



NOVEMBER 2008

NEWSLETTER

FROM THE DESK OF FRANK SANTANA

We here at 7Flags Health & Fitness firmly believe our mission is to educate, inform and stimulate our members to better health. We believe wholeheartedly that health starts at home and is a family affair! The fountain head of great health is what we eat. It's that simple! The old adage you are what you eat is more salient today than ever before. We are unfortunately immersed in an environment of toxic food that is attractive, tasteful, reasonably priced, readily available and heavily advertised. And there are powerful commercial interests that want no change in the American diet and these commercial interests spend billions obfuscating and confusing consumers on what constitutes good health and nutrition. The preponderance of scientific evidence clearly suggests that a whole grain/whole food diet is the best way to have and maintain your natural weight and attain great health throughout your life! Seventy five percent and arguably some would suggest an even higher percentage of your health or lack thereof is determined by the foods we eat! Understanding food labeling and the ingredients in our foods is paramount to a healthy weight and healthy lifestyle. Avoiding fast food, processed, enriched, hydrogenated, sugary and artificially sweeten foods of any kind will assure you of optimal health. If you need a chemistry book to decipher what's in the food, LEAVE IT ON THE STORE COUNTER!

Consistent with the most current scientific research and our own belief that health or lack thereof starts with what we eat we want to introduce to our members an upcoming service that we want to provide to our membership if there is sufficient demand to warrant it. The idea revolves around Community Supported Agriculture (CSA) which is a local food system in which local farmers provides fresh foods, fruits, vegetables, meats, poultry, turkey, eggs, fiber and related products directly to the consumers on a subscription basis. Many of the CSA farms are certified organic and nearly all the CSA farms intentionally implement practices that contribute toward organic farming. Several CSA cooperatives and 7Flags Health & Fitness would join together to provide weekly packages of a variety of fresh fruits and

vegetables and/or meats, poultry, turkey, etc., to be delivered at 7Flags for member pick up from May/June of 2009 through September/October of 2009, a period of five months. 7Flags members would have the choice of selecting certified organic products only or otherwise and in addition to the weekly package of fresh fruits and vegetables they can also select from a menu of a variety of certified organic meat, poultry, fish and turkey products to be delivered weekly at 7Flags for member pick up. The cost of the service of having packaged fruits and vegetables delivered weekly has yet to be determined; however it would be around \$650 to \$700 for the five months or approximately \$32 per week for the 20 weeks. Orders for meats, poultry, turkey, lamb, etc would be an additional charge.

We want to be sure our members understand this project is more than just buying certified organic foods and better food that is locally grown. You will be buying food that can enhance your and your family's health and hopefully educating your loved ones on living a healthy lifestyle. You will be taking part in a paradigm shift in the farm economy, in the food educational system, in our food transportation system and in the process of integrating our local organic farmers with our local community. You will be supporting our local organic farm movement which is more environmentally friendly farming for our beautiful Iowa environment! You are building a stronger local economy for all of us!

If this is something you would like to participate in please contact me directly at FSantana@7Flags.com.

TENNIS

Session 2 is up and running with numbers doubling so sign up today by calling 278-8888 ext 747 or email us at 7flags_tennis@7flags.com. You can also visit our website at www.7flags.com to see what we're offering in the Adult and Junior Tennis Programs. The 7Flags Adult Open is slowly approaching. It is Nov 7-9th so sign up to play in singles, doubles, and/or mixed by logging onto www.usta.com.

Wanting a gift for your loved one? Well, call the tennis gallery today to ask about our Christmas specials we are offering for private lessons, cardio tennis, and clinics. What a great gift that could last a lifetime!

KIDS GYM/NURSERY

Starting in the month of November 7Flags is excited to sponsor WIGGLES N' TUNES! Wiggles N' Tunes is a great program offered to you through

Keyboard West studios! Offering children ages 0-5 the opportunity to enjoy music and movement in a small class atmosphere with their parents. This is a great six week program that includes a music CD and a song book along with six weeks of 45 minute classes! 7Flags is very excited to bring this program to you,

Sign up for two sessions and get \$15 off! Sign up today before the classes are full, inquire at the front desk or ask Maggie or Martha in the Kid's Gym or Nursery!

Things to remember: Flu season is all ready here. PLEASE if your child is ill and cannot go to school DO NOT bring them to the Kid's Gym!!

Make sure all your mittens and hats are labeled with your child's name,. There may be more than one child with the same item!

PERSONAL TRAINING

Fall Special for Personal Training

- **(3) ½ hour sessions for \$69**

- **1 month for \$299**

(12) ½ hour sessions

with unlimited Personal Training Classes

WOMENS ONLY 20/20 PROGRAM

Join us for the next session that started on October 27th!

**Build strong bones and tone up the muscles you never knew you had!
Group training with a personal touch!**

Contact Annie Downing, 278-8888 X739: adowning@7flags.com

7 FLAGS 24/7 X-PRESS AT GREENWAY CROSSING

COME SEE WHAT THE EXCITEMENT IS ALL ABOUT!
SPECIAL VIP NIGHT 4:00pm-7:00pm, November 12, 2008
Meet the Trainer: See the Equipment

We'd like to invite you to our special VIP night to experience our new health and fitness facility before our doors open on November 13, 2008. We'll have demonstrations of the new XRKade Interactive Video equipment and a number of distinguished guests there to help us introduce our facility.
Wine and Cheese will be served.

Register to win prizes including: A Four-Session Personal Training Package, One of Two Dietmaster Pro Meal Analysis Plans, Complimentary Six-Month Membership.

Call Marvin Jones (515) 339-2814, mjones@7flags.com
Email: mjones@7flags.com

SWAT

NEXT SESSION STARTS

January 12th 2009

**GET SIGNED UP NOW! CONTACT JENAE HALSTEAD TO
SAVE YOUR PLACE IN THE FIRST CLASS OF THE NEW YEAR.**

MOST RECENT RESULTS:

- **MALE, 4TH WEEK: LOST 3 PANT SIZES AND 10 LBS**
- **FEMALE, 5TH WEEK: LOST 6 LBS**
- **FEMALE, 10TH WEEK: LOST 9 LBS, 3 INCHES AT WAIST
AND 4 INCHES ON HIPS**