

THE MAVERICK MESSENGER

OCTOBER 2010

CELEBRATING 30 YEARS OF HEALTH & FITNESS IN ARLINGTON



FALL IS HERE

Fall is in the air and it's time to pull out the blankets and sweaters. Or, maybe not.

Remember, we are in Texas! Hot, cold, hot, cold, hot, cold!!! But, this is that time of the season to get your flu shot. You definitely want to live through a healthy winter and not worry about catching the flu virus. Doing it now will protect you throughout the entire flu season, which can run long into the spring months that follow. Although preventive actions and home remedies like washing your hands and covering your cough help to prevent transmission of the flu virus, the BEST way to avoid spreading it to others is to be vaccinated every year. Check with your local pharmacy or doctor to find out where and when you can get your flu vaccine.

Early fall is also a prime time for some virulent allergens (or allergies). The potent ragweed pollen can travel far, even hundreds of miles, so if it doesn't grow in your neighborhood, you may feel its effects. You can treat these symptoms with OTC (over the counter) or prescription medications from your doctor such as antihistamines, decongestants, and nasal sprays. Don't forget to read the label to make sure you are taking the proper dosage. Stay healthy!

Joanie Lovell
Group Exercise Director

30 MINUTE EXPRESS WORKOUT

Stephanie McLaughlin has (2) thirty minutes classes offered on Tuesday and Thursday at 10:00 a.m. If you want just a quickie workout to tone your abs or work your core, time will fly by fast under her direction. Just pop in at 10:00 and she will get you going. Doesn't that sound like fun? Come join her. Laughing is even involved! (Maybe required!!)



NEW CLASS

Now that summertime is officially over and the water classes have finished, the Maverick will pick up an evening class on Tuesday at 5:30 p.m. Kristy Orr will teach Step with toning and abs. Kristy is very accommodating and will work with what the members want. It's going to be a good sweaty workout so come join us and let's have some fun doing this at the same time! Check out the schedule for the description of her class. Remember, Tuesdays at 5:30 p.m. with Kristy.

OCTOBERFEST

Let's conclude the month of October with an Oktoberfest feast! Mark your calendar for **Wednesday, October 27** for our German potluck luncheon at **11:45**.

(After the 10:30 Silver Sneakers class.) Bring anything German or whatever you want to share with your fellowman. We will offer free beer to accompany your lunch! If you want, wear your German outfit, bring your accordion or tuba, and let's dance the polka!!!! OOMPAH PAH





Hurray for the Texas Rangers for winning their division. We have lots of baseball fans here at the Maverick. Be on the lookout for the week we will root for the Rangers by wearing their T-shirts, hats and colors during their play-off games (s)!! Oh, and not to forget about "Dem Cowboys!"...Finally won their first game...and more to come. Don't be afraid to wear your favorite Cowboy jersey or hat too. We will always have the big screen TV showing any Rangers or Cowboys game when they are playing. We've got SPIRIT....S - P - I - R - I - T !

TEXAS STATE SENIORS



**Texas State Seniors Racquetball & Golf Tournament
November 13-14, 2010**

Join us for the Texas State Seniors Racquetball & Golf Tournament. This is a USAR/TXRA sanctioned event. Mixed Doubles will be played on Friday night, November 12th. Saturday-November 13th all the racquetball will be played. Sunday-November 14th we will play a 4-man best ball golf tournament at Waterchase Golf Course. The entry deadline will be Monday, November 8th at 10:00pm. More information on our website or entry forms available at the front desk. Racquetball players must be at least 35 yrs. old and the golf tournament is open to any

Maverick member and their family or friends. If you would like to play in the golf tournament as a single or with a partner, we can find a group for you to play in. Any questions please contact Leo Vasquez (817)-275-3348.

FITNESS NEWS



In our quest to be healthy and fit, our goal should be to maintain a healthy weight. To help achieve this goal consider well-planned healthy snacks to eat. Fruits and raw vegetables help maintain energy and provide quality nutrients that we all need. Other choices include low-fat, whole-grain crackers or pretzels. Depending on your dietary restrictions, consider certain types of nuts. They are a very good protein source, but they should be ingested in small quantities due to their fat and calorie content. Another suggestion is low-fat dairy products. They are a great source of calcium, protein, vitamins, and minerals. Select the "light" choice varieties from yogurt manufactures to reduce your sugar intake. Including these healthy snacks can help you to not become overly hungry and binge at meal time. This is a great way to overcome these cravings and eat healthy. Further nutritional guidance can be obtained with a Polar assessment. Call Stephanie at the club to learn more at 817-275-3348.

DON'T FORGET

- Silver Sneakers Members--If you change insurance companies or plans let us know at the front desk. We must have this information so that we can make sure our reports to the insurance company are accurate and the club is getting paid for your attendance.
- Check out the Seniors classes, we have three 90 year olds going strong and several 89 year olds getting ready to meet their milestone. The secret to their longevity, exercise and socialization! And what's even better, they look and feel great for their age. How's that for an incentive to stay with the program?
- Do you know someone who may be interested in exercising with us? Stop by the front desk and ask for a guest pass. Successfully increasing our membership in this manner helps maintain the high quality of our membership and limits the need for direct promotion to the general public.

OKTOBERFEST FEAST - FOR ALL MAVERICK MEMBERS

WEDNESDAY--OCTOBER 27, 2010 @ 11:45am



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