



Member appreciation party, February 2010

Letter from the Director

by **Susie Turner, Director**

The sun is shining as a good reminder to us that spring is right around the corner. Take what's left of our winter months and continue to improve your healthy lifestyle. Just think how good you will feel hiking our beautiful mountains, enjoying the Blue Mountain trails on your bike and just feeling good in your own skin... all because you have been faithful to your workouts. Consider the following tips on staying true to your 2010 resolutions/goals.

1. Focus on positive self-talk.
Congratulate yourself every time

you take a step toward your resolution. Be your own best cheerleader.

2. Avoid berating yourself if you should fall back or break a resolution. Just brush yourself off and start over again.
3. Stick to your goals by considering it a promise to yourself rather than a test of your willpower.
4. Avoid situations that put you in temptation's path - if you're watching what you eat, don't go to the fast food drive up.
5. Keep a sticky note in a prominent place so that you see it every day, reminding yourself of your health and fitness goals. ■

Announcements

PLEASE place black sweat towels and white bath towels in the bins by the locker room doors or at the bin located by the Service Desk. If you've mistakenly taken towels home, please return them. Thank you for helping us keep our towel costs to a minimum.

GOING GREEN Stay connected, get fit and be environmentally responsible. Sign up for e-news and stay updated on:

- Special events and offers
- Well-being and nutrition tips
- Class and program schedules
- Holiday/special hours

In addition, we offer support and encouragement as well as provide an easy way for you to communicate.

Making small environmentally friendly decisions such as communicating using e-mail rather than paper can have a huge impact on the environment. Sign up today. See our Service Desk for details on this complimentary service.

You can "opt out" any time. Your

Quote of the month

I think in terms of the days' resolutions, not the years.
—Henry Moore

e-mail address will never be used for any purpose other than to support you in your healthy pursuits. Your privacy is very important and we will not compromise it.

CHOLESTEROL TESTING is Monday, March 15, 2010. A 12 hour fast is required and there is a \$15 fee. Results are back within one week and can be picked up at our Service Desk. Sign up at the Information Center to reserve your spot.

BADMINTON is every Friday night at 8pm. Don't have a racquet? Show up and be ready for some action. Free for PEAK members. Guests are invited for a nominal fee.

VOLLEYBALL is every Tuesday evening from 7:30-9:30pm. All ages and abilities are invited to come and play.

JOIN US in welcoming Christi Carie to the bookkeeping department. She comes to us with many years of experience and is excited to be working in the health club industry. We will miss Maryann and her years of service; however, we are excited about her retirement and move to a beautiful home on Hayden Lake.

MEMBER Kris Braetlin has joined the Service Desk staff. Kris will be one of the many friendly faces greeting you on the weekends with a warm smile.

VOLUNTEERS are needed for the PEAK Missoula Triathlon. Help is needed for the week of the race as well as race day. Go to www.peaktri.com to volunteer. It's always a fun way to get involved and support your friends.

CHILD CARE would like to remind you of our well child policy. We ask that you keep your sick children home. Thank you.

MARCH MAYHEM PEAK members

are invited to participate in our annual March Mayhem NCAA tournament pool. Cost is free and the top three finishers win prizes. Men's tournament brackets will be available on Sunday evening, March 14, the day of the selection show. Fill out your bracket and have them returned to the Service Desk by the start of the tournament on Thursday, March 18.

FREE THROW CONTEST Fritz Neighbor and Jim Stephens will run a free throw shooting contest (75 throws) on Sunday, April 4, between 12 noon and 6pm. Bring your best shot and shoot to be named PEAK's 2010 Free Throw Contest Champion.

POOL/HOT TUB REMINDER Showers are required before entering the hot tub or pool. There is a shower on the pool deck, men's locker room side. Children under the age of five are not allowed in the hot tub at anytime. ■

PERSONAL TRAINING

Get Ready for the "PEAK Tri"

by **Mike Rankin, Fitness Director**

The PEAK is very excited to be hosting our first Triathlon on May 22, 2010. The event sold out in record time and we have 250 fired up triathletes ready to help us make this Triathlon a huge success. If you are an experienced triathlete or a beginner competing in your first tri the PEAK wants to help you get ready.

Three of the finest coaches and trainers we have to offer are teaming up to bring you a triathlon training program beginning March 3rd. Tom Mackenroth, Tim Browne and Maer Siebert will be co - coaching this conditioning program. All three have

extensive tri experience and will be competing themselves. The program will be offered on Wednesday and Friday mornings from 7:30 - 9:30am and Saturday afternoons from 12 - 2pm. The cost is \$400.00 for the 10 week program for members and \$450.00 for non members.

We want to thank all of the athletes for their enthusiasm and we hope you all have a great experience. Get ready now because May 22nd will be here quickly. Best of luck as you train for the big event. ■

CLASS OF THE MONTH

Step & Sculpt

by **Katy Swanson, Group X Coordinator**

Wednesday: 4:30 pm
Instructor: Angie Wright

Angie Wright is back! She has a beautiful new baby girl. Angie is a seasoned instructor who teaches an exciting class on Wednesday afternoons @ 4:30. Step & Sculpt is a class which includes step aerobics and weight training. It is a great way to get your cardio and weight training in a one hour workout. Come and enjoy the great music and fabulous workout. Check out our group fit schedule for all of our step aerobics classes. ■

PILATES

Wedding Dress Jitters

by **Kate Jackson, Stott Certified Pilates Instructor, Director PEAK Pilates Studio**

Let's be honest, looking good never meant so much. You've found your

dress and now it's time to make sure you feel spectacular in it. Want Michele Obama arms? Want to whittle your waist? Pilates tones without adding bulk and that's just what you need!

Contact the Pilates Studio to get started - 251.3344 x 17 ■

PHYSICAL THERAPY CLASS

CoreAlign™

by **Linsey Olson, MSPT**

Discover A New Movement Experience

The CoreAlign™ is designed to improve posture, balance and functional movement patterns. The CoreAlign method stimulates the core stability muscles to fire in perfect timing while performing challenging exercises, very deep stretches and core controlled aerobic training. This method is used for musculoskeletal rehabilitation, sport for a performance enhancement and as a regular routine workout to promote a healthy lifestyle.



The CoreAlign's frame encloses two tracks and two matching carriages (carts) which move independently. Smooth resistance is created by connecting the carts up to elastic resistance bands. These resistance bands are stored under each cart and can be used on either side of the track, to create resistance in both directions.



Over the past 12 years, the CoreAlign system was developed by Jonathan Hoffman, PT, and will be available soon from Balanced Body.

Opportunity To Participate In Product Development And Research

Alpine Physical Therapy's Sam Schoeneman, MPT, is one of 15 professionals in the country to product test this new machine and method. Sam went to Sacramento, CA in August 2009 to complete 40 hours of training using the CoreAlign™ system. She will be offering demonstrations to her PT patients, Pilates clients, and PEAK members. Sam has also instructed Alpine PTs, the PEAK Pilates staff and some PEAK trainers in the Core Align basic exercises for use with their clients.



If you are interested in experiencing this new type of movement where core and function meet at a new and exciting level, please go to the Alpine Physical Therapy scheduling window and reserve a 15 minute session.

Balance Body Pilates company will release an end product for public supervised use in March 2010. ■

FREE PHYSICAL THERAPY COURSE FOR PEAK MEMBERS

"Physical Therapy Manipulation" to ease pain & maximize human potential

Instructor: Brent Dodge, PT
When: March 24th 6 pm and March 25th @ 12 noon
Where: Location in the PEAK to be announced

SPA AT THE PEAK

Zit Tips

by **Amber Maccarone, SPA Manager**

Once you pop-you need to stop! I recently learned some valuable information about "zit popping" from Brittney, our SPA Esthetician. These annoying little things are correctly referred to as pustules. Brittney shared the proper way to extract these little buggers and also when to STOP SQUEEZING!

First, use a sterile disposable lancet or needle to carefully poke and gently "lift" the top of the pustule away-like removing a splinter from your finger.

Next, use a tissue or two cotton swabs—place on either side of the pustule and gently squeeze down and inward until all of the pus and harder, denser "core" known as comedo makes its way out.

At this point, it is time to stop! You may see red blood or a clear substance (which is actually white blood cells!!!) this indicates that there is no more debris or sebum in the follicle.

Steer clear of touching, picking or scratching at the area until it is

completely healed. If you do pick, scratch or touch, you may prolong the recovery process.

As a side note, those very deep, large, hard cyst type blemishes should be looked at by a dermatologist. Brittney would be happy to take a look for you if you are unsure if this is the type of blemish you are dealing with. ■

AQUATICS

Updates

by **Susan Lewis, Aquatics Director**

DID YOU KNOW

- The first women to break the 1 minute barrier in the 100 yd freestyle was Helene Madison of Seattle in 1932. (USA Swimming)
- The USA uses about 346,000 million gallons of fresh water a day. Each person uses 80 to 100 gallons a day. Flushing toilets take up the largest amount of this

water. (Allaboutwater.com)

- Synchronized swimming was not given Olympic medal status until 1984 at the Los Angeles Olympics. (funtrivia.com)

AQUATIC UPDATES

- REMINDER circle swimming can fit 3 to 5 people comfortably in a lane and it keeps you on pace. Share your lane, don't be a pain.
- MORE ADULT SWIM CLINICS throughout March. Co-coached by our very own Brad Hastings and Maer Siebert. Check the PEAK bulletins for more information on days and times.
- DO YOU HAVE A SWIM COACH? It's a personal trainer for your swim workout. Get more speed, more power, and more from your body from these personal coaches. \$228 for 6 -1 hour sessions and laminated workouts!
- POLLYWOG IN A BOG someday he'll be a frog, but right now he needs swimming lessons.

PEAK group swimming lessons for children continue in March, weekdays and Saturdays! Sign-up at the Information Center for group lessons, or contact Susan Lewis for private lessons at 251-3344 vm. 46. If group schedules are not quite working for you call and we will make it work. ■

MASTER'S TO GO: Powerhouse!

Warm-up
500 Swim, kick, pull on 50s

Main set x 3
100 FREE with fists
50 Skull
200 Freestyle, last 50 sprint

Cool Down
100 Easy

