



JUNE 2017 • • •

#### Club Hours

Monday-Thursday, 5:30AM-10PM

Friday, 5:30AM-9PM

Saturday-Sunday, 7AM-7PM

## Tee-rific Dads

By Rachael Mintzlaff, Certified Personal Trainer

Every year in June, we celebrate the dads of the world. The man who drove us home from the hospital..the man who taught us how to ride a bike..the man who told his daughters their dress was too short for church...our dad.

On this Father's Day, you can find the many dads on the links, spending the day enjoying their favorite hobby. But did you know that when you involve your kids, golf can be more than just a hobby?

Golf is a gift fathers can share with their kids from age 2 to 52. It is 18 holes of exercise and quality bonding; a half-day of your child's full attention that you might not get anywhere else. In fact, studies have shown that walking 36 holes a week significantly reduces the risk of developing coronary heart disease, increases HDL (good) cholesterol, lowers blood pressure, and prevents the loss of bone mass.

As a personal trainer, I encourage my golfers to supplement their resistance training routine with cardiovascular activities, such as walking 18 holes of golf instead of driving the cart.

This Father's Day, try sharing one of America's favorite pastimes with your children and turn it into a healthy activity for the whole family.

## Body Knows Best

**3 PT sessions for \$99\***

\*First-time PT clients only.  
Valid June 1-30, 2017.

#### World's Best Dad! Saturday, June 17

Celebrate an early Father's Day at Wellbridge with fun crafts & cards to celebrate all that dads do! Some crafts also available the week of June 12-16.

#### Ladies' Night Out Wednesday, June 28, 5-9PM

Choose from one of these wonderful services: 50 minute massage, Facial or Mani/Pedi, for only \$54. Enjoy food & drink!

#### Complimentary Personal Training Session June 10-24

Bring in your favorite guy to join you for a complimentary personal training session!

## OPPORTUNITIES TO ENGAGE

### **NEW Kickboxing Bootcamp** **Mondays, 6:30PM and** **Wednesdays, 8:30AM**

Experience our NEW Kickboxing Bootcamp class with Personal Trainer Dan Kimberling in Studio D.

### **Yoga Kids** **Saturdays, 10-11AM**

Perfect for kids ages 3-8. This class will help increase flexibility and improve focus and memory. \$10/class or Drop-in \$15. Register at the Hospitality Desk.

### **Strong Kidz** **Tuesdays and Thursdays,** **9:30-10:30AM**

50% Strength + 50% Conditioning = 100% FUN! This 4 Week program costs \$80 (8 sessions) or Drop in for \$15 a class. Perfect for kids ages 6 – 12.

### **PeeWee Workout** **Wednesdays, 10-11AM**

Tiny ones need exercise too! This 4-week program costs \$40, or drop in for \$15 a class. Perfect for kids ages 3-5.

## Surprising Ways Stress Affects Men

A man exercises three times per week for 60 minutes and eats fairly healthy, yet still can't ever seem to lose that last stubborn 10-15 pounds of body fat. The man then decides to increase the frequency and intensity of his workouts, but still doesn't see any improvement. He feels frustrated that, despite his efforts, he still cannot achieve his weight loss goal after five years.

Does this sound familiar? It could be a hormonal imbalance causing a problem. According to an article in The New England Journal of Medicine, approximately five percent of males are affected by hormonal imbalances. A male's testosterone level peaks in his mid-thirties and continues to naturally decline with age. Decreased testosterone levels can produce the following symptoms:

- :: Weight gain, especially around the abdomen
- :: Bone, hair, and muscle tissue loss
- :: Fatigue
- :: Decreased fitness levels

Stress contributes to lower levels of testosterone. When our bodies are stressed, we produce hormones (cortisol) to try and handle the stress as a protection mechanism. High levels of cortisol are found to stimulate an accumulation of fat, and over time will lead to a decreased level of testosterone.

The following list can help lower your cortisol levels, increase testosterone and allow you to achieve better results with your fitness and wellness goals:

- :: Exercise 3-5 times a week for 60 minutes
- :: Utilize massage, yoga, Pilates and other restorative techniques
- :: Eat a diet high in vegetables, fruits, nuts, seeds
- :: Avoid sugar and alcohol
- :: Allow 30 minutes a day for relaxation
- :: Avoid caffeine and other stimulants
- :: Participate in fun activities with family and friends

