



▶ BIGGEST LOSER PART II



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○ JANUARY | ○ 1 | ○ 2010

## BEESTON HILL FITNESS CENTER

# GO *fit*

*“THE POINT OF EXERCISE IS NOT TO ‘BURN OFF’ CALORIES, BUT RATHER TO TELL EVERY PART OF YOUR BODY TO GROW, TO INVEST IN BUILDING NEW TISSUE, AND TO RUN AT A HIGHER METABOLIC RATE ALL DAY AND ALL NIGHT LONG.”*

*(Crowley C & Lodge H., Younger Next Year, 2004)*

Burning those extra calories (as a consequence) is what does the job, even while you sleep. Losing weight will occur eventually.

## biggest loser part II

Here we go again. We are offering **“one year no dues”** to the winner of our second biggest loser competition.

Like last year, we will do a complete body composition analysis using our state-of-the-art BIA (Bioelectrical Impedance Analysis) equipment. To provide us a baseline, we will measure each participant’s body fat composition, weight, and body mass index or BMI at the beginning of the competition period. Each participant will receive a copy of the full report of the findings.

At the end of the three-month competition period, these measurements will be taken again. The member who achieves the biggest improvement in all three parameters ó change in body fat,

weight, and body mass index or BMI ó will be proclaimed the winner.

All members are welcome to participate and there’s no extra cost involved.

This will be a good springboard to making those dietary and exercise changes you promised yourself for 2010.

Initial exam date will be on Jan. 30, 2010, Saturday, and the post-program exam is scheduled for May 1, 2010, at 9am, Saturday. Just show up at the Rehab Center at 9am and our staff will be there to do the examination.

**GO FIT, ST CROIX!**

And let the fun begin!



## biggest loser 2009 winner

*Deborah K. Peter shows off her new figure that won her the ‘Biggest Loser’ title for 2009.*



## Beeston Hill Fitness Center partners with Carambola Golf Club

### Club Members Receive Special Discount At Carambola Golf Club!

As most of you know, we're fond of golf and we'd love to see more of you off in love with the sport. To that end, we have negotiated a discounted golf membership at Carambola Golf Club as well as free monthly golf clinics. This offer is available to all our long-term club members.

Here is how it works:

If you are a current BHFC member and were not a member at Carambola Golf

Club in 2009, you will receive a **25%** discount on your golf membership at Carambola for 2010.

If you are a current BHFC member and were a member of Carambola Golf Club in 2009, you will receive a 10% discount on your 2010 golf membership.

Now, if you are not ready for a full golf membership at Carambola but would like to work on your game, there is a Range Membership and,

as a BHFC long-term member, this is available to you at 50% discount.

But wait. There's more.

Because we want to get you off on the right foot, Carambola will run **Beeston Hill Fitness Golf Clinics** monthly, exclusively for our members.

Just stop in and get your voucher from Mae and present it to Carambola when signing up.

How cool is that?



Zumba Rumba by Monica features interval training sessions where fast and slow rhythms and resistance routines are combined to sculpt the body while burning fat. With Latin flavor, it is the best party work-out around.

Monica comes from Cali, Colombia and was certified in Zumba Fitness by Mr. Zumba Beto Perez himself, in Miami.

So start your week right with Monica's Zumba Rumba on Mondays at 6.30am, get out of the midweek drab on Wednesdays at 3.00pm, and get on track for the weekend on Fridays at 6.30am and 5.00pm, all with Zumba Rumba!

Starting February 6, Monica will also be teaching on Saturday at 8.00am!

So join the parteeeee!!!!



## EXERCISE MACHINES

### Weight Machines vs Free Weights

Weight machines occupy a generous area of most gyms. Understandably, questions arise as to their effectiveness vs. free weights.

Which is more effective? Both are effective but free weights are more beneficial when performed properly.

Unlike conventional weight machines, free weights utilize stabilizer muscles and

therefore are better at developing functional strength.

Machines, on the other hand, are designed to isolate muscle groups. The motion is controlled through a single plane so there is less risk of improper form but the body's stabilizer muscles are not engaged.

In the past it was thought that people should start on machines and progress to free weights but current research has shown the contrary.

Machines provide far less functional strength benefits than free weights or free motion exercise equipment.

### Hammerstrength Plate-Loaded Equipment

Our Hammerstrength machines are plate-loaded instead of relying on cables and pulleys. They feel more

like free weights. The isolateral motions engage the stabilizer muscles while the weights target a specific muscle group.

The equipment is fixed but, unlike selectorized machines, allows for a two-plane motion.

Our Hammerstrength machines combine the benefits of free weights and selectorized machines. The weights and the two-plane motion build muscles and develop functional strength.

## BREAKING NEWS!!!

### New Dumbbells Arrive For Aerobics Room

The new light-weight (colorful!) dumbbells are already in place. The heavier weights and the rack were in backorder but I was told they already shipped this week. They should be in no later than the 1<sup>st</sup> week of February!

### More Equipment!

We will be purchasing two pieces of cardio machines and two pieces of weight equipment! This is upon request of members. We had been hesitant because of the clutter factor but nothing that a little re-arranging won't fix! ☺