

Fitness FOCUS

Summer 2016



Dear Members:

The Health and Fitness Center at Washtenaw Community College is happy to welcome our new Center Director, Dawn Lyons.

Dawn Lyons joins THFC team coming from the Chelsea Wellness Center in Chelsea, Michigan where she started as a group exercise instructor and personal trainer before stepping into the position of Fitness Manager and then Operations Manager.

She has been married to her husband, Larry, for 26 years and they have three children: Lauren, Sean, and Timothy. She enjoys spending time with her family, golfing and dinners around the table, teaching group exercise classes, walking/jogging (on the beach when possible), motorcycle rides, and spending hours in the bleachers as a parent fan.

Dawn is passionate about the medical fitness model where members are provided a wide variety of services for one cost. This helps to provide balance in physical and mental health through cross training. She is often asked which is best: cardio, strength training, swimming, Yoga or Pilates? Her response is always, "All of it!"



Seeing individuals who were living a sedentary lifestyle become active to create a positive life change is what motivates her at work each day.

When you see Dawn around the center please introduce yourself and share your success story. She looks forward to meeting everyone!

Mark Your Calendars

Our annual maintenance shutdown will be
8/12/16 – 8/19/16!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

During the shutdown we will be tackling a lot of the projects that would either be too intrusive or too dangerous to complete with members in the building. This year, we're doing more than ever!

We are planning to make many improvements; you may see some of them start before the shutdown begins.

The refurbishing of the steam rooms is such a large project, that work will begin on the men's steam room one week before shutdown.

Thank you for your patience while we improve your fitness center.

Fitness First-timers

A lot of people find getting started on the road to health and fitness to be the most difficult part. Sara Burge, Certified Personal Trainer and ASCM Certified Exercise Physiologist, specializes in beginner fitness programming.

Sara Burge



If someone feels afraid or anxious about starting a fitness program, what should they do?

Sara: First they need to figure out what they are afraid of. Are they afraid of getting injured, being tired, or too sore? They need to feel comfortable sharing those feelings with a fitness professional; fit pro will be able to design the type of fitness program the beginner will be confident he/she can handle.

How should someone new to exercise get started?

They should begin under the guidance of a professional that has their best interest in mind. When working with a

trainer, communication is key. When you learn a new exercise, you should then communicate to your trainer how you feel. I always tell my clients, “you should feel challenged, but not overwhelmed.” That said, you need to give your body time. Don’t get discouraged when it feels hard, you will adjust.

If I am new to exercise, where can I get guidance?

Approach anyone from our fitness team. I encourage people to spend some time researching their fitness goals on the internet. Bring some of the ideas you get there to the gym, discuss with our team, and they will guide you towards what is safe and effective. Every member should schedule their Polar Body Age Assessment. This is included in your membership, will provide you important data, and get you on the right track. *To schedule your assessment, inquire at the fitness desk.*

What if I hit a setback?

Understand that all exercise can be modified. An exercise routine can be adjusted at anytime to accommodate any injury or fitness level. All setbacks are learning experiences.

Why do people struggle to achieve their fitness goals?

They don’t give themselves enough time. It is a process. Too many people compare themselves to other people. Compare yourself to yourself. If you completed your workout today, you’re better than you were yesterday.

What brought you into the fitness field?

I was really inspired by the lifestyle changes I saw my mother make. She radically changed her diet and activity level and made some major health gains. As a child I was active, but physically working towards the best version of myself. I followed my mother’s lead, and saw my own results. While getting my education in Exercise Science, I started helping other people get results. It is a pleasure for me to teach people how to live life in a healthier, more enjoyable state.

Sara received her B.S. in Health and Exercise Science from Spring Arbor University in 2014. She is a lifelong athlete and quick to make new friends. If you are interested in working with Sara, please inquire at the front desk or simply approach her when you see her.

Up and Running

Running can be an unforgiving endeavor. Pamper your wheels and see them return the favor for miles to come.

Whether you are a seasoned marathoner or a beginner just dabbling in the sport of running, adding a massage to your routine can improve your training.



Science has shown that massages can be very beneficial for runners. They are effective treatments for common running impairments such as hamstring injuries, plantar fasciitis and shin splints. Massage utilizes long, flowing strokes with various pressures that can release muscle tension and increase blood flow. Weekly massages have also been found to reduce inflammation and improve immune function.

Studies published in the Journal of Athletic Training and the British Journal of Sports Medicine found that

a massage after exercise can reduce the intensity of delayed onset muscle soreness (DOMS) and relieve that dull aching pain you feel in your legs two days after your long run. Massage can relieve stiff muscles that throw off your running gait and lead to injury or other problems. It is important for runners to get a regular massage to stimulate blood and lymph flow, and keep the leg muscles, joints and tendons in optimum shape. They can facilitate in helping a runner flush the lactic acid from their quads and hamstrings to prevent cramping and early onset muscle fatigue.

Mark Rapaport, M.D., states that getting a massage can decrease levels of cortisol (the “stress hormone”) and help you feel more relaxed during your jog. Published in Science Translational Medicine, Justin Crane, Ph.D., found that runners who regularly get massages were able to tolerate more and harder training because “the massages improve their recovery and speed up their ability to go hard two days later.”

Here at THFC, we have certified massage therapists

available during all hours of operation that specialize in helping you improve your fitness state. We have a range of session times and packages available to fit your needs. There are frequent deals and discounts available as we add more massage therapists to the center. If you train hard and massages aren’t part of your schedule, your routine is lacking. Inquire at the front desk to book your massage appointment today.

Plant a Seed

Eating a Fabulous Vegan Diet for Optimal Health.

Thursday August 25th, 7:00pm, in THFC conference rooms, join Certified Vegan Lifestyle Coach, published writer, and WCC culinary instructor

Vicki Brett-Gach to learn



about the health benefits of a vegan lifestyle.

She’ll tell you how to begin adding more whole-food, plant-based, choices to your menu at home. Vicki will share how to make healthful foods taste great.

Strong Parents

Make time for yourself to exercise. A healthy parent is a more effective parent. Finding time for you can be difficult; we can help.

You know how important it is for your health to commit to a regular exercise routine. But it is also important to spend quality time and find enriching activities for your kids to engage in. It can be difficult finding the balance.



Did you know that we offer a fun place for your kids to play while you work out?

Kids In Motion, our childcare program, is available for kids from 6 months to 11 years old. You can get your exercise with the peace of mind knowing your kids are in good hands, spending quality time with other children, and our qualified, passionate staff.

For only \$35 per month you can use kids in motion for up to two hours per day, every day of the week – without the difficulties of

scheduling a baby sitter. Invest time in yourself so you can give back to your children.

For more information about utilizing K.I.M., inquire at the front desk.



Fun in the Sun

Our facility can't hold all the activities we have for our members, so we're taking some classes outside.

Tuesdays Tabata Plus 6:00pm – 6:45pm with Julie starting July 12th

Wednesdays Tabata 6:45pm – 7:25pm moves outside on July 20th

Thursdays Tai Chi 7:00pm – 8:00pm with Chris registration required members free; \$42 for non-members

July 14 – August 18

It's a Wash

July 21st we're showing a little appreciation.

Got a car? Is it dirty? Let us wash it! We're having a member appreciation car wash from 9:00am-noon and 4:00pm-7:00pm on July 21st.

We want you to know about all of the resources available to you at THFC. This is not an exhaustive list, but you may not know that we offer the following services.

There are over 96 fitness classes that are included in your membership. No need to register.

Every member can have an assessment at the time of their enrollment and again every 3 to 6 months. Our fitness staff will also provide you with an equipment orientation that will get you started on a basic program.

The lap pool is open 103 hours per week for lap swimming with only 11.5 hours where group classes are taking place.

We have a registered dietitian on staff that can provide you with nutrition counseling.

If you are in the locker rooms and need a towel, or anything, pick up a phone. It will automatically call the front desk.

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Facility access inquiries:
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