



Message from Frank Santana:

Don't sweat the small stuff and its all small stuff isn't it? Sometimes we get caught up in stirring damaging emotions that disturb our state of mind and ravages our psychological and bodily well being. Anger, hate, jealousy, envy and meanness are all destructive emotions and behaviors and these emotions and behaviors play an integral part in our overall health dynamics. The attitude we embrace every day can impact our longevity. People with an overall positive outlook on things generally live an extra 7 to 10 years. Do you need any other reason to exam your angle of vision on things? Small people get upset over small stuff! The Greeks had it right from the beginning; self examination and self improvement should be our foremost priorities, know thyself, improve thyself.

In the month of May we celebrate one of the most sacred holidays of the year, "Mother's Day". This year make it a month's worth of thanking your mom everyday for everything she did to get you where you are today. We have so much to be thankful for, but it really starts with dear old Mom!! In furtherance of our celebration of Moms during the month of May, every Mom can join 7Flags Health & Fitness with a special price and when they do, we will throw in a therapeutic half hour massage or a personal training "kickstart" just to say "Thanks Mom!"

Do you know gym workout etiquette? In the next few newsletters we will cover some of the most important gym etiquette rules.

1. Always put away any free weights used back on the appropriate weight rack.
2. Never take equipment from one room to another unless you intend to return the equipment to its proper place.
3. Always wear appropriate attire including gym shoes.
4. You should always wear foot attire in the locker/shower/pool/sauna/whirlpool areas.

FYI: Our members should know that we have changed our family/child add on policy so you can add your children to your membership up till the age of 26!

Message from the Tennis Department:

All the pros and tennis staff want to thank our tennis members for the most successful winter season we have had here at 7Flags. Your continued support and participation in our leagues, clinics, and lessons have brought success! Now let's continue this through the spring and summer months!

Spring and summer clinics and leagues are posted online on our website www.7flagstennis.com and up around the tennis facility. Please call the tennis gallery at 278-8888 ext 747 to sign up or for more information. Check out our specials on junior clinics when you participate in Friday afternoon match play! Email Marina McCollom at mmccollom@7flags.com to sign up!



Our “Mother’s Day” special is purchase 10 private lessons (at the price of \$55) and receive 2 lessons for FREE. That is a \$110 savings!! Email Tylor Schlader at tschlader@7flags.com if you are a mother. Special runs through the month of May!

Message from Personal Training:

Free Weights vs Machines: Which is a better choice?

By Reid Jansonius
7 Flags Personal Trainer

Most people who make it to the gym on a consistent basis understand that weight training is an important part of just about any fitness program.

But that’s often where the confusion starts. Most people want to know the most effective, most efficient way to achieve their fitness goal – free weights or weight machines? If you’ve ever been pushing away on a leg press machine and wondered if you would be better off doing something different, listen up.

The short answer is this: generally speaking, free weights are superior to weight machines for most people.

That isn’t to say that machines don’t have their advantages. First, they have a very low intimidation factor. It isn’t hard to figure out how to use a machine, and selecting an appropriate weight is as easy as moving the pin around. From there, you just guide the machine through its range of motion to target the muscle you want to hit.

Second, they’re safe. There is very little risk of injuring yourself with a machine, since it is impossible to deviate from the set range of motion provided. However, it is still possible to develop overuse injuries, and even likely if you do the same machine every day you work out.

Third, they can be useful when recovering from an injury that has left one or more particular muscles extremely weak, since machines make it very easy to directly target a specific muscle.

But the “advantage” of only targeting a single muscle is more of a disadvantage for many people. The leg extension machine might do a good job of working your quadriceps, but it largely ignores your hamstrings, glutes, and core – all of these muscles are designed to work in synergy and if one of them becomes particularly stronger, it is unlikely to improve your fitness or daily function as a whole.



Free weights, on the other hand, build that functional strength, since they require you to stabilize not only the weight, but also maintain balance and coordination. This is going to engage a great many more muscles than a machine would, which is a good thing no matter what your fitness goal is.

In short, a properly executed free weight movement is superior to a similar machine movement in nearly every way.

The problem, of course, is being you are using proper technique to maximize the effectiveness of the movement while avoiding injury.

7 Flags personal trainers are certified experts who can put you on appropriate resistance training regimen and ensure you are maximizing your results while avoiding injury. It's their mission to educate, inform and stimulate you to reach your goals and improve your health in a safe and timely manner.

Set up a consultation today!

Message from Special Programs:

The Truth About Strength Training

Learn how just a few resistance exercises can lead to big improvements

By [Abigail L. Cuffey](#) Posted April 07, 2010 from [WomansDay.com](#)

Don't fear the dumbbells—strength training is not only beneficial for women, it's essential. As women age, they naturally lose muscle that's important for overall body functioning, says Polly de Mille, a clinical exercise physiologist and administrative director of the Women's Sports Medicine Center at the Hospital for Special Surgery in New York City. Incorporating strength training—which means using some sort of resistance to get stronger—into your weekly routine will replace this necessary muscle. And don't worry: Contrary to popular belief, you won't end up looking like Mr. T!

Not sure it's for you? Think again. Here are the full-body health benefits:

1. Bone density

Weight-bearing exercise is the way to go in order to build strong bones and avoid fractures, says Felicia Cosman, MD, president of the National Osteoporosis Foundation.

2. Brain function

In a recent study of women ages 65 to 75, those who did just an hour or two of strength



training exercises each week—using dumbbells and weight machines—had improved cognitive function a year later.

3. Self-esteem

Research has shown that women who strength-train were found to have increased confidence and self-esteem soon after, says De Mille.

4. Metabolism

As you get older, especially after the age of 30, you lose half a pound of muscle mass each year. That translates to a .5 reduction in basal metabolic rate, which means you're burning fewer calories even at rest.

5. Overall strength

Strength training will make everyday activities (such as lifting a heavy bag of groceries) much easier, says Jay Cardiello, a certified trainer in New York City.

Unfortunately, many women steer away from strength training because of common misconceptions. Here's the truth:

1. It will *not* bulk you up like those bodybuilders you see on TV. According to De Mille, women don't have the hormonal capacity to naturally get that big.
2. It will make you look smaller, not larger. A pound of fat is about the size of a softball, but a pound of muscle is only as big as a baseball. The more fat you replace with lean muscle, the slimmer you'll appear.
3. It doesn't have to involve heavy weights. Your muscles can't tell where the weight is coming from, so using other items like resistance bands, medicine balls or even your own body weight can be just as effective.

If you belong to a gym, consider scheduling an appointment with a trainer so that you can learn the proper form for free weights and machines, or take a group exercise class where guided instruction is offered. Start by training only once a week, and then build up to the recommended two to three times per week. Don't overdo it; your muscles need at least one day of rest between workouts. If you're an at-home exerciser, try these other options:

Convinced yet? Good. We WELCOME YOU!!!! to LEARN MORE ABOUT our New Programs. Exclusively only at 7 FLAGS NEW April 12th: ADVANCED 20/20 program. Results posted Monday from just 1 of the women in our program lost 9 inches! Amazing in two-weeks. We believe in intense education on the Diamond Core muscles – to maximize your smaller muscles – understand how to penetrate the smaller muscles groups. Increase oxygen to generate blood flow and increase your metabolism – result burn fat –tone and tighten difficult areas. Programs available for MEN!!! Core Strength Training. Seniors... YOUTH. WE believe Health is Wealth and it is a family affair.



Adults should do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity each week.

From the National Heart Lung and Blood Institute: NHLBIHIC@air.org

Your cholesterol levels are affected by some factors that you cannot control, such as your age, sex, and your heredity (if high blood cholesterol runs in your family). However, there are many factors that influence your blood cholesterol levels that you can control. These include what you eat, how much you weigh, and how physically active you are.

The TLC (Therapeutic Lifestyle Changes) Program is a three-part program that uses diet, physical activity and weight management to help you reduce high blood cholesterol. Even if you need to take a cholesterol-lowering medication, following the TLC program will assure that you take the lowest necessary dose.

The main parts of the TLC are:

- **Weight management:** Lose weight if you are overweight, which can help lower LDL cholesterol.
- **Physical activity:** Regular [physical activity](#) is recommended for everyone. It can help raise HDL levels and lower LDL levels. It is especially important for individuals with raised triglyceride and/or reduced HDL levels who are overweight with a large waist measurement. For major health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity or 75 minutes (1 hour and 15 minutes) of vigorous-intensity aerobic activity each week.
- **The TLC Diet** recommends that you limit consumption of foods that are high in saturated fat, *trans* fat, and cholesterol. Saturated fat is found in foods such as high-fat meat, cheese, milk, and butter. *Trans* fat is found in foods such as vegetable shortening, stick margarine, fried foods, and baked products like cookies, crackers, pies, and pastries.

*By: Holly Lewis
Your Goals are our Goals*

Message from Massage:

May Massage Madness!

You've heard of March Madness – now it's time for May Massage Madness with special deals and seminars for you!

Couples Massage Seminar Friday, May 14, 7:00-9:00pm: Learn how to address common complaints such as shoulders, back, headaches, hands & feet as well as a basic routine for a relaxing massage. Everyone remains clothed with the emphasis on



relaxation and relieving aches & pains. This 2-hour seminar costs **\$50 per couple** and includes all materials. Please pay at the Front Desk by **May 10. Minimum 3 couples.** **You must sign up in advance!** For more information, contact Erin at 491-8721 or PersonalBestMassage@q.com.

Buy a massage, get another half-price! Purchase any massage one hour or longer during the month of May and you will get another of equal value for ***half price!*** Good on gift certificates.

Don't forget gift certificates for Mother's Day, graduation, weddings, showers!
Available at the Front Desk!

Chair Massage Mondays: May 3rd, 9-11am and 6-8pm.
10 minutes just \$10! Don't forget to save \$10 and a few minutes for a cool-down after your workout! Stretching also available.