

ACKERMAN SPORTS AND FITNESS CENTER

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B.Y.O.B IN A FITNESS CENTER?

No we're not talking about beer, beverages, nor belly's. The last "B" stands for Buds, as in Ear Buds. Little tiny earphones that can be used with all of the ASFC cardio equipment as well as something like an iPod.

Through the generosity and creativity of a fellow member, several iPod Shuffles with music preloaded have been donated to the ASFC for members to check-out.

All we ask, is that you Bring Your Own Buds (a.k.a. ear phones).

Geared more towards our walking track and senior fitness center members, these iPods have music of all kinds from the 50's through today.

Depending on the demand for this service, more iPods may be added in the future.

So if you get bored easily or get sick of singing to your-

self as you walk around the track or workout, feel free to stop by the front desk and trade in your fitness i.d. for an iPod. These iPods will be handed out on a first come first served basis.



SPECIAL DATES OF INTEREST:

- July 16th—Resident Registration begins for Park District fall programs
- July 20th—Family Fun Night at Lake Ellyn
- August 8th—Resident Lottery Registration Deadline
- August 15th—Non-Resident & Phone-in Park District Registration begins

FITNESS HIGHLIGHTS

Check out our summer fitness schedule. We offer over 30 classes a week which are taught by a great staff of certified instructors. It is a fun way to switch up your routine and get more out of your workouts. We offer the traditional 1-hour classes as well as 30-minute classes depending on your time and physical abilities. The 30-minute classes are scheduled 2 back-to-back allowing for a cardio/strength workout in just 60 minutes. You can either buy a punch card (30-

minute classes will count as a ½ punch), a monthly unlimited card, or an unlimited plus card which gives you full access to any of our classes. If you are new to classes please let your instructor know before class. We will walk you through your first experience and guide you to meet your top performance. So whether you are looking to burn calories by increasing your cardio with Spin, Turbo Kick, Cardio Kickboxing, or increase your strength and tone the

body with Total Conditioning, Get Toned, Cardio Strength Training, Boot Camp, or work your core with Butts n' Guts, PiYo or Yoga – we have it ALL!

Things to look for in the fall:

30 minute classes at 5:30am and 6:00am Mon-Fri

Zumba classes

Kid Yoga and Kid Kickboxing for ages 10-14

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DID YOU KNOW....



how to estimate average hourly sweat rate to minimize fluid loss during exercise without overdrinking?

Pre-exercise weight – post-exercise weight +intake during the activity = individual hourly sweat rate.

1. Body weight pre and post exercise is taken in the nude
2. Every pound lost equals 16 ounces of fluid
3. This formula assumes no

urine output during this period

Example:

Pre-exercise weight: 140 pounds

Post-exercise weight: 139.5 pounds

Volume of fluid consumed during exercise: 24 ounces

Exercise duration: one hour

Fluid loss: $140 - 139.5 = .5 \text{ pounds} = 8 \text{ fluid ounces}$

Total sweat loss: 8 ounces + 24 ounces (consumed amount) = 32 ounces

Sweat rate (ounces/hour) = 32 ounces / 1 hour

Drink to match sweat losses = 8 ounces every 15 minutes

Say “I love fitness” now through August 1st to any of our front desk staff and receive a complimentary 5-class fitness punch card. 1 card per current member only.

MEMBER SPOTLIGHT: JOHN KLAAS

“ACKERMAN HAS THE KIND OF ATMOSPHERE THAT MAKES IT EASY TO COME AND WORK OUT, NO MATTER WHAT YOUR FITNESS LEVEL IS.”

John and his wife Nancy, have been members since January 2010 when the ASFC facility opened. They eagerly awaited the grand opening since the Ackerman Sports and Fitness Center was so close to their home.

They both attend the facility 4 to 5 times per week to use the cardio and weight training machines. The friendliness of

the staff and the cleanliness of the facility keep them coming back.

They have also met many new friends amongst the staff and members. “Ackerman has the kind of atmosphere that makes it easy to come and work out, no matter what your fitness level is.”

John also happens to be an avid White Sox fan, which may add to his comfort (or stress) a little as he comes in every day.

MEET THE STAFF



This month’s staff, Brian Davison, is someone that you should know because of his personality and his all around handyman skills. Brian’s goals are to maintain a well rounded lifestyle and get in the best shape possible. He enjoys rock

climbing, camping, hiking, swimming, working out and practicing his jump shot on the basketball court. You can find Brian giving instruction at the climbing wall during open climb hours as well as birthday parties where the

kids love his playful yet motivating personality. He also worked very hard to build an “awesome” cardboard boat for the Annual Cardboard Boat Regatta this summer. It sank.

BOATING AT LAKE ELLYN



Come boating at Lake Ellyn! Pack your favorite picnic lunch, bring your family, enjoy a nice walk around the lake, and a canoe ride to finish off the day.

Canoes, paddles, oars and life jackets are provided for 20-minute rentals. No grilling allowed except in the designated area (three grills are available onsite).

Day: Sundays
 Dates: July 17th
 August 14th
 Time: Noon – 5:00 pm
 Location: Lake Ellyn
 Fee: \$5.00 for 20 min.

FAMILY FUN NIGHT



A Glen Ellyn Park District tradition continues as we welcome you to our annual Family Fun Night! We're having a party and the whole town is invited! Join us Wednesday, July 20th from 5:30 p.m. – 7:30 p.m. for our annual FREE event at Lake Ellyn that's fun for the whole family. As always, the Park District is pleased to provide pony rides, games, crafts and

fun, family-oriented entertainment and much more, at no cost to your family. So load everyone in the car and head down to Lake Ellyn for a fantastic family night out, on us! Refreshments will be available for purchase at this event.

Day: Wednesday
 Date: July 20th
 Time: 5:30 pm – 7:30 pm
 Location: Lake Ellyn
 Fee: FREE

SUMMER JAZZ IN THE PARK



Are you looking for a relaxing night out with wonderful music? We have teamed up with 90.9 FM WDCB to present three summer jazz concerts in the park. Come listen to the Glen Ellyn Jazz Ensemble, a 16-member group playing a mix of your favorite Big Band tunes. The Jazz Ensemble has appeared at the Taste of Glen Ellyn, the

Festival of the Arts, and other area events. Jazz in the Park brings a touch of Ravinia to Glen Ellyn. Bring a blanket, lawn chairs and picnic dinner. In case of rain or severe weather, the concert will be cancelled. Call 630-858-0920 for cancellation info.

Day: Wednesdays
 Dates: July 27th
 August 17th
 Time: 7 pm – 9 pm
 Location: Lake Ellyn
 Fee: Free



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WHERE FAMILY MEETS FITNESS

Recipe of the Month

Oriental Barley Salad

Ingredients

- 1 1/2 cups fat-free chicken broth
- 1 cup pearl barley
- 1/2 cup red pepper, finely chopped
- 1/4 cup cilantro, snipped
- 2 tbsp. seasoned rice vinegar
- 2 tbsp. pineapple juice
- 1 tbsp. dark sesame oil
- 1 clove garlic, minced
- 1/8 tsp. crushed red pepper

Source:

Karen Johnson, ASFC Fitness Coordinator

Looking for a light, high-fiber salad for the summer?

In a medium saucepan, combine the chicken broth and barley. Bring to a boil and reduce heat. Cover and simmer for 12-15 minutes until the liquid is absorbed. In a mixing bowl combine the cooked barley and cilantro.

To make the dressing: In a small bowl whisk together the vinegar, pineapple juice, sesame oil, garlic and red pepper. Pour the dressing over the barley mixture. Toss to coat. Cover and chill for at least 1 hour.

WE'LL DO THE RESEARCH FOR YOU!

In a [study published in the journal Obesity](#), researchers found that for every 10-gram increase in [soluble fiber](#) eaten per day, visceral fat was reduced by 3.7 percent over five years.

They also found that an increase in moderate activity resulted in a 7.4 percent decrease in the rate of visceral fat accumulation over the same time period.

Why Should You Care?

“We know that a higher rate of visceral fat is associated with high blood pressure, diabetes and fatty liver dis-

ease,” said [Kristen Hairston](#), M.D., lead researcher on the study.

And since you probably are not interested in having high blood pressure, diabetes and fatty liver disease, you may want to figure out how to increase your physical activity and soluble fiber consumption.



FYI – 10 grams of soluble fiber can be achieved by eating:

- two small apples,
- one cup of green peas
- one-half cup of pinto beans
- 3 tsp Inulin fiber supplement

Source:

Fiber + Exercise Melts Away Visceral Fat. [Healthhabits.ca](http://www.healthhabits.ca). Retrieved from <http://www.healthhabits.ca/2011/06/27/fiber-exercise-melts-visceral-fat/>

