



To Your Health

News, updates and health tips from East Highlands Fitness

March/April 2015

Issue #8



Our annual Spring into Fitness Challenge begins April 1st! Earn stars and win prizes while participating in this friendly competition that motivates everyone to get fit!

Earn stars:

- ★ Workout for one hour
- ★ Complete a Personal Training session
- ★ Attend a Group Fitness Class
- ★ Get a Massage
- ★ Enjoy an Infrared Sauna Session
- ★ **3 Stars:** Upgrade to Premium Membership
- ★ **3 Stars:** Get a friend to join the gym!

Win Prizes:

Prizes will be awarded to the three individuals who have accumulated the most stars through the challenge period!

1st Prize: \$100 Fitness Bucks + \$50 Restaurant Gift Card

2nd Prize: \$50 Fitness Bucks + \$50 Restaurant Gift Card

3rd Prize: \$50 Fitness Bucks

Prizes will also be awarded to anyone who reaches the following levels:

20 Stars: EHF Lanyard

40 Stars: EHF Sweat Towel

60 Stars: EHF T-Shirt

This challenge is a fun way to motivate everyone to get started on their programs for summer fitness! We can't wait to see how many stars our members will collect!

REMINDER: A \$10.86 maintenance fee will be charged to each member around May 1st

Carlie Boyle: EHF's Newest Personal Trainer!



Please join us in welcoming Carlie Boyle to our personal training team! Carlie studied kinesiology, exercise science and continued a lengthy internship through Bellevue College for personal training and has continued to take on clients independently for several years. (continued on back...)

New Equipment Arriving Soon!!

The Arm Bike that many of you have been requesting is on it's way! It was detained due to the port slowdown, but SHOULD be here by the end of April.



Carlie Boyle: EHF's Newest Personal Trainer!

Note From Carlie: "Over the years I have been inspired by what our bodies are capable of and what makes or breaks our fitness goals. I have happily put myself through many years of schooling and job training in order to obtain any and all knowledge I could about fitness and nutrition. I am forever a student to the fitness world and strive to learn more on a daily basis. I have a passion for health and fitness, and an even stronger passion to share it with you."

Nutritional Tip of the Month



Finally ready to start eating healthy? Don't change your diet all at once! Clean up your diet in steps. Target your worst one or two nutrition vices (like soda or empty carbs). Once you get through a few weeks without them, take the next step. Make it a gradual process and after some time, you won't even miss those foods anymore.

Fitness Tip of the Month



More cardio doesn't necessarily equal more fat loss. Instead of using your 45 minute workout window to perform low and moderate intensity cardio, devote 25 minutes to strength training and the remaining 20 minutes to slightly higher-intensity cardio. You will achieve even more dramatic results far more quickly. Muscle burns calories at rest. The more of it you have, the more efficient your body becomes at burning fat. **Just remember: weights for the main course, cardio for dessert.**

Inspirational Member of the Quarter



The team at EHF has elected Joshua Deraitus as our newest Inspirational Member of the Quarter. Josh has been a member at East Highlands since the pre-signup before the gym opened in 2004. He has been the Operations Manager of King County Water Dis-

trict #90, the local drinking water utility in the area, for the past 15 years, and typically comes in on his lunch breaks. From the very first time he felt his body become sore after a workout when he was 15 years old, Josh knew working out would be a part of the rest of his life. He has been training for around 20 years and has had many accomplishments in powerlifting, Olympic lifting and more recently, bodybuilding. "During my time at EH I have met many wonderful people in the community. The people are really what sets EHF apart from the rest. I enjoy sharing my knowledge of exercise and nutrition with whoever may be interested enough to listen."

REMINDERS!

Monday	<ul style="list-style-type: none"> • 7:15am: Spinning • 6pm: Zumba
Tuesday	<ul style="list-style-type: none"> • 6pm: Spinning
Wednesday	<ul style="list-style-type: none"> • 7:15am: Spinning • 6pm: Zumba • 7pm: Yoga Fusion
Friday	<ul style="list-style-type: none"> • 6am: Spinning
Saturday	<ul style="list-style-type: none"> • 8am: Spinning • 9am: Bootcamp/TRX



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