



**May 2012**

**Memorial Day Hours  
5 am - 5 pm**

**Club Hours**

Mon - Fri 5 am - 10 pm

Sat - Sun 7 am - 8 pm

## Notes from Susie Turner, Director

Happy Birthday PEAK Health & Wellness Center. On May 23, The PEAK will celebrate its 6<sup>th</sup> birthday. I'd like to personally thank our owners for providing Missoula and the surrounding community with a great place to work and work out. THANK YOU from your staff and members.

Summer has arrived and we've exchanged snowboards, skis and winter gear for rafts, mountain bikes, camping gear, fishing poles, hiking boots, barbecues and summer fun.

Keep focused on your exercise goals through the summer and don't let them fall by the wayside. Get in, workout and then head outdoors to enjoy the sunshine and beauty that defines Montana.

Remember that as an active PEAK member, you have several options while traveling this summer (or any time of the year.) Enjoy club privileges for free at one of our reciprocal membership clubs, located in Montana, Washington, Idaho and Wyoming. Your PEAK membership also includes the benefits of a membership to FITLIFE Network Clubs and IHRSA Passport Clubs.

Contact our membership team for details, 251-3344 ext 72. [susie@peakmissoula.com](mailto:susie@peakmissoula.com) ■

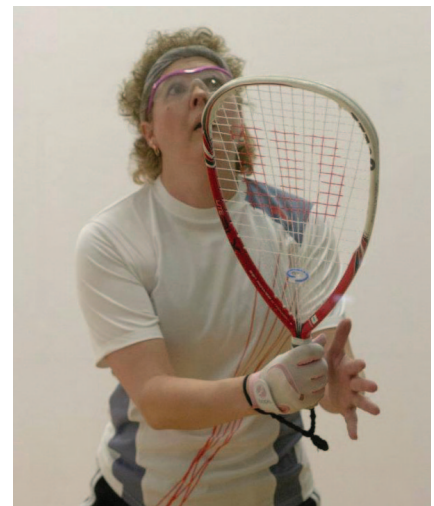
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## Announcements

**NUTRITION CONSULTS:**  
Carla Cox, PhD, RD offers complimentary 30 minute consults each month. Sign-up at the Service Desk in the Main Club. The next available private nutrition consultations are: May 4, 9-12:30 pm. Sign up early as appointments fill fast, 251-3344 ext 0.

**CHOLESTEROL TESTING** is Monday, May 14, 7-8 am. Test your blood lipid profile: total cholesterol, HDL and LDL breakdowns. Make your check payable to CMC, \$15. You must sign up at the Information Center no later than Friday, May 11 to reserve your spot. Testing takes place in the Fitness Office. Results will be available at the Service Desk in the member pick up file within one week of testing.

Thank you Randy Wills for the countless hours upgrading and maintaining our Group Fitness and Cycling Studio stereos. Your expertise and hard work is greatly appreciated!



**DeeAnn Mooney, Tournament Director for the 2012 Montana State Racquetball Singles Championship and 2012 Montana State Racquetball Women's Open Champion.**

**PEAK Missoula Triathlon  
MAY 19, 2012  
VOLUNTEERS NEEDED  
SHOW YOUR SUPPORT  
Sign up at The Service Desk**



**FIT TO FIGHT**

The Group Fitness Studio is unavailable for weekend use (after Saturday classes.) Questions, contact [katy@peakmissoula.com](mailto:katy@peakmissoula.com) ■

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## FITNESS NEWS

# Calories

by Mike Rankin, Fitness Director

Oh, those dang calories. It seems they sneak into our bodies in the most creative ways. In the battle we all share in trying to balance our caloric intake with our caloric burn we need to look at both sides of the equation. It is a never ending dance.

Let's first look at the energy intake side of the equation since it is the simplest and most straight forward. Simply put a calorie is a unit of energy that is in all foods and drinks. There is only one way a calorie can enter the body, it must be ingested. The tricky part is in knowing exactly how many calories we ingest daily, weekly, monthly, etc. There are some great apps out there that can help us become more accurate at counting our intake. These apps have taken a lot of the guess work out of what was once a very daunting task.

On the other side of the coin is the energy burn rate. This is where things can get tricky and complicated. There are 3 ways the human body burns calories:

1. Resting metabolism: this is the biggest percentage of our daily burn rate. It is simply our genetic predetermined rate at which we burn energy. Genetics is the biggest determinant of our RMR rate, but exercise and body composition have been shown to have a small influence on our metabolism.

2. Activity energy expenditure: Here we go. How much energy do we use

during exercise or other daily physical activities? This is a question we get asked often as trainers. The answer is we can't tell you unless you monitor your heart rate. The only accurate way to assess energy expenditure during exercise is to track and record heart rate and then use the formulas provided that factor: age, height, weight and gender. We need heart rates, because the intensity of the exercise will dictate the number of calories burned. Sadly, most of the calorie counters on cardio equipment grossly **overestimates** calorie burn rates.

3. Thermal effect of eating. This is the amount of energy we use digesting and metabolizing the food we eat. This number is nearly impossible to gauge.

The dance consists of finding the right balance. Keep in mind that the magic number for a pound of fat loss or gain is 3,500. This is a big number and explains why a lot of people exercise regularly with little to no weight loss. Tools that we have available to help you find the right combination are metabolic testing and heart rate monitor training. If you have any questions on either or just want to learn more, please contact any one of our trainers. ■

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## The Summit and The Jungle

by Seisin Eyer, Jungle/Summit Director

SUNSCREEN! Please, please, please apply it to your kiddo before you hit the Jungle. We will try our best to reapply during these gorgeous days, but we need your help, too. Apply it before getting in the car, and it will be absorbed in time to play outside once you get here.



Hey! Where will your kids be during The PEAK Tri? Would you like us to watch them? We would love to! Please let us know if our current hours will meet your needs for the May 19 event.

The PEAK presents Summer Sampler Camp! School age kids will have the opportunity to participate in a wide variety of activities to encourage and develop body, mind, and creativity. We will offer racquet sport samplers, skills and drills games, outdoor hiking, kid friendly yoga, and arts and crafts. Open to members and non-members, 8 to 13 years old. Other options for younger children are available. Call us to learn more, 251-3356 ext 23. Camps will be held Monday through Thursday, 9 am-2 pm on June 18-21, July 9-13, and August 6-9. Before and after childcare is available. PLEASE sign up ASAP. We anticipate a great response and we want your kids to get in on the fun!

Thank you for trusting us to watch your precious little ones! Remember we are a NUT FREE snack zone. Your help in making The Jungle/Summit a safe place for all is much appreciated. ■

### Summer Break is coming!

We are taking a break too! Friday nights during June, July, and August we will be closing at 6 pm. The Summit and The Jungle will continue to have our Parent's Night Out once a month, so keep your calendars open!



## Staff Profile: Krista Foertsch, Personal Trainer

Welcome Krista to our personal training staff. She has a BS in Exercise Science, minor in Strength and Conditioning and is a Certified Strength and Conditioning Specialist through the NSCA. Krista has previous experience with coaching a variety of age levels and sports backgrounds. When Krista isn't training, she loves to hike, bike, scuba dive, sky dive and ride motorcycles. Remind you of anyone else on staff?

ALPINE PHYSICAL THERAPY



## Think Outside the Box

By Gary Gales, DPT

Contrary to popular belief pain is NOT weakness leaving your body. Acute pain is a complicated warning system that something is a danger to you. If you continue to ignore certain pain warnings you will cause tissue damage that leads to injury and possibly chronic issues. And, stopping an activity that is painful usually will prevent injury. Once you have injured your tissue a healing process occurs and that area will be more sensitive to further injury/damage and be heightened in terms of the pain warning system.

As we age, we hope to gain some wisdom with regard to body awareness, and be knowledgeable if we are causing harm or helping our bodies. If you have more pain in your JOINTS following a workout than before the workout, ask yourself which one you are doing! MUSCLE soreness can be a good pain.... especially if it resolves after 2-3 days.

Recently one of my patients switched from lifting heavy weights to a Pilates based routine and even bought a Pilates reformer apparatus for home use. She was amazed at how good she felt after her workouts and was elated to not take Ibuprofen for her back pain.

If you are stuck in your routine and having pain you may want to think outside the box. There are many options at The PEAK that work your body in a helpful and low impact way. Some that come to mind include yoga, Pilates, CoreAlign and water aerobics. There are private and semi-private sessions, multiple classes, and experienced personal trainers.

As physical therapists at Alpine PT we work closely with all personnel and members of The PEAK to return them to their utmost potential. ■

for your support of this facility, our professionals and the community efforts to make tennis accessible to as many people as possible.

The PEAK recently hosted several college matches and a USTA sanctioned tournament. The comments we received about our facility were very flattering.

With the onset of summer I realize that lake time, other outdoor activities and family vacations play a big part of the next three to four months. Your outdoors courts will be useable with windscreens, benches, scorecards and garbage bins in place. Remember, I have an open door policy to listen to your concerns, questions and comments. Stop by or give me a call anytime.

scott@peakmissoula.com  
251-3356 ext 11

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### COURT SPORTS

## Tennis News

by Scott Potter, Tennis Director

Happy National Tennis Month!

On May 6 our indoor courts will have been open for two years. Where does time go? I personally want to thank our 423 tennis members

USTA LEAGUE TEAMS ARE FORMING: If you are interested in playing on a USTA Adult League team this summer, teams are now starting to take shape. The League Deadline to register a team is May 27 (we only need one player to be registered by this date.) If you would like to play but don't have a team please let us know your interest in playing and we will do our best to get you on a team. USTA league tennis is a fun way to get to know others, have fun and learn

this great lifetime game. For more information call the tennis office at 251-3356 ext 11.

#### USPTA TENNIS ACROSS AMERICA FREE CLINICS

Friday, May 11  
Juniors 4-5:30 pm  
Adults 5:30-7 pm  
Cost: FREE Enjoy a free clinic by your USPTA Certified Tennis professionals.

#### LAST DAY OF SPRING SESSIONS: MAY 19

There will be a three week break between spring and summer programming. Our summer programming will kick-off on Monday, June 11.

#### MEMORIAL DAY MIXER (ADULTS ONLY)

Monday, May 28  
9 am-12 Noon  
Cost: Members \$10 Guests \$15  
Have a fun morning of mixed & regular doubles in a less competitive arena.  
Call the Racquet Club Service Desk to sign-up, 251-3356 ext 10.

#### SUMMER PROGRAMS

Summer programs are now available at the club or on-line: peakmissoula.com. If you don't see something that fits your schedule please let us know and we will do our best to accommodate your needs.

#### Mixed Doubles Night

Friday, May 25, 5:30-7 pm  
Cost: Members \$5 Guests \$10  
Enjoy a fun evening of mixed doubles in a less competitive arena.  
Call the Racquet Club Service Desk to sign-up, 251-3356 ext 10.

#### STATE HIGH SCHOOL CHAMPIONSHIPS

May 15-19  
Missoula is hosting the Class B & C and State AA Championships, May 15-19. The State B & C will play Tuesday through Thursday and the State AA will play Friday and Saturday. The PEAK Racquet Club will be used as a backup in case of bad weather. ■

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#### COURT SPORTS

## May Court Sports

by **Jim Stephens,**  
Court Sports Director

#### 2012 MONTANA STATE SINGLES RACQUETBALL RECAP

This tournament held in Missoula April 13-15 at the Club drew 72 players from Montana and beyond. Men's Open division play saw a rematch of the Zootown final between two 16 year-olds who are both ranked in the IRT top 100. Coby Iwaasa (66) of Lethbridge edged Bolivian-born, Ernesto Ruiz (92) of Bozeman 15-3, 15-6 to claim the title. The PEAK's DeeAnn Mooney captured her fifth Women's Open title by defeating Kathy Iwaasa of Lethbridge. We're happy to announce that The PEAK will host again next year.

The following PEAK players had a great weekend of competition:

Women's Open Champion:

DeeAnn Mooney

Men's 45+ Champion:

Joel Norgaard

Men's "A" Consolation Champion:

Ross Tate

Men's "C" Finalist: Dustin Baker

As the 2011-2012 court sport tournament season comes to an end, there's no time like the present to prepare for next season.

#### TRY RACQUETBALL OR SQUASH

Learn the basics and set the foundation for enjoying these lifetime sports. Try it, you'll like it! Equipment provided. Complimentary to ALL PEAK members in May. Sign-up at the Racquet Club Service Desk to reserve your spot, 251-3356 ext 10.

#### TRY RACQUETBALL

Wednesdays, May 16 & 23, 6-7 pm

#### TRY Squash

Mondays, May 7 & 21, 7-8 pm

#### WEEKLY DROP-IN PLAY

Competition is waiting for you on these designated days and times. Sunday "Fun" Day is a court sport buffet of the three main sports; handball, racquetball, and squash, along with wallyball, badminton, and pickleball.

#### Handball Nite

Wednesdays, 5:30-7:30 pm

#### Racquetball Challenge Court

Mondays & Thursdays, 5:30-7:30 pm

#### Squash

Tuesdays & Thursdays, 10-noon and Fridays, 4-7 pm

#### Sunday "Fun" Day

Sundays, 1-4 pm ■

### QUOTE of the MONTH

The world's favorite season is the spring. All things seem possible in May.

– Edwin Way Teale



THE SPA AT THE PEAK

## For Mom

by Shayna Martini, SPA Manager

*No ordinary work done by a man is either as hard or as responsible as the work of a woman who is bringing up a family of small children; for upon her time and strength demands are made not only every hour of the day but often every hour of the night.*

- Theodore Roosevelt

Give your mother a SPA gift certificate and give her luxury. Our spa packages make the perfect gift for those you love and appreciate. All packages are sold as a unit and may be tailored to your specific desires.

**Divine Encounter**  
Bioelements Custom Blend Facial, 60 Minute Massage, SPA Manicure, SPA Pedicure  
4 hours \$202.50

**Wrap of Luxury**  
Seaweed Mudwrap, Bioelements Custom Blend Facial, SPA Pedicure,  
3.5 hours \$198

**Get Glowing**  
Aromatherapy Salt Glow, Bioelements Custom Blend Facial, SPA pedicure  
3 hours \$180

River Stone Serenity  
90 Minute Hot Stone Massage,  
Bioelements Custom Blend Facial  
2.5 hours \$148.50

Stop by The SPA or visit our website  
[www.peakmissoulaspa.com](http://www.peakmissoulaspa.com). ■



**FIT TO FIGHT**

STRONGER THAN CANCER

MIND AND BODY

## Yoga Beyond Cancer

by Dena Saedi, Yoga Director

The Fit to Fight program at The PEAK has been empowering cancer survivors to repair the damage cancer and its treatment inflicts upon their

bodies through a supportive program of fitness, recreation and education. We invite all alumni of the Fit to Fight program as well as anyone who has been diagnosed with cancer and has been released by their physician to do yoga to attend this five week course.

Yoga improves one's overall quality of life and such improvements may show up as emotional, spiritual and/or physical well-being. Isolation is a very real threat to someone dealing with a cancer diagnosis. This can compound the damage to one's body as isolation can further weaken the immune system.

**YOGA BEYOND CANCER:**  
in partnership with Fit To Fight  
Tuesdays, 6 pm  
Mind and Body Studio  
Racquet Club  
Begins, May 22. Class will meet for five consecutive weeks. Students must attend the first day of class unless prior arrangements are made. Register at the Racquet Club Service Desk, 251-3356 ext 10.  
Cost: Members FREE Guests \$50  
For more information email [dena@peakmissoula.com](mailto:dena@peakmissoula.com). ■

## Pilates Day

May 5th is Pilates Day, an international, community event celebrated on the first Saturday of May each year. Pilates Studios around the United States and around the world will be participating in this fun and exciting way to celebrate the work of Joseph H. Pilates.

Join us in honoring Pilates Day by bringing a guest to the 9 am mat Pilates class free of charge on May 5<sup>th</sup>. We look forward to seeing you there.

GO GREEN: All class schedules may be accessed online, [peakmissoula.com](http://peakmissoula.com).

## GROUP FITNESS

# Class of the Month: Gym Class Heroes

When: Monday, 5:30 pm & Thursday, 6 am  
Who: Jessica Blackman  
What: Gym Class Heroes

Gym Class Heroes is a dedicated group of hard working, enthusiastic, and fun individuals who are willing and eager to max out their lactic threshold every Monday night and Thursday morning. We strive to have a competitive, family like atmosphere where those seeking an intense workout can feel challenged and successful. Each class is designed to be effective for every individual at any level, however this class is definitely not for the light hearted. Some of our favorite exercises are burpees, pushups, wall climbs, and towel pushes. The greatest commonality for those who regularly attend Gym Class Heroes is we all want to leave saying, 'now that was the hardest one yet!' Join us for the challenge. ■

## AQUATICS

# Aquatics News

by **Stephanie Potter, PEAK Level 1 Swimming Instructor**

**YES TO EARLY INTRODUCTION TO THE WATER!** No parent wants their child to be the screamer in swimming lessons or to be the uncomfortable kid at the pool party. Early exposure to water fun is the best way to curb anxiety and instill respect for the water and water safety.

Parents can get their wee ones in

the pool as early as 6 months, formal swimming lessons are not necessary at these early ages. Simply make time to play and swim with your baby. The sooner you start, the faster their learning curve. This early, safe, and happy water time establishes a positive connection for your child and the water. Thus, it will hinder the development of water fear; and it will set your child up to succeed and be confident as they mature and are ready for formal swimming lessons. It only takes 20-30 minutes a couple times a week, and it's fun. Here are a few tips:

1. Hold baby close to your chest, on your hip, or under their armpits if they are looking brave and comfortable. Give them a chance to splash and kick with their arms and legs. Chances are they will LOVE it!
2. Experiment with front and back floating. To help babies float on their belly, extend your arms underneath the whole front side of their body. They should be lying on both of your arms. Make sure you also grip with your hands on their hips or tummies, as babies are more mobile and curious in the water than we might expect them to be. Let their little behinds float behind them. To help baby float on his/her back, squat down so your shoulders are at water level. Lay baby on his/her back, resting their head on your shoulders and touching cheek to cheek. Hold one arm on baby's backside, the other on their belly. The closeness will make baby feel safe. Relax together.
3. Remember to talk positively and encourage your baby in the water. If you are nervous or anxious, baby will sense this and be nervous or anxious as well. They will adopt your sentiments about the water. The more calm and comfortable you are the better experience you will give your baby.

## SCHEDULE UPDATES:

**SATURDAY WATER POWER IS CANCELED.** Check out the pool calendar for other great water aerobics classes.

**2 POOL CLOSURES:** 1. Sun Rays swim meet will be held on Friday, May 25, from 6-8:30 pm. 2. The PEAK Triathlon is Saturday, May 19; on this day the pool area will reopen after the Triathlon (approx 4:30 pm.) During the swim meet and the Triathlon, the pool and hot tub will not be accessible. Thank you for supporting the athletes in our community.

**SUMMER LESSONS SIGN-UP and SWIM CAMP SIGN UP** is now available in the Main Club lobby. Questions? Contact Susan Lewis, Pool Director at 251-3344 ext 72. ■

## MASTERS TO GO: Sunday Free Swim (2900 yds)

**WARM-UP:**  
300 Swim  
200 Kick  
100 Pull

**MAIN SET: (2100)**  
3 x 200: 20 rest  
100 Fast  
50 Kick  
3 x 150: 15 rest  
100 Fast: 20 rest  
50 kick  
3 x 100: 10 rest  
100 fast: 20 rest  
50 kick  
3 x 50: 05 rest  
100 fast: 20 rest  
50 easy

**COOL DOWN: 200 choice**  
100-200 Kick  
100 easy swim