



# To Your Health

News, updates and health tips from East Highlands Fitness

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Issue #3

## Infrared Sauna— An Easy Way to Improve Your Health!



People everywhere are discovering the wonders of infrared sauna therapy, including EHF members! And if you haven't...you should! The health benefits of using the infrared sauna are diverse and extensive.

Did you know infrared sauna can:

- Improve your circulatory system (improving blood pressure)
- Increase your metabolism and burn calories at similar rates of exercising
- Reduce stress
- Relax your muscles and joints (reducing joint inflammation and pain)
- Reduce chronic pain

- Help you recover quicker from an injury or surgery
- Improve your complexion
- Cleanse your body of toxins and bacteria
- Help you sleep better

One of our members uses the infrared sauna at the recommendation of her doctor!

Interested in trying out our infrared sauna? **Remember, your first session is on the house!** Please sign up at the front desk today!



Want to institute change at the gym? Volunteer to be a member of our new **Member Advisory Board**. Leave your name and contact information at the front desk or talk to Denise for details.

## Be Cautious about Artificial Sweeteners

If you like your sweets but want to cut down on your sugar intake, the natural inclination is to buy “diet” or “sugar free” foods and drinks instead. Sounds better for you, doesn't it?

While many artificial sweeteners, including aspartame, have been approved by the FDA, studies are now revealing that these sweeteners **cause additional weight gain** instead of helping you lose weight. Artificial sweeteners “trick” your pancreas into thinking you're consuming the real thing, causing your body to produce extra insulin. This leads to insulin resistance, which could become a pathway to diabetes, higher blood pressure and extra weight gain.

With other reported side effects including headaches, abdominal pain, heart palpitations, vision issues, anxiety and nausea; it's best for you to totally avoid these chemicals. As an alternative, you can create home-made sweets with healthy sweeteners like honey, palm sugar or coconut sugar to tame your sweet tooth.

### Important Notice

Please remember to keep your billing information up to date. There is a \$15-25 decline/NSF fee. Thank you!

## Nutritional Tip of the Month



### Enact Family Meal Time

Research shows that family meals promote healthier eating. Plan to eat as a family several times each week in 2014. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.



## Join Our Hiking Club

With the weather starting to finally warm up, several members of the gym have started a hiking club that meets most Sunday mornings at 10:00 a.m. If you are interested in joining, please give the front desk your email address so you can be included on the group's mailing list.

**We have been notified there will be a 2-3 week delay on the production of the Total Wave machines. That puts our ETA out to the end of May. Stay tuned...**

## Spring Into Fitness is Underway!

Our annual Spring Into Fitness challenge is underway! With more than 50 participants having signed up so far, it's not too late to join the fun.

Don't be intimidated by starting late or by the front runners in the challenge. Like last year, we will have a raffle drawing—one entry for every 5 stars you can earn—at the end of the contest (May 31) for all participants! Sign up with the front desk today.

Just a reminder, there are 7 ways you can earn stars:

- Work out for one hour in the gym
- Complete a Personal Training session
- Go to a Zumba class
- Attend Saturday Boot Camp
- Get a massage
- Enjoy an infrared sauna session
- You can earn **3 stars** by getting a friend to join the gym!

### **Reminder:**

Annual Maintenance fees are charged on May 1 every year. This is an additional \$10.86 charge for every member to help with equipment and facility maintenance expenses. If you have any questions, feel free to ask the staff.

### **REMINDERS!**

-ZUMBA IS EVERY MONDAY AND THURSDAY AT 6:00 P.M. AT THE METROPOLITAN BANQUET HALL

-BOOT CAMP IS EVERY SATURDAY MORNING AT 9 A.M.

-PLEASE BRING A TOWEL WITH YOU WHEN USING OUR INFRARED SAUNA



[Facebook.com/EHFitness](https://www.facebook.com/EHFitness)

**"Like" our Facebook page to find out the latest news at the gym.**

## Fitness Tip of the Month



Most people don't understand the importance of using proper form and full range of motion when lifting weights. It's better to have lighter weight and perfect form than to use heavier weights.

Not only will it help you prevent injury, but you will see better results. **Control the weight—don't let the weight control you!**

If you have questions about form, feel free to ask one of our personal trainers.

