5:30-6:00.**

7 Flags offering Basketball Skills Camp by: Iowa ELITE

Iowa Elite is a program aimed at training athletes

to perform at a high level and give them the tools

to do what is necessary to get to the top of their game.

The primary goal of Iowa Elite is to provide the latest skills and fundamentals to maximize their basketball potential. Fundamentals focused on:

- Passing
- Dribbling
- Form Shooting
- Scoring
- Kids will have to be on time. 1 strong hour, with a lot of energy, spirit and good attitude.

June 6th – July 1st Registration email iowaelite@yahoo.com or call Larry 418-4602

3rd and 4th grade (boys and girls) 8 am to 9 am M W F

5th and 6th grade (boys and girls) 9 am to 10 am M W F

7th and 8th grade (boys and girls) 10 am to 11 am M W F

For more information regarding Iowa Elite www.iowaelite.com

- Iowa Elite will pay \$40 a week
- Non- Iowa Elite pay \$60 a week
- max per time slot 20 kids or less
- 3rd and 4th work on; form shooting, passing, dribbling (All American drill), foot work, lay ups, court knowledge
- 5th and 6th grade; form shooting, jump shots, shooting off picks, dribbling (all American drill) passing, foot work, taking ball to basket.
- 7th and 8th grade; form shooting, jump shots, shooting off picks, dribbling (all American drill) dribbling under pressure. taking ball to basket, foot work

Exclusively at 7 Flags

Message from the Tennis Gallery

June 2011 Tennis Newsletter

SCHOOLS OUT!!! Start your summer right with our 5 indoor courts, they are just what you need when the clouds set in and it's raining or when it is blistering hot and you need a place away from the sun. Courts are available for your use, 1 hour is \$24, 1-½ hours is \$36, 2 hours is \$48 and free for tennis members. If you would like to reserve a court please call 515-278-8888 and speak with one of our desk workers.

We will be continuing men's league on Tuesday, NEW women's team PDL on Wednesday's, and continuing women's regular PDL on Thursday throughout summer. If you are interested in the next session please contact **Tylor Schlader, Director of 7flags Tennis, at tschlader@7flags.com**. We still have Cardio Tennis on Saturday mornings from 10:00 - 11:00 am. "Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout." Everyone is welcome, all levels, and all ages!! It is free for tennis members or for the very low cost of \$10 each Saturday.

Marina McCollom, Director of 7flags Junior Tennis, starts the first week of Summer Tennis Camps on June 7th, and will extend all the way until mid-August. They are week-by-week clinics join anytime! If you are interested in jumping into one of our junior clinics or have questions please contact Marina at mmccollom@7flags.com.

We have some of the best tennis instructors here at 7flags. Each pro is willing to help improve your tennis game to new levels through private lessons. These are available to anyone and everyone! Please call 515-278-8888 ext 747 and we can get you set up with any of the tennis pros and with better strokes in no time.

Have a great summer!!!

7flags Tennis

Kids Gym Message

Its great to have summer weather at last! I know a

lot of kid's that are
excited to get out of school and a lot of parents that aren't!

As always flags Kid's Gym offers a three month membership!
So take a
break by the outdoor pool and let the kid's take a break in the Kid's
Gym!

Parent's night out will be held on June 24th!
Please make sure you sign
up by Monday June 20! Hope to see you there!

Have a Great month!

Kid's Gym Manager

Maggie

Massage Message

First Monday of the month 8:30-10:30am and 6-8pm 10 minutes
just \$10! Don't forget to save a few minutes for a cool-down after
your workout! This Month will be changed to July 11th due to the
4th of July.

Gift certificates available at the Front Desk.

Everyday deals on massage:

1. Get \$10 off your first massage with Erin.
2. Refer a friend and get 20% off!
3. Join the Rub Club – after 10 massages you get one FREE!

Contact Erin at 491-8721 or PersonalBestMassage@q.com to schedule your massage.