



## **Message from Frank Santana:**

It never ceases to amaze me. The new “things”, “the new ways”, “the new fads”. “the new machines”, “the new whatever’s! Having been working out for more than forty years I kind it have seen it all in the health and fitness business. Really nothing has changed. You get in shape, fit and healthy by your underlining will to do so. Whether it is to lose weight, tone up, get in shape or improve your existing level of health by a measurable goal we all must go through the same basic processes. First, it starts with your level of determination to achieve a pre prescribed health goal, all else flows from that. Next, you have to make a commitment of time, energy and resources. Then you have to find a method of working out that you enjoy and that accomplishes your health improvement goals. Variety is the spice of life and that’s what you have to take into consideration when designing a workout regime. With numerous free group exercises classes to choose from and so many different types of machines and free weights and expert guidance from our personal training staff it should not be difficult to achieve your goals if you have the underlining determination.

All journeys start with one step! Remember that when you start on your fitness journey. The best step could be talking with one of our personal trainers and purchasing a personal training package during the winter to really get acquainted with the new methods that get results!

## **Message from Kid’s Gym:**

### NOVEMBER NEWS ALERT

7Flags Kid’s Gym is excited to announce the introduction of a new special event and the re-introduction to a family favorite “ Parent’s night out “

With November here, Thanksgiving and Black Friday will soon be upon us. Black Friday being the biggest shopping day of the year! 7Flags Kid’s Gym will be offering a drop off service for its members. Watch the front desk for more details, or call 278-8888 ext. 749 and ask for Maggie.

### POINTS TO REMEMBER

- Cold weather gear! Please remember to label all hats, mittens, and boots. So many of them look alike.



- The Kid's Gym has plenty of toys to play with, however if your child/children bring a toy from home it may easily get lost or broken. It is best to leave toys at home.
- Remember, as the weather gets colder it is more important than ever to bring the kids in for some exercise.

HAVE A GREAT THANKSGIVING!

Kid's Gym Manager  
Maggie

### **Message from the Tennis Gallery: By Tylor**

Well, our "Indian Summer" is finally coming to an end, which means indoor tennis is off and running. Make sure you register for Session 3 of the Junior Clinics, which start the week of November 15<sup>th</sup>. We offer clinics for all ages and abilities. If you are a beginner or an "Elite" player we have clinics for you here at 7Flags! Please contact our Junior Director Marina McCollom at [mmccollom@7flags.com](mailto:mmccollom@7flags.com) or call our tennis gallery at ext 747 for more information on prices, clinic times and days, etc.

For adults, we offer endless opportunities to get involved. There are cardio tennis classes on Friday and Saturday mornings from 10-11 am that gives you a workout to heart-pumping music. You can burn up to 600 calories! There are women's doubles leagues on Wednesday evenings from 7:30-9 pm and Friday mornings from 10:30-12 pm. Men's doubles leagues are offered on Tuesday and Thursday evenings from 8-9:30 pm. If you want to play in a league with your significant other, best friend, or tennis buddy we are offering mixed doubles leagues for the 8.0 and 7.0 levels on Sunday evenings from 3:30-5 pm and 5-6:30 pm.

Please contact our Tennis Director Tylor Schlader at [tschlader@7flags.com](mailto:tschlader@7flags.com) for more information on leagues and cardio tennis. Also, be on the lookout for upcoming information on Winter Break Camps. Please log onto our tennis website at [www.7flagstennis.com](http://www.7flagstennis.com) for any additional information.



## **Message from Trainers:**

Exercise, balance, and coordination

Reid Jansonius

Most people understand that resistance training is useful for building and maintaining muscle, but there are benefits to a regular strength training regimen many aren't aware of. Few people hit the gym with the goal of improving their balance and coordination, but that might be one of the most important benefits – especially for older adults.

Muscle deteriorates as we get older – as much as 1/2 a pound per year is lost in an inactive adult. Lean mass is an important factor in determining your resting metabolic rate, which has implications for weight loss. But losing that muscle also means a loss of balance and coordination.

In addition to the muscle loss negatively affecting balance and coordination, the neurons in your brain responsible for proprioception also lose function as you age. Proprioception is your brain's ability to accurately predict where body parts are in relation to each other.

What does this mean? An inactive adult is at a much greater risk for falling than one who exercises regularly. You step off a curb, your foot doesn't quite land where you thought it was going to, resulting in a fall. You step onto an unexpected patch of ice and fall because your body couldn't adjust to the new conditions fast enough.

Free weight and functional activities are the best way to challenge your muscles and brain to maintain and improve balance. If you have the choice of sitting during an exercise or standing, stand. You might not think about it, but standing does require more balance and coordination than sitting at a machine! And if never challenge your body to balance, than you won't be very good at it.

Your body always adjusts to the specific demands you place on it. This is one of the most important things to think about when you're at the gym – venture out of your comfort zone and you might be surprised by the results.