

THE MAVERICK MESSENGER

JULY 2011

CELEBRATING 31 YEARS OF HEALTH & FITNESS IN ARLINGTON



JULY NEWS

It's the hazy, lazy days of summer and the year is already half over. Can you believe it? Maybe you should all reward yourselves with a summer vacation to lose yourself and find yourself! Create your own agenda and destiny. The stress will come later with the upcoming festive holidays so we will make it easy for you. One thing is for sure and has been proven. Very simple - keep coming to the gym to workout, socialize and laugh. The time is rapidly flying by fast and it will be Thanksgiving and Christmas before you know it. Yep, let's have Christmas in July. Look for more announcements to follow about the details and what we will be doing for this event. Meanwhile, relax and enjoy what we have now. Work on improving your balance and mobility, strengthening those muscles, and warding off or managing diseases of aging. It's a big money saving workout on healthcare. The seniors are a population that will grow even more as baby boomers enter their later years. Interest in physical fitness is a great opportunity because older adults are medically motivated to exercise. Meeting this challenge is possible with a few smart moves. It's never too late to start an exercise program. Take charge of your health and heart....and be stress-free.

Joanie Lovell
Group Exercise Director

SHOW AND TELL

There were some very interesting items that members had to share with others at the show and tell. It's not just for preschoolers!! There was lots of laughter as we surprised each other with our hobbies and collections. NOW we know you!!! The build-your-own-sandwich was a huge hit followed by prize-winning desserts brought by members. The biggest reward was showing off our hard-earned muscles from months/years of training with the best!! Wear those tank tops with pride!

photos by Joan Lovell



Member Pig-Out-Party

Some of our members wanted to enjoy a day of indulgence with some snacks and tasty treats for a day. Getting together for a member "Pig-Out-Party" was the idea and eating whatever you wanted for a day. Thanks to all the members that came out and brought cookies, chips, and candy. If you have an idea for a member social event or activity please let the front desk know and we will try and plan another social event.



GET IN THE CHRISTMAS SPIRIT! - CHRISTMAS IN JULY

Join us for a stress-free Xmas holiday party in the heat of the summer. We will have our pot luck luncheon at 11:30 followed by the Chinese gift exchange. Wouldn't it be nice NOT to be wearing winter clothes? However, do get into the Christmas spirit for this day with music and decorations and whatever t-shirt or vest you may have to spread the joy! Look for flyers giving more details.



SCHOOL'S OUT

The grandkids and great-grandkids are showing up at the Mav to pass away the time with activities like Emler's swimming, racquetball and basketball. Ask about a summer membership for them. We have a few young ladies who have assisted the instructor in teaching a chair class. What better example do we set for our younger generation to show how much fun exercising can be and the importance of it.



Emler Swim School offers infant swimming lessons and children swimming lessons here at the Maverick.



MAVERICK RACQUETBALL TRIPLE CROWN SHOOTOUT - Don't forget the Maverick will be hosting a racquetball tournament on Saturday-July 9 and Sunday-July 10. For more information there are entry forms at the front desk. Everyone is invited to play or come out and watch.

SPECIAL RATES

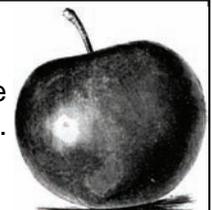
The Maverick offers special summer rates for students out of school and others who want to take water aerobics. Whatever reasons one may have, let your friends and family know about this. They also make great gifts.

WATER AEROBICS

Are you ready for some water? The Water Aerobics classes are now being held on Mon-Wed-Fri at 8:00am and on Tue-Thur at 5:30pm. The use of water in water aerobics supports the body and reduces the risk of muscle or joint injury. Join us at the pool.

BEST HEART FOODS

Want to do more for your ticker, try these five heart foods and improve your health.



1. Almonds - rich source of cholesterol-lowering sterols.
2. Apples - an apple a day is still the best advice.
3. Beans - controls cholesterol and they taste good.
4. Blueberries - antioxidant that stimulates liver cells.
5. Fish - lowers and helps your LDL cholesterol levels.

SPECIAL SUMMER MEMBERSHIP RATES ARE AVAILABLE
3 MONTH SUMMER MEMBERSHIPS MAKE GREAT GIFTS



The Arlington Police Department reports that health clubs and other business parking lots are prime spots for vehicles to be broken into. Help us reduce these opportunities for thefts to occur here at The Mav.

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.

Every year, 1215 of my relatives are abducted from the Maverick. I don't want to be next. Please use me as you want, throw me around, kick me, I don't care. Just please return me to my home when are done with me. I am here to serve you but my owner gets very mad when I don't report back to work.

Thank You,
Towels