



## **Message from the Tennis Department:**

### *July Tennis Newsletter*

Well, the summer tennis program is off and running here at 7Flags. We have many opportunities to get your kids involved and for yourself to sharpen up those tennis skills. Please email our Junior Director Marina McCollom at [mmccollom@7flags.com](mailto:mmccollom@7flags.com) for more information on junior clinics and lessons. If you want to set up some private or hitting lessons with our Tennis Director please email Tylor Schlader at [tschlader@7flags.com](mailto:tschlader@7flags.com).

Be looking for new information on our fall/winter junior and adult programs at the beginning of August. One new option coming this fall/winter is “Seasonal Court Reservations.” There will be two sessions available Sept – Dec and Jan – April. You can find a group of 4 or more friends and schedule a weekly court time. Pricing will be coming soon.

Enjoy this beautiful summer weather everyone!

## **Message from Lori Graff, RD LD (Grand Ave. Hy-Vee Dietitian):**

### **Exercise and Hydration**

Dehydration is counterproductive to enhancing athletic performance. Minor dehydration impairs concentration, coordination and reaction time; reduces stamina; and compromises the body’s ability to resist disease. Muscle dehydration of only 3% can cause about 10% loss of contractile strength and 8% loss of speed. In order to keep from becoming dehydrated, it is important to drink plenty of fluids (ideally water) before, during and after intense periods of exercise.

#### **Exercise Hydration Worksheet**

To calculate the range of fluid you need per day, use the formula below:

Weight in pounds  $\times$  0.5 = \_\_\_\_\_ oz/day (minimum amount)

Weight in pounds  $\times$  1.0 = \_\_\_\_\_ oz/day (maximum amount)

For example, a person weighing 140 pounds requires 70 to 140 ounces of fluid per day.

#### **Best fluid choices**

Cold water – The best rehydration fluid.

Gatorade or Hy-Vee Thunder – These sports drinks are helpful when your event or training **lasts longer than an hour** or when you are exercising in hot, humid weather. Sports drinks such as these provide carbohydrates and electrolytes to optimize performance during **intense** exercise.

Coconut Water – A natural refreshing beverage and a very high source of potassium. It is significantly sweeter than plain water and may cause fewer stomachaches and nausea than plain water. This product is best used as a refreshing post-exercise drink to replace the weight lost when exercising intensely for over an hour.



Nuun – An electrolyte tablet that contains no sugar or carbohydrates. Contains sodium, potassium, magnesium and calcium to maximize hydration and prevent cramping. Great product for long-distance runners and bikers who are using gels, bars or other food to manage their energy.

Lori Graff, RD LD

Grand Avenue Hy-Vee Dietitian

[lgraff@hy-vee.com](mailto:lgraff@hy-vee.com)

Talk to a Hy-Vee dietitian or go to [www.hy-vee.com](http://www.hy-vee.com) for more information. The information is not intended as medical advice. Please consult a medical professional for individual advice.

Lori Graff, RD LD

If you are like most, you are working out on a regular basis to make your muscles leaner, stronger and/or faster. Just as important as your exercise routine is food you use to fuel your body the other 22 hours of the day you are not at the gym. To help you meet your goals, 7 Flags Fitness & Racquet Club asked me to contribute an article to their monthly email to compliment your workout regimen. I look forward to being a member of your health team. Here's to leaner, stronger, faster muscles!

Lori Graff, RD LD

Grand Avenue Hy-Vee dietitian

[lgraff@hy-vee.com](mailto:lgraff@hy-vee.com)

### **Choose Chia for Health Benefits**

Need something to help curb your appetite? Or maybe looking for a way to help control blood sugars? You may want to consider the newest super food to hit the supermarket shelves, the chia seed. Best known for growing Chia Pets in clay pots, the chia seed has an impressive list of nutrients and health benefits.

This tiny seed is big when it comes to nutrition value. It's high in fiber, as a half-ounce contains 6 grams of fiber, the same amount of fiber found in three slices of whole wheat bread. The soluble fiber when combined with liquids forms a gel, which helps the body regulate how carbohydrates are digested and stabilize blood sugars. The soluble fiber also may have a role in controlling appetite and cholesterol. I have seen clients decrease their total cholesterol as much as 50 points after taking the chia seed for 4 months. Another bonus; it contains some of the highest amount of plant-based omega-3 fats.

What's even more amazing is how simple it is to eat chia seeds. No need to grind first, just sprinkle or stir and eat. Chia seeds have little flavor, making it easy to add to your favorite foods without changing the taste. Simply sprinkle one tablespoon on salads, yogurt, cereal, applesauce or smoothies. Or stir the seeds into a beverage such as juice right before meals to help control hunger and feel full longer.

### **Frosty Chia Protein Blast**

Ingredients:

1 scoop Chia seeds

2 scoops Designer Whey Vanilla protein powder

6 oz frozen OJ concentrate or 2 cups frozen berries

1 cup plain, fat-free Greek style yogurt

1 tsp pure vanilla extract

2 cups unsweetened vanilla almond milk

16 ice cubes



Add almond milk, frozen berries, yogurt, protein powder, chia seeds and ice to a blender. Blend until smooth.

Makes 4 servings (Can freeze leftovers and take out for other days)

1 ¼ cup

Per serving:

133 calories

3.5 g fat

10g carbs

10g protein

3g fiber

Lori Graff, RD LD

**Grand Avenue Hy-Vee Dietitian**

**making lives easier, healthier and happier**

## **Message from Swimming:**

### **Swim class for Infants, Pre-School Children, and Parents**

This class is designed for kids aged 6 months to 4 years old to help them become comfortable and have fun in the water. An older, responsible person (aged 15 or older) must be in the water with the child at all times. Instruction is individualized and emphasizes how the parent can teach their child the basics of adjusting to the water and pre-swimming skills. Taught by Erin Hefner, Water Safety Instructor.

Class size: minimum 5; maximum 10

Cost: \$20 per family, per session

Dates: Session 1 - June 14-24, 6:30-7:00pm (Sign up by June 10)

Session 2 - June 21-24, 6:30-7:00pm (sign up by June 17)

## **Message from the Kid's Gym:**

Hello from the 7 Flags Kid's Gym! I know that all of you are looking forward to a great summer! So am I. I'm looking forward to seeing all of the school children. Take advantage of a summer membership and enjoy the outdoor pool while the kids enjoy the Kid's Gym. It's the perfect summer setup. Can't wait to see you there.

Kid's Gym Manager

Maggie



## **Message from Massage:**

**Chair Massage Mondays:** Moved to **Tuesday, July 6, 6:00-8:00pm** and **Wednesday, July 7, 9:00-11:00am** for this month! 10 minutes just \$10! Don't forget to save a few minutes for a cool-down after your workout!

**Event Specials:** 10% off one hour or longer for ALL massages if you are registered for Dam to Dam, Clive Running Fest, Hy-Vee Triathlon, or Des Moines Marathon. **Erin is the official massage therapist for the Des Moines Marathon and will be giving FREE post-race massages at the race. Look for the yellow tent.**

**Schedule a Spa Day:** After a weekend of gardening, yard work, or sporting events, schedule a "spa day" to relax your mind and muscles. Not into sport massage or deep tissue? Try reflexology or aromatherapy. Erin combines her techniques to suit your preferences.

Don't forget **gift certificates!** Available at Front Desk.

### **How to get a deal on a massage:**

1. Get \$10 off your first massage with Erin.
2. Tell Erin if you are registered for one of "her" races.
3. Refer a friend and get 20% off!
4. Join the Rub Club – after 10 massages you get one FREE!

Contact Erin at 491-8721 or [PersonalBestMassage@q.com](mailto:PersonalBestMassage@q.com) to schedule your massage.

## **Message from Go Red For Women of Greater Des Moines:**

Go Red For Women of Greater Des Moines wants to give you a makeover!

### **The scoop:**

For the fourth consecutive year, the American Heart Association of Greater Des Moines is looking for local women to participate in an interactive, city-wide, heart health makeover challenge. We want women who have a desire to improve their lifestyles in order to live a more heart-healthy life. This year we are accepting individual **and** Mom/Daughter pair applications for this life-changing experience! The finalists will participate in the **Des Moines Go Red Makeover Challenge** and we will award the winner at **Des Moines Go Red For Women Luncheon** on Friday, September 24, 2010.

### **Details:**

The women selected as challengers will experience a 10-week heart health makeover to learn how to take care of their heart and their bodies. Each woman will have an initial



consultation and check-up with an MD/MLP associated with Iowa Health Des Moines, oversight by a registered dietician, a free 10-week membership to 7Flags, and a fitness evaluation with a personal trainer. They will work with various community partners for unique experiences (ever been rock climbing?!) and follow the American Heart Association's BetterU online makeover course designed to help today's busy woman embrace heart health.

Also, here's an opportunity to be a leader in the community. Encourage Central Iowa women to follow your lead and give their own hearts a makeover with the free, online BetterU program.

**When:**

**Challenger applications are due Monday, June 8**, and finalists will be notified by July 2.

The challenge will kick-off after the July 4<sup>th</sup> holiday and come to a close mid-September. The winner of this challenge will be announced at the **Des Moines Go Red for Women Luncheon** on Friday, September 24, 2010.

**Why:**

**Heart Disease is the No. 1 killer of women, but it is largely preventable if you know how to make the right lifestyle choices.**

About 1 in every 3 women dies of heart disease, stroke, and other cardiovascular diseases. As much as 80 percent of heart disease is preventable, yet 90 percent of women have one or more risk factor. Despite these staggering facts, only one in five women considers heart disease her greatest health threat. We have set out to change this perception and the statistics. The **Go Red Makeover Challenge** will not only encourage women to live a healthier lifestyle, it will raise awareness about the importance of heart health and how we can save our own lives as well as the lives of the women we love.

**How:**

Visit

<https://ahadesmoines.ejoinme.org/MyEvents/20102011DesMoinesIAGoRedLuncheon/OurEvent/tabid/199472/Default.aspx> to access the applications. If you have questions or

would like us to e-mail the application to you, call 515-246-4580 or e-mail

[Jennifer.Hopes@heart.org](mailto:Jennifer.Hopes@heart.org). It's that easy, but hurry, the deadline is Monday, June 8!

**Go Red for Women celebrates the energy, passion and power we have as women to band together to wipe out heart disease and stroke. It's time for a BetterU!**

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**Jayme George Sandberg**

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<http://www.facebook.com/home.php?#!/pages/American-Heart-Association-Central-Iowa/296251161817?ref=ts>



## FREE INJURY SCREENS

Mike Schinzel, PT will be staffing the Accelerated Rehab clinic at 7 Flags Fitness Center on Monday, Wednesday and Fridays from 8am – 5pm. Mike has 35 years of experience in physical therapy, treating a variety of musculoskeletal conditions, including athletic sprains, strains and overuse injuries.

Prevention and early intervention are keys to keeping you in the gym and maintaining your active and pain free lifestyle.

Please stop by the Accelerated Rehab Clinic for your complimentary injury screen (walk-ins are welcome). We are located on the SW side of the 7 Flags building, next to the pool. Together we will decide on the best management for your injury, including aquatic therapy. We are here to serve your physical therapy needs, whether it is a minor injury, or more serious surgical problems including back or neck injuries.

You can contact our clinic at 515-331-0986 or email me at

[mschinzel@acceleratedrehab.com](mailto:mschinzel@acceleratedrehab.com)

### Message from Special Programs:

#### **BADMINTON NOW Offered at 7 Flags**

**Come join in or learn how to play Badminton Monday 7 p.m. – 9 p.m.**

**Friday 6 p.m.-9 p.m.**

**Saturday and Sunday 4**

**p.m.-7 p.m.**

**Badminton is a racquet sport played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite**



halves of a rectangular court that is divided by a net. Players score points by striking a shuttlecock with their racquet so that it passes over the net and lands in their opponents' half of the court. A rally ends once the shuttlecock has struck the ground, and each side may only strike the shuttlecock once before it passes over the net.

The shuttlecock (or shuttle) is a feathered projectile whose unique aerodynamic properties cause it to fly differently from the balls used in most racquet sports; in particular, the feathers create much higher drag, causing the shuttlecock to decelerate more rapidly than a ball. Shuttlecocks have a much higher top speed, when compared to other racquet sports. Because shuttlecock flight is affected by wind, competitive badminton is played indoors. Badminton is also played outdoors as a casual recreational activity, often as a garden or beach game.

Since 1992, badminton has been an Olympic sport with five events: men's and women's singles, men's and women's doubles, and mixed doubles, in which each pair consists of a man and a woman. At high levels of play, the sport demands excellent fitness: players require aerobic stamina, agility, strength, speed and precision. It is also a technical sport, requiring good motor coordination and the development of sophisticated racquet movements

Useful Links

World Badminton : <http://www.worldbadminton.com/>

BADMINTON FACTS : <http://www.worldbadminton.com/badfacts.htm>

USA Badminton: <http://usabadminton.org/>

Badminton Rules: <http://www.badminton.org/badminton-rules.html>

Buy Badminton Stuffs: <http://www.badmintonavenue.com/?Click=4343>

How to play badminton? Here are the Youtube

Videos: <http://www.youtube.com/watch?v=18QVPZgij8w>

<http://www.youtube.com/watch?v=SuRCfLeIM6M>

<http://www.youtube.com/watch?v=hnw89edmxX4>

<http://www.youtube.com/watch?v=VhUDaIRURz8>

<http://www.youtube.com/watch?v=kckhFNEzrW0>

<http://www.youtube.com/watch?v=BMT6EQtJkGs>

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