

# BERTHOUD Athletic Club

## NEWSLETTER

Monthly Features •  
Workout Tips •  
Healthy Recipes •  
Family • Fitness • Fun!

ISSUE 20 • WINTER 2008

### EXERCISE TIP OF THE MONTH:

*Cardio Workout...  
Ramp it up, recover, repeat!*

Our cardio interval program was designed by Stacy Hepp, one of BAC's great personal trainers. This short workout includes speed and incline changes to blast away the calories!



#### The Workout:

- 5 minutes: RPE 3-4: Warm Up
- 2 min: RPE of 5: Increase speed and/or incline from warm-up to slightly higher than comfortable pace
- 2 min: RPE from 5-6: Increase the incline 1% every 15 seconds
- 2 min: RPE from 6-5: Decrease incline 1% every 15 seconds
- 1 min: RPE: 8 Increase speed to fast walk or run
- 2 min: RPE: 5 Decrease speed to recover back to a medium intensity
- 2 min: RPE: 5-7: Increase incline 1% every 15 seconds
- 2 min: RPE 7-5: Decrease incline 1% every 15 seconds
- 1 min: RPE 8: Increase incline 5-10%, work as hard as you can (don't kill yourself!)
- 2 min: RPE 5: Decrease incline to 0% to recover back to medium intensity
- 5 min: RPE 3: Cool down by walking at a comfortable pace

**Total Workout Time: 26 minutes**

- This workout is a sample only—modify according to your fitness level. If you want to go longer feel free to do so. If you can only go for 5 minutes, again, feel free to do so and work your way up.
- The RPE's (Rate of Perceived Exertion) are to help you keep track of your intensity on a scale of 1–10. In this workout stay around 5-6 RPE. During high intensity intervals (lasting about 1 minute) you should be working hard-8 RPE.
- If you don't feel completely recovered at the end of the discovery periods extend them as long as you need to.
- See your doctor before you begin any workout program.

This workout works well on a treadmill or elliptical machine as well as outside. To do this workout outside simply alternate speed walking, running, or hills for 1 minute with 2 minutes of slow walking to recover.

*GOOD LUCK and  
enjoy your workout!*

### A NEW FACE AT BAC...

#### PERSONAL TRAINER, ERIK SCHNACKENBERG

Erik, a personal trainer for 6 years, enjoys motivating his clients to attain their highest fitness level. He provides comprehensive weight training, nutrition, and cardio training programs. Erik, a 1st degree black belt in



Tae Kwon Do who is working towards his 2nd degree, is a volunteer instructor and student of Aikido. He also enjoys: professional motorcycle road racing, snowboarding, guitar, running, weight training, mountain biking, water skiing, rock climbing, hiking, and camping. Erik resides in Berthoud with his 2 children and works as a residential mortgage broker.

### UP-AND-COMING EVENTS

#### ABDOMINAL & PELVIC FLOOR BOOT CAMP

A 4-week class for women begins:  
February 21 • Thursdays at 7pm  
March 4 • Tuesdays at Noon  
Look for details in this issue. Limited space...Reserve your spot today!

#### INTEGRATED BOXING PROGRAM for Adults and Teens

This non-contact, 6-week cardio program begins March 3. Register now!

#### BUDOKON: Way of the Spiritual Warrior

A 6-week program drawing upon ancient and modern yogic and martial arts, promoting strength, agility, flexibility and a Zen mind. Call for details!

*"Motivation is what gets you started. Habit is what keeps you going."* —Jim Ryun

*New!*  
KEYCARDS

### EXPANDED HOURS and KEYCARD Entry System

To better serve our BAC clients!

#### KEY CARD HOURS:

(THROUGH NORTH ENTRANCE DOOR)\*

Mon–Fri: 5:00am–9:00pm

Sat: 7:00am–5:00pm

Sun: 1:00pm–5:00pm

\*Scan card as you enter AND exit building

#### STAFFED HOURS:

(THROUGH EAST MAIN ENTRANCE)

Mon–Thurs: 7:00am–1:30pm, 4:30–6:30pm

Fri: 7:00am–1:30pm

Sat: 8:00am–10:30am

Keycards are NOW available—for a \$10 refundable deposit. **More BAC, more fun!**

**THE ERIC & CINDY BERG FAMILY**

The entire Berg family is always on the go, but Yoga at the Berthoud Athletic Club gives hard-working parents Eric and Cindy Berg a chance to slow down for least an hour every Saturday morning.

Eric, an environmental consultant, and Cindy, a high school teacher, have been BAC members from the club's beginning. They visit BAC at few times each week, both with the intention to stay in shape, maintain their current healthy lifestyles, and, as Cindy puts it, "Just keep doing it!"

Cindy likes the motivating factor of working out with other people, and enjoys the variety of BAC's Wednesday and Saturday

Yoga classes. Eric has been doing Yoga for years (sometimes as the only male in the studio), but he also spends time in BAC's cardio area and weight room.

Along with their daughters, 16-year-old Britta and 19-year-old Hally, the Bergs' favorite family activities are hiking, cross country skiing, canoeing and mountain biking. With such active parents setting an example, it isn't surprising that Britta participates in high school sports and Hally participates in Yoga at CSU. For the Bergs of Berthoud, fitness is a family affair.



**There's always something happening at BAC...**

Drop-in childcare!

Mon-Fri  
9am-10:30am

mon	7:30am 9:15am 4:00pm	Cardio Circuit Training Ball Strength Training Karate (Youth/Adult)	5:00pm 5:30pm 6:00pm	Karate (Tigers) Indoor Cycling IBP Boxing
tues	6:00am 7:30am 9:15am	Ball Strength Beg/Int Spinning Yoga	4:00pm 6:00pm	Jumprope Step Aerobics
wed	5:45am 7:30am 9:15am 2:30pm	Indoor Cycling Cardio Circuit Training Indoor Cycling Karate (Tigers)	3:00pm 4:00pm 4:30pm 6:00pm	Karate (Youth/Adult) Karate (Dragons) Jumprope (Competition) Yoga
thurs	7:30am 9:15am	Beg/Int Spinning Pilates on the Ball	5:15pm	Ball Strength Training
fri	6:00am 7:30am	Indoor Cycling Cardio Weight Training	9:15am 6:00pm	Cardio Weight Training IBP Boxing
sat	9:00am	Yoga		

Visit [www.bacinfo.com](http://www.bacinfo.com) for class descriptions and updates!

**Abdominal & Pelvic Floor**



**Caroline C. Creager**  
Core Strength &  
Incontinence Specialist

**Topics include:**

- flattening your abs • exercise • incontinence • constipation • pelvic floor weights • scar tissue massage • proper posture • lifting mechanics • AND MORE!

Strengthen your abdomen, back, and pelvic floor in 10 minutes or less a day! Space is limited.

**Reserve your spot today!**  
**CALL 970.532.CLUB**

For all 2008 Boot Camps, visit [www.bacinfo.com](http://www.bacinfo.com).

**Recipe of the Month**

From BAC personal trainer, Tracy Olson, BS, ACSM

**BANANA CHOCOLATE CHIP MUFFINS** Makes 4 Servings

**METHOD:**

- Line 12 muffin cups with paper liners or spray with nonstick cooking spray.
- Combine the all-purpose flour, whole wheat flour, brown sugar, baking powder and baking soda in a bowl and mix well.
- Combine the bananas, yogurt, egg, egg white and canola oil in a bowl and mix well. Add to the flour mixture, stirring just until moistened. Fold in the chocolate chips.
- Fill the muffin cups 2/3 full. Bake at 375 degrees for 20-25 min. or until a wooden pick inserted in center comes out clean. Remove to a wire rack.

Tip: The use of miniature chocolate chips is a great way to include chocolate in your recipes. Because they are small, the chocolate chips disperse well in batters. For most recipes, you can cut the amount of chocolate chips by half and still enjoy that rich chocolate flavor.

1 muffin=185 calories, 4g protein, 31g carbs, 6g fat, 3 g fiber (made w/all ww flour)



**INGREDIENTS:**

- 1 cup all-purpose flour (I use whole wheat pastry flour here, too)
- 3/4 cup whole wheat pastry flour
- 1/3 cup packed brown sugar (I don't pack)
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 cup mashed bananas (about 2)
- 1/2 cup plain fat-free yogurt (I use 2/3 cup or they are dry using all ww flour)
- 1 egg
- 1 egg white
- 2 tablespoons canola oil
- 1/2 cup miniature chocolate chips

**DRUGS can contribute to WEIGHT GAIN**

**HAVE YOU BEEN GAINING WEIGHT EVEN THOUGH YOU'RE EXERCISING MORE AND EATING LESS?**

*If so, you may want to review each medication you've been taking with your physician to ascertain whether or not they could be the culprit to your weight gain. Check the list below for common contributors to waist-band snugness: antihistamines, antidepressants, birth control pills, sleep aids, migraine medication, and steroids.*