

Hydrostatic Body Composition Testing

Wednesday, March 15th
from 6 a.m - 6 p.m.

Long held as the gold standard of body composition assessments, hydrostatic weighing gives us the best look at what makes up our body and how that relates to our metabolism. Three to four times each year, the Club invites Mike Hickok to give our members a chance to undergo this invaluable assessment. Testing results will give you a tool that you and your trainer can use to better plan and track your progress toward your goals. Initial tests are \$49 and re-tests are just \$39. Fees are payable directly to the vendor. A registration binder is located at the front desk.

Heart Zone Training Cycle Classes

Do you want to get more from your cycle training class?

Wanna ride in a virtual cycle class?

Heart Zones, Inc. leads the Smart PE, Performance Enhancement movement driven by enabling technology+methodology solutions. The Heart Zones System is a technology platform for motivation, engagement, and assessments to empower health seekers to live a fit life.

Coming soon

Esthetician

Morgan with MM Beauty

Feel the Love Special: 75 minute facial for \$75

Give yourself or someone you love some Self Love" this Valentines Day with a "Feel the Love"

Facial. Receive a 75 minute facial for the price of a 60 minute! That is a \$20 savings! Call or text Morgan at 916-520-9310 or book online at www.vagaro.com/mm_beauty. Offer good through February 28th. Gift Certificates available!

To Schedule:

Call/Text Morgan at 916-520-9310 or book online at www.vagaro.com/mm_beauty

Gift Certificates are available for purchase through Morgan. Call/text her at 916-520-9310 or email her at morganmerrillbeauty.com to schedule your appointment or purchase gift certificates!

Club Kudos

- Kudos to member Barbara Rinker, who finished first in her age group of 70-74 years at the California International Marathon in December. Barbara has run a dozen marathons since she took up running in 1998, including two Boston Marathons. She trains with the Fleet Feet FIT group coached by Chad Worthen and is a member of the Buffalo Chips Running Club, running competitively year-around. The Capital Athletic Club is another important component of her conditioning and prep work, and she trains regularly with Jeanette Dolgovin.

- Continuing her stellar achievements, Barbara was notified in mid-January that the Sacramento Running Association has named her the Most Outstanding Women's Veteran Marathon Athlete for 2016. She will be honored on February 18 as part of the celebration for the Hall of Fame and Annual Achievement Awards Banquet.
- Congratulazioni to Club

member duo Jim Sutton and his wife, Melissa Barbour. The two completed the famed Camino de Santiago pilgrimage to Santiago de Compostela, Spain. Some may have seen this spiritual route in the movie, *The Way*, made with star Martin Sheen a few years ago. The hike was a remarkable adventure for Jim and Melissa, who both train at the Club – he with John O'Sullivan, she with Jeanette. Jim, also a soccer referee, came back from the Spanish sojourn mid-2016, went on to hike an 11,000-foot mountain in Montana, and followed it with a heart attack and triple bypass surgery. He is back at the club and doing great. But it does sound like he goes the extra mile, literally and figuratively, to keep life exciting.

Pilates News

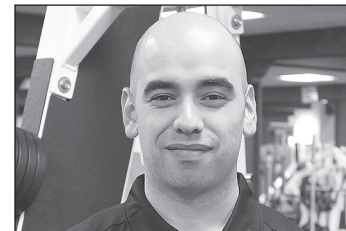


The Club would like to welcome Sabin Morris as the new Pilates coordinator. Sabin as further noted comes with extensive knowledge & experience in the health & wellness field and loves to share her passion for fitness with others. Sabin will be taking over the reformer reins from Jonna. This will give them both an opportunity to continue the growth of an already strong program.

Sabin began teaching group exercise and Mat Pilates classes in 1997 and completed her training on the Pilates equipment in 2002 with Leslee Bender's The Pilates Coach. As a Master Trainer for

the Pilates Coach, she travelled throughout the U.S. presenting certification and fitness industry workshops on the Mat, Reformer and Tower. She has worked in the corporate fitness side of the industry at Amgen, Hewlett-Packard, CalPERS and as a health-fitness specialist, coordinating group exercise programs and managing fitness centers. Her true passion is in teaching Pilates as well as Step, Power Pump and Cycling.

Training News



Welcome to our newest personal trainer Christian (Chris) Vega here at the club. He would like to give anyone interested the chance to get to know him a little bit. Chris is originally from a small agricultural town in Monterey County called Greenfield. He attended college at Cal State Monterey Bay and received a degree in Kinesiology with an emphasis in Exercise Science. Chris has had several jobs over the past years, ranging from Lab Assistant in a winery to Park Ranger at a national monument. Even though he's been a jack of all trades, it never stopped him from setting time aside from his busy schedule to help someone in need of fitness/health advice or in program development to help them reach their goal. He enjoys motivating and assisting others in reaching their goals simply because he understands

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how arduous of a journey it can be (like many things in life). And how confusing and futile it can feel at times. So, now that Chris has been given the opportunity to devote all of his time and attention to personal training, he is excited and grateful to be a part of this great club and team, here at The Capital Athletic Club. He got his foot in the door, now let's see what's inside.

From the Dietician Desk

What is mindful eating and why should we all start practicing it today?

What is mindful eating?

Mindful eating is quite a simple concept: being more aware of what you are eating. The thought process is that if you are more in tune with the "what, why and when" of food, you will be more apt to make healthy choices.

It sounds very easy, but we live in a society where we are constantly on-the-go and we rarely stop to be mindful about much of anything. It's not the easiest practice to adopt, but once executed, you might just find that you are enjoying healthier foods and eating for the right reasons. Here are a few tips on how you can start being more mindful with your eating today.

Turn off the television during meal and snack time.

It is quite relaxing to come home at the end of the day, grab your favorite snacks and unwind in front of an episode (or five) of your favorite show. This can wreak havoc on your healthy eating efforts because your senses are tuned into what you are watching instead of how much you are eating. A recent study in the *Journal of Clinical Nutrition* found that those who make a common practice of eating while watching TV are more likely to be obese. British researchers at the University of Liverpool discovered that individuals were likely to consume up to 25% more calories while watching TV than they normally

would at any given meal. Those calories add up! This concept also holds true for other screen time, such as eating while using a computer or cell phone.

Slow down at meal time.

Did you know that it takes 20 minutes after your first bite of food at a meal before your body starts releasing the hormone, leptin, which is responsible for triggering fullness? Most people can consume excessive calories in 20 minutes if they are not paying attention. By slowing down, you can reach a feeling of satiety prior to overeating.

Keep a food diary.

Food records are one of the most fool-proof ways to ensure you are eating a balanced diet and not overeating, but if you are not a huge proponent of counting every morsel, that's okay. By keeping a simple food diary of what, when and why you are eating, you will be well on your way to mindful eating. Many times we choose to eat because we are bored, lonely, mad, sad, etc. A food diary can help you track the emotions that are most likely to lead you to a pint of ice cream and utilize other soothing techniques instead.

Make food rules in your home.

All too often, we eat standing up, over the kitchen sink, and at a rapid pace. Other times we lounge in the living room with an entire bag of chips paying no attention to portion sizes. If you make it a rule to only eat while seated at the table, you will almost always eat more mindfully and eat less. You will also probably have fewer crumbs in your couch cushions!

Practicing mindful eating is a wonderful way to start eating healthier today!

It is simple, if only in concept, and doesn't require an expensive or complex diet plan. If you are looking for more information on mindful eating, here are a few dietitian-recommended books:

The Mindfulness-Based Eating Solution by Lynn Rossey PhD

Savor: Mindful Eating, Mindful Life by Thich Nhat Hanh

The Mindful Diet by Ruth Wolever and Beth Reardon

Eating Mindfully by Susan Albers and Lilian Cheung DSc RD

To contact Katy Tenner for individual consultations please email her at ktennerrd@gmail.com or call at 916-955-8356.

Health News

A Visual Guide to Low Back Pain

...continued from December

Diagnosing Low Back Pain

To help your doctor diagnose the source of low back pain, be specific in describing the type of pain, when it started, related symptoms, and any history of chronic conditions. Your doctor will probably not need to order X-rays, CT or MRI scans before starting treatment.

The Bed Rest Debate

When your back hurts, you may not feel like getting out of bed. But if the problem is muscle strain, doctors recommend returning to your normal activities as soon as possible. Studies suggest that any more than a day or two of bed rest can actually make the pain worse and may reduce muscle tone and flexibility.

Yoga

If back pain doesn't go away in three months, there's evidence that yoga can help. In one study, people who took 12 weeks of yoga classes had fewer symptoms of low back pain than people who were given a book about care for back pain. The benefits lasted several months after the classes were finished. The study suggests conventional stretching also works just as well. Make sure your instructor is experienced at teaching people with back pain and will modify postures for you as needed.

Spinal Manipulation

Chiropractors and some osteopathic doctors use spinal manipulation to treat low back pain by applying pressure with their hands to bones and surrounding tissues. This treatment is not appropriate for everyone.

Massage Therapy

Massage may relieve chronic low back pain, especially when combined with exercise and stretching. Researchers noted patients who did all 3 were able to move around easier and had less short term and long term pain.

Physical Therapy

If back pain has left you inactive for a long time, a rehabilitation program can help you strengthen your muscles and get back to your daily activities. A physical therapist can guide you through stretches, strength exercises, and low-impact cardio that will help you be fitter without straining your back.

Strengthening the Back

Two types of strength-training moves that may benefit the lower back are flexion and extension exercises. In flexion exercises, you bend forward to stretch the muscles of the back and hips. In extension exercises, you bend backward to develop the muscles that support the spine. One example is doing leg lifts while lying on your stomach. Depending on the cause of your back pain, there are some exercises you should not do. If you have back pain, make sure to talk to your doctor about what exercises are safe for you.

Preventing Low Back Pain

There's no sure way to prevent back pain as you age, but there are steps you can take to lower your risk:

- Stay at a healthy weight.
- Exercise regularly.
- Lift with your legs, not your back.
- Make sure your work station position isn't contributing to your pain.

Rick Leonard rleonard@capitalac.com
General Manager



- If you are coming to the Club on a regular basis and enjoying the benefits of a healthy mind & body GREAT keep up the good work! If not we are here for you. YOUR SUCCESS IS OUR SUCCESS! We have many programs available from free training sessions, Personal training, small group training and 70 group exercise classes ranging from yoga to HIIT. We also offer free RB & HB lessons and there is a swimming coach on the pool deck 4 nights a week. Sports minded we have great basketball, volleyball and racquetball leagues. Need nutritional help? Katy Tenner is just the person for you.
- Parking lot - Over the next few months you may notice some testing activity occurring in the parking lot that we lease. The State has a high rise development project proposed for this area (P Street Office Building Project) on the space located P st. - 8th, St. - 7th st. . At this time we are watching the progress closely voicing our concerns and working with the State and CADA for other parking.
- President's day - The Club will be operating on a holiday schedule Monday 2/20 8am-6pm. Holidays are treated like the weekend with a modified schedule and your children 12 -21 are welcome free of charge when accompanied by you.
- Club amenities - Free meeting room that can facilitate up to 20, Café, Shoe shine service, massage therapist, hairstylist esthetician and physical therapist Take time to relax or rejuvenate in the dry sauna , steam room or jacuzzi.
- Because of software changes, CAC members will not be able to make charges at our sister club The Big C Athletic Club in Concord.

John O'Sullivan josullivan@capitalac.com
Athletic Director



- A one hour workout is 4% of your day. No Excuses...
- Welcome to our newest trainers Amal Torres and Christian Vega. Stop by and say hi...

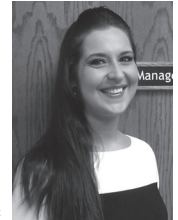
Jonna Edwinson jedwinson@capitalac.com
Group Fitness Director



- Join Pam Tuesdays at 10:00am for slow stretch inside Studio 3. This simple stretch class focuses on basic deep stretching for tight, sore muscles. All levels welcome.
- New early morning Mixed Level Reformer classes! Join Mari on Tuesday and Thursday for a 6:00am and 7:00am class.
- New Wednesday 10:00am Level 1 Reformer with Jonna!
- Intro to Cycle will be happening Saturday, February 11th with Kristen Merrill from 11:00am-12:00pm. Learn bike set up, terminology, and go through a mock class to prepare you for one of our group rides.
- Please show up to class a few minutes before hand so that we can assist you in set up, offer modifications for any limitations, and

avoid disrupting the flow of class. Cell phones are not permitted in class.

STEPHANIE DIRINGER sdiringer@capitalac.com
Membership Director



- As members of CAC, you all know that feeling when you're done with a workout – your shirt is soaked, you're dripping, and a little shaky. That is when you realize you did it again – you can and will do it again tomorrow! That's one of the best feelings – the feeling you conquered what you set out to do: live a healthy lifestyle. I think we can all agree that everybody should experience this feeling! Why not share the wealth? Bring in your friends, family, co-workers...let them get a taste of how amazing it feels to be a part of such a great club! Contact Stephanie (sdiringer@capitalac.com) or Tom (tpetrul@capitalac.com) for some guest passes – We are always available to help you. And don't forget – when your referral joins, you get a FREE MONTH!
- If you haven't already checked out our Social Media pages, make sure to do so! Sonia has been doing a GREAT job keeping all our followers up to date with the latest health and wellness information, healthy recipe/nutrition ideas, club photos, information, etc! Go take a look – If you aren't following us on Facebook or Instagram, it's time to get on board and give us some extra likes and shares.

Nutrition

- There is an interest binder at the Front Desk for diet program interest and suggestions. Sign up for more information.
- Contact Katy for more information about the Nutrition Department at 916-955-8356 or at ktennerd@gmail.com



Morgan Merrill Beauty Esthetician

- First time client special; 20% off Facials.
- Morgan is offering an amazing special Feel the Love Special: 75 minute facial for \$75. Give yourself or someone you love some Self Love" this Valentines Day with a "Feel the Love" Facial. Receive a 75 minute facial for the price of a 60 minute! That is a \$20 savings! Call or text Morgan at 916-520-9310 or book online at www.vagaro.com/mm_beauty. Offer good through February 28th. Gift Certificates available!
- Call or text Morgan at 916-520-9310 to schedule your service or book online at www.vagaro.com/mm_beauty.



Brian, Janis, Jody, and Rico
Massage Department

What better way to show that special person in your life how much you care about them than with the Valentine's Day gift of a massage. Imagine your special someone on a warm massage table receiving a fabulously relaxing gift of a massage. Massage can help you feel better both physically and emotionally. Massages are especially nice when they are received as a gift. So give the gift of touch this Valentine's Day by surprising someone you love with a massage gift card. Gift cards are available at the front desk.

GROUP FITNESS/SPECIALTY CLASSES

MONDAY			
		Studio	
6:00am-7:00am	I	Power Pump	Bobbie
11:00am-11:45am	III	Mat Pilates	Sabin
12:00pm-1:00pm	III	PowerYoga	Paige
12:10pm-1:00pm	I	Hi/Low	Bonnie
5:00pm-5:30pm	III	Ab Blast	*Bernadette
5:30pm-6:15pm	I	H.I.I.T	*Bernadette
5:30pm-6:15pm	II	Cycle	Kristen M
6:15pm-7:15pm	I	Ballet Pilates	Bonnie
6:00pm-7:30pm	III	Hatha Vinyasa Yoga	Robert
TUESDAY			
		Studio	
6:00am-6:45am	II	Cycle	Matt
*10:00am-10:45am	III	*Slow Stretch	*Pam
11:00am-11:45am	III	Mat Pilates	Annie
12:00pm-1:00pm	III	Kenpo Karate	Bob Y.
12:10pm-1:00pm	II	Cycle	Annie
12:10pm-1:00pm	I	Power Pump	Bonnie
5:30pm-6:30pm	I	Power Pump	Kristen M
6:00pm-7:00pm	III	Vinyasa Flow Yoga	Heather
6:00pm-7:00pm	II	Cycle	Richard
WEDNESDAY			
		Studio	
6:00am-6:45am	I	H.I.I.T.	Bernadette
11:00am-11:45am	III	Mat Pilates	Sam
12:00pm-1:00pm	III	Yoga	Sam
12:10pm-1:00pm	I	H.I.I.T.	Scott
5:00pm-5:30pm	III	Abs Blast	Jonna
5:30pm-6:15pm	II	Cycle	*Bernadette
5:30pm-6:15pm	I	H.I.I.T.	*Jonna
6:15pm-7:15pm	I	Step Jam	Bonnie
THURSDAY			
		Studio	
6:00am-6:45am	II	Cycle	Matt
11:00am-11:45am	III	Pilates on the Ball	Sabin
12:00pm-1:00pm	Court I	Kenpo Karate	Bob Y.
*11:30-12:00pm	II	*HIIT Cycle	Bonnie
12:10pm-1:00pm	I	Power Pump	Jonna
12:00pm-1:00pm	III	PowerYoga	Paige
5:30pm-6:30pm	I	Power Pump	Bobbie
6:00pm-7:00pm	III	GentleYoga	*Staff
FRIDAY			
		Studio	
6:00am-7:00am	I	Power Pump	Matt
11:00-11:45am	III	Mat Pilates w/ props	Paige
12pm - 1pm	III	Yoga	Jill M
12:10pm-1:00pm	I	HIIT	Bernadette
12:10pm-1:00pm	II	Cycle	Richard
5:00pm-5:20pm	I	Upper Body Blast	Revolving Staff
5:30pm-6:00pm	II	HIIT Cycle	Revolving Staff
5:30pm-7:00pm	III	Yoga	Paige
SATURDAY			
		Studio	
9:00am-10:00am	II	Cycle	Matt
9:30am-10:30am	I	Step 'n' Strength	Bonnie 2/11,25 Doug 2/4,18
10:30am-11:30am	III	Ballet Pilates	Bonnie 2/11,25 Sabin 2/4,18
SUNDAY			
		Studio	
9:15am-10:10am	I	Power Pump	Kristen F
10:15am-11:15am	II	Cycle	Kristen F
2:00pm-3:00pm	III	GentleYoga	Aviv

* Identifies a new class or a change to a current.

ACTIVITIES SCHEDULE

MONDAY	
4:00pm-7:00pm	Handball Challenge & Lessons
5:00pm-7:00pm	Masters Swim

Activities Schedule Continued...

4:00pm-6:00pm	40+ Basketball
6:00pm-Close	A-League Basketball

TUESDAY

4:00pm-7:00pm	Racquetball Challenge & Lessons
6:00pm-7:00pm	Masters Swim
until 6:30pm	Open Basketball
6:30pm-Close	Volleyball League

WEDNESDAY

4:00pm-7:00pm	Handball Challenge & Lessons
5:00pm-7:00pm	Masters Swim
6:00pm-Close	B-League Basketball

THURSDAY

11:30am-1:30pm	40+ Basketball
4:00pm-6:00pm	Racquetball Challenge & Lessons
6:00pm-7:00pm	Masters Swim
6:30pm-Close	Volleyball League
until 6:30pm	Open Basketball

FRIDAY

until Close	Open Basketball
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SATURDAY

8:00am-12:00pm	Child Care 2 hour maximum
8:00am-12:00pm	Power Basketball (winner retains cl. to 3 games)
2:00pm-Close	Open Basketball (CAC Two-and-Off Rotation)

SUNDAY

9:00am-4pm	Open Basketball
9:00am-1:00pm	Child Care 2 hour maximum

PILATES SCHEDULE

Pilates Reservation Numbers: (916) 442-3956 & 442-3957

MONDAY

11:00am-11:45am	Mixed Level	Pam
12:00pm-12:45pm	Level I	Mari
4:00pm-4:45pm	Level I	Sabin
5:30pm-6:15pm	Level II	Jose
6:30pm-7:15pm	Level I	Jose

TUESDAY

*6:00am-6:45am	*Mixed Level	*Mari
11:00am-11:45pm	Yo/Reformer I	Pam
4:30pm-5:15pm	Level I	Kristen M
5:30pm-6:15pm	Principles	Sam
6:30pm-7:15pm	Level I	Sam

WEDNESDAY

*10:00am-10:45am	*Level I	*Jonna
12:00pm-12:45pm	Level II	Sabin
4:00pm-5:00pm	Level I	Sabin
5:30pm-6:15pm	Level I	Vicki
6:30pm-7:15pm	Level II	Vicki

THURSDAY

*7:00am-7:45am	*Mixed Level	*Mari
11:00am-11:45am	Level I	Jill
12:00pm-12:45pm	Level II	Sabin
4:30pm-5:15pm	Level I	Liz
5:30pm-6:15pm	Level I	Liz

FRIDAY

11:00am-11:45am	Principles	Sam
12:00-12:45pm	Level I	Sam
5:30pm-6:15pm	Mixed Level	Jose

SATURDAY

9:00am-9:45am	Level I	Liz
10:00am-10:45am	Level II	Liz

SUNDAY

10:00am-11:00am	Tower/circuit	Vicki
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