

**SUNDAY, SEPTEMBER 9, MIKE ARTEAGA'S
WILL CLOSE AT 1:00 PM FOR OUR
ANNUAL EMPLOYEE PICNIC.**

CONSTRUCTION REPORT

Please check out the tentative floor plans that have been posted in the front hall of both centers! We have had some very positive feedback on the new boxing room, cardio cinema room and other new areas. We appreciate your comments! If you have any questions or suggestions, please let us know!

You can watch the work from the elevator hall and get a birds eye view. The foundation is now being backfilled with gravel to protect the foundation from frost. Following that, the basement crawlspace will be coated with concrete, and then the steel structure will be going up in early September. At that time, it will begin to really look like something!

We will remain open during construction! Machines may have to be shuffled around, but we will make sure equipment is available at all times.

The addition will be built first, and then the group exercise classes will be moved into their new home on the top floor of the new building before beginning construction inside the existing space.

As part of the new construction we are required to add a fire sprinkler system to the building. New sprinkler installation will begin the end of August. The crew will work their way through the existing building doing small sections each day. We will do our best to minimize any inconveniences.

Our Thanks,
Mike Arteaga - marteaga@libertybiz.rr.com

HOW TO BUILD THE HABIT OF EXERCISE INTO YOUR LIFE!

The first step is to acknowledge that **exercise is the most important thing you can do to preserve your health and to fight the aging process.** The research is now clear on this. If you are NOT exercising regularly, you are making a conscious decision to lose muscle bone and health every day!

Also, admit to yourself that good health is the greatest gift you can give to your family, your loved ones and yourself! I don't mean that you should casually make this statement, but really say it to yourself with conviction! If you don't believe yourself or you have any doubts, read "YOUNGER NEXT YEAR"!

THINK about how you prioritize regular exercise. Since health is the MOST important possession we have, a health maintenance program must be TOP PRIORITY! After all, skipping work occasionally (or whatever you have considered your top priority) won't give you Type 2 diabetes, to name one of many diseases, but skipping exercise will!

DEAL WITH your excuses: "I don't like exercise." The truth is that almost no one likes to exercise. They do it because they know they have to, in order to stay healthy!

I DON'T HAVE TIME! No one has the time, but they make time to maintain their most important possession!

I'M TOO OLD FOR THIS! The older we get, the more important

regular exercise is for our health.

I'VE TRIED EXERCISE BEFORE, AND IT DIDN'T WORK! It always works! When you exercise, your health improves, and your risk of premature death from all causes goes down. Don't confuse weight loss with improved health.

I HAVE INJURIES OR ILLNESS, AND I CAN'T EXERCISE! Exercise is generally the best way to prevent further deterioration and disability. We have members who, at their doctor's recommendation, exercise with everything from Parkinson's and MS to lost limbs. If you have the will, there is a way to work around every disability.

Then think of the reasons you want to stay healthy.

"I WANT TO STAY ACTIVE" and "I WANT TO BE AROUND TO SEE MY KIDS AND GRANDKIDS GROW UP AND GRADUATE". Research has shown that with regular exercise, we can stay active well into our 90's.

"I DON'T WANT TO LOOK MY AGE". The most important thing we can do to keep our skin healthy, plus look and feel younger than we are, is regular exercise. It will do much more than any high priced skin cream could ever do!

NOW, SET REALISTIC GOALS! Schedule moderate exercise 2 to 3 times a week to start! Remember this is a lifetime habit you are trying to develop, and you are MUCH better off exercising 2 times a week, for many years than 5 times a week for 6 months! This is the race that the turtle wins over the rabbit every time!

Move ahead with your decision to exercise, and never think about the decision again. The decision is made! You don't decide each day whether you are going to brush your teeth or go to work. Treat exercise the same way.

Mike Arteaga

THE MEDX LEG EXTENSION AND LEG CURL MACHINES

The leg extension and leg curl machine are the most important machines for keeping the knees healthy, avoiding osteoarthritis and recovering from all types of knee injuries! According to Dr. Harry Lodge, a nationally known gerontologist and best selling author, "I see patients come in all the time who have been told they need to have their knee replaced, and I have them go and do leg extensions and leg curl exercises, and 60% of the time they never have the surgery!"

It's very important that these leg exercises are performed correctly to make sure the legs get stronger, the knees stay healthy and pain free. These are the only exercises that work the leg muscles through their full range of motion (strengthening them in all positions). Whatever other exercises you do for your legs, these exercises should be included at least twice a week. If strengthening exercises are deleted, you will lose muscle each year, no matter how much you run or bike.

The movement on both should be performed slowly to eliminate momentum, thus making the muscles do all the work! They should also be performed through the full range of motion, stopping a tiny bit short on

both ends. Forcing the joint to go too far, beyond what is comfortable, will aggravate the knee and cause knee pain rather than relieve it! The weight should be set so that you reach exhaustion in 60 to 90 seconds. The speed should be no faster than 4 seconds to raise the weight, a one second hold on top and 4 seconds to lower the weight. At this speed you should be doing about 8 repetitions. Slower is generally better and more productive. When doing slower repetitions you should shoot for fewer repetitions so that you reach exhaustion in the 60 to 90 second window!

Lack of leg strength is the number one reason for entering a nursing home later in life. With these exercises in your routine you can be assured of never having weak legs!

Mike Arteaga

CELL PHONE COURTESY!

Cell phones are a necessity for so many nowadays. When using your phone, please be considerate. If you have a long call or you tend to speak loudly, please step into the hall. And please, no cell phones in the locker rooms!

TIPS TO HELP PRESERVE OUR HEALTH AND EXERCISE FOR A LIFETIME!

Remember: When you exercise, you are fighting a thousand diseases at once, unlike drugs that may help prevent one disease and cause other problems. It is now conclusive we should all be avoiding trans-fats; trans fats are even worse for us than saturated fat!

Walking does nothing to stop osteoporosis. Strengthening exercise is necessary to stop and reverse bone loss at any age!

Taking calcium to avoid osteoporosis is generally a waste of time unless you have a deficiency. According to Dr. Willetts from Harvard Medical School of Public Health, we are one of the highest calcium consuming nations in the world!

Read Younger Next Year! It's the most important thing you can do to preserve your health!

Mike Arteaga

HAVE YOU HEARD OF MIKE ARTEAGA'S CANCER WELLFIT PROGRAM?

It is a completely free three month membership for cancer patients who are within one year of treatment.

Research shows that when a cancer patient's quality of life is improved by exercising regularly, even at an easy level, they are better able to tolerate their medications, participate more fully in daily activities and improve their ability to enjoy life. If you know someone who could benefit from the program, please speak to a coordinator.

WHAT'S NEW?

In both Highland and Poughkeepsie centers:

- Group Kick classes are coming! Instructor training took place in August and the new BTS Group Kick classes begin in October!

In the Poughkeepsie center:

- The new addition is underway!
- Poughkeepsie has new Group Power weights and weight stacks.
- New air conditioning has been added to the men's locker room.

In the Highland center:

- New steps for our Group Step and regular step classes.



WANT A RACQUETBALL GAME?

A new racquetball "find a game" bulletin board has been put up on the lowest level in the Poughkeepsie Center near the entrance to court #3, to help those who would like to find someone new to play.

WE ARE A FREE WIRELESS INTERNET ZONE!

For your convenience, we have member web access computers available in both centers. They are located in the front lobbies.

DID YOU KNOW THAT YOUR CHILDREN AND GRANDCHILDREN UP UNTIL THEIR 16TH BIRTHDAY HAVE FREE MEMBERSHIPS!

MIKE ARTEAGA'S APPROPRIATE DRESS ETIQUETTE WHILE USING THE CLUB

- Wear clean athletic shoes and clothing.
- Limit perfume, cologne, and body lotions.
- Wear loose fitting, comfortable clothing.
- Wear tops that cover the midriff area and shorts that reach mid-thigh.
- Wear tank tops that fit snugly under the arms to absorb perspiration.

Not appropriate:

- Short shorts.
- Low cut tops, bra-tops, or exposed cleavage.
- String tank tops for men.
- T-shirts or tank tops with low-cut armholes that don't catch underarm perspiration.

Please be courteous when using the MedX and free-weight machines. If your shirt is soaked with perspiration, either cover it with a dry shirt or change into another shirt. Please, clean every machine after each use. We appreciate all of our members helping to make one another comfortable here.

Each month we send out a short summary of recently published health studies.

We do not share your e-mail address with anyone. If you are interested in receiving it, please e-mail me at marteaga@libertybiz.rr.com or give your e-mail address to a front desk team member.

Good Health! Mike Arteaga

FEEL GOOD! NOW, LOOK GOOD!

Mike Arteaga's members save 10% at

Red Cap Cleaners!

Four locations:

Hyde Park, Red Oaks Mill, Main Street

Poughkeepsie and Marist Drive.

Please show this coupon