

# USA Fitness & Health Center

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700 Craigdell Road, New Kensington, PA 15068

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November 2009

## **Member News!**

### **Reminder to parents**

In case of school cancellations or delays in the Lower Burrell and New Kensington/Arnold school districts, babysitting will not be provided. Also, please use courtesy when your children are sick and keep them at home until they no longer have a fever.

### **Spin/Aerobic classes**

Feel free to check our web site at any time to see the current spinning and aerobic classes. Go to [usafitness-chiro.com](http://usafitness-chiro.com), click on "classes" and go to the bottom of the page and click on the class calendar to see our current list.

### **Friend For Fitness**

At USA Fitness, we are promoting the "Friend For Fitness" campaign. As stated in an article later in this newsletter, having a workout partner makes it easier to stay motivated while achieving your fitness goals. For three days in November, we are welcoming friends of our existing members to work out at our facility at no charge. On November 10, 13, and 14, each member is encouraged to bring one guest to try our facility and join you during your workout. See the front-desk staff for details. As always, thank you for your loyalty and continued patronage.

### **Avoiding germs**

As our way of helping you stay healthy, we have numerous hand sanitizers located throughout the gym. Please use them prior to working out, after working out and anytime you sneeze, cough or touch your face. We also have spray bottles that are to be used to wipe down machines. Please wipe down your machine after you use it, paying close attention to hand grips. We try to change the towels numerous times throughout the day, but if you notice one that needs to be changed, please bring it to our attention.

### **Holiday hours**

We will be closed Thanksgiving, Thursday, November 26.

### **Courtesy please!**

Please observe posted signs and do not drop weights. Also, put weights back to their proper places when finished.

### **Toy Drive**

Our USA Fitness Salvation Army Toy Drive is scheduled for Saturday, December 12, from 10 a.m. to 6 p.m. More details will be posted as they become available!

## Ways to Stay Motivated

by Denise York, RN

Recently, I ran a 5K race in Pittsburgh. To be honest with you, I did not think I could do it. I like to run, but I had no goals set. However, I did have a secret weapon. I ran with a good friend who kept me focused on running the 5K. She also provided something that I could not give myself -- support and encouragement. She believed in me even when I didn't. Without her, I would not have made it, and for that, I will be forever thankful to her. Well, this got me thinking, why do our members come to the gym and then all of a sudden stop coming? I realized that we all suffer pitfalls/challenges when working out. Does this sound like you? The alarm goes off, but you would rather stay in bed than go work out. Or, you are done with work for the day, and you have your choice of going to work out or going home and sitting on the couch. You pick the couch. Believe me, we have all been there and understand. I wanted to give you some ideas to help you take the biggest step, and that is getting to the gym. You must always remember, though, the key to success is persistence.

One way is to work out with a buddy. This is an awesome way to work out. First and most important, when you are scheduled to meet someone at the gym, you are less likely to cancel or not show up. Second, you will have someone to encourage you. They can also watch your technique and make sure you are doing the exercises properly. Sometimes, when we are tired or not giving a 100 percent, we tend to do exercises half heartedly and consequently use bad form. Third, you don't feel alone. You will help your friend achieve their goals along with yours. Together, you will see changes, and you will be happy for each other. You could even celebrate with each other each time you hit a goal.

Changing your routine is another way in which you break the cycle. This is great for two reasons. When you continue to do the same routine, it gets boring! Also, by changing the routine, you challenge your muscles differently. Our bodies are truly amazing, so if you do the same thing again and again for a long period of time, your muscles get conditioned to that exercise. If you are stumped as to how to change your routine, hire our personal trainer for some help. You can purchase a personal training session and get a work out that will be specific to your needs. Ed Vincent, USA Fitness's certified personal trainer, is great and can help you.

Another way is to try an aerobic class, which are free to all members, or a spinning class. When you take a class, you get the benefits I've been addressing in this article. You get to know people in the classes, and your workout will always be different. We have a bunch of different classes, so pick up a schedule at the desk.

Here are some examples for changing your routine. Use a ball and free weights instead of using the paramount machines or vice versa. The ball is a great way to challenge your core muscles. As we continue to age, our core is vital for our spinal stability and strengthening. My husband was skeptical about using the ball, but now he's a big believer. He started off having a hard time sitting on the ball and doing his exercises to now being able to stand on the ball and do his exercises. If you go on the elliptical for 45 minutes, try going on the treadmill for 15 minutes, bike for 15 minutes and finishing on the elliptical for 15 minutes. I hope these suggestions help. If you have any questions, please ask. Our staff will be able to help you. GOOD LUCK!!!!