

Joanie's Corner



It's the good ole summertime again and all these high temperatures are a good indication of that! I can't stress enough the importance of keeping your body hydrated with fluids, especially with plenty of water. Whether you sweat or not, the heat and sun can wear you down. One of the most dangerous activities in your day is sitting for prolonged periods of time. It is an inevitable part of our everyday living. Take steps to minimize its burden on your body by limiting the time you spend on the couch, in the car or at the desk. At least get up from wherever you are to take a quick stretch, walk a few steps, stand up while talking on the phone, GET A DRINK OF WATER or just keep moving every thirty minutes. Exercising in the gym rather than going for a walk in the neighborhood is a great way to stay off your rump and out of the heat! Otherwise, do your workouts in the early morning before the triple digits hit the ground! Just don't forget to bring the water bottle and take sips every now and then. Come on in, we've got lots of fans to keep you cool and a pool to keep you moving. Stand up for yourself and stay cool!!

Joan Lovell

CHRISTMAS IN JULY

Now we know what it's like to celebrate Christmas in a tropical climate. The weather outside was 102 degrees but the members were cool and comfortable in the



lounge. There were lots of casseroles, salads and desserts to feed the lunch time members after a great workout. Several prizes were given away for all the games and activities we had planned, but not without enjoying

the process of earning them. One couldn't help but laugh at all the silliness of doing what children usually play but this made it all the more fun. Thank you to all the members who brought homemade ornaments and decorated the Christmas tree. Top prizes were awarded to the most creative ornament. Our next challenge was trying to name Christmas Carols just by looking at a picture, which threw everyone for a loop. Who would have thought seeing the tool of a saw missing a few teeth would become "All I Want For Christmas Is My Two



Front Teeth"? The Chinese Gift Exchange concluded the party and everyone went home happy knowing they don't have to worry about the holidays for another couple of months.

WATER AEROBICS + SUN = VITAMIN D

Every day your body needs Vitamin D to do its job of regenerating skin, bones and muscle cells. Its main role is to help the body absorb calcium. It is considered by the medical community as one of the most important vitamins needed by your body. Getting about 15 minutes of sun in the early to late morning is the natural way as well as certain foods you eat. Add water aerobics to your schedule during the summer to meet your requirement. As we age, our bones start deteriorating making it harder for our body to function. Don't forget to use weight resistant workouts in your daily life to strengthen your bones. Yes, in the water too! Water classes end August 31st so hurry on in.



Racquetball Maverick Triple Crown Shootout--August 13-14, 2011

Join us for the Maverick August Triple Crown Racquetball Shootout. Mixed Doubles will be played on Friday night, August 12th. Saturday--August 13th, ALL singles divisions will be played and on Sunday--August 15th, ALL doubles divisions will be played. The entry deadline will be Wednesday--August 10th at 10:00pm. Signup at the desk.

GET FLEXIBLE

Join us for a stretchy hour of yoga-stretch on Mondays at 9:00 a.m. This class is a lighter version of yoga/pilates and is accommodating for all types of bodies and ages. Modifications can be made but for the most part, everyone is able to stretch to a certain point. This is a program that stretches and strengthens muscles to facilitate postural improvement. Your flexibility helps the joints as well. Most of this is done on the floor so there will be mats available. Join us in "moaning and groaning" as we loosen up during this time with a quiet 10 minutes of solitude meditation at the end of class.



LOOKING FOR ANOTHER FUN ACTIVITY TO ADD TO YOUR WORKOUT? TRY THESE:

- WALLEYBALL
- RACQUETBALL
- MARTIAL ARTS
- BASKETBALL

Silver Sneakers News



By now all the Silver Sneakers Members should have received their new membership card in the mail. Please destroy the old card and do not use it, you can start using the new card immediately. If you have NOT gotten your card by August 1st, call Healthways and tell them about it. Meanwhile, if you visit the gym, go to the front desk to sign in. It is imperative that you swipe the card every time you come through the doors, NOT afterward. For those of you taking the Aqua water class, do not use the gate in the back to enter the pool area. All members and Silver Sneakers need to check inside before starting any activity. Thank you for your cooperation in this matter.



DON'T FORGET THAT THE MAVERICK IS AVAILABLE FOR BIRTHDAY PARTY RENTALS OR ANY OTHER OCCASION ON SATURDAY AND SUNDAY NIGHTS AFTER 6PM. ASK THE FRONT DESK.

HELP US WITH OUR MEMBERSHIP DRIVE AND REFER A NEW MEMBER

WE DEPEND ON YOUR GENEROUS WORD OF MOUTH ADVERTISING



The Arlington Police Department reports that health clubs and other business parking lots are prime spots for vehicles to be broken into. **REMINDER: Do not leave your valuables and purses sitting in your vehicles in plain view. The Maverick is not responsible for lost, stolen or damaged property.**

