

Club News



SPECIAL POINTS OF INTEREST:

- NEW CCC OUTDOOR TREKKING CLUB
- KID'S FIT CAMP, PEE WEE SPORTS & GYMNASTICS
- HOURS OF HOLIDAY OPERATIONS
- DO THIS IN YOUR 40S. DIE 10 YEARS EARLY?
- DIET VS. EXERCISE WHICH IS CHAMP?
- HOLIDAY SEASON

Holiday Hours Of Operations

December 24th 5:00AM
-1:00PM

December 25th Club
Closed

December 31st 5:00AM
-1:00PM

January 1st 9:00AM-
4:00PM

*Days Not Listed
Above Will Remain
Unchanged (Regular
Hours
of Operations).

Be Your Own Cause!

Columbia Court Club

* NEW* CCC OUTDOOR TREKKING CLUB

Do you want to get out of the house and do some hikes? Do you know where to go and do you have a partner? We have the perfect answer if you're not already doing this, it's CCC's outdoor trekking club.

With the help and trekking knowledge/experience of Adrian Thompson and his father Nathan Thompson, who's also a scout master for local Troop 654 and a superb dutch oven chef, more on this item later, we've put together our first outing. Saturday January 9th, weather permitting, we'll all meet at the Club at 10:00AM. We're going to car pool out to the Lewis and Clark trail which runs along the Columbia River and hike a 5-mile section from McNary Park to Hat Rock and then back (10-miles total). When we reach Hat Rock, Nathan

will have a dutch oven meal ready for us, trust me you're not going to want to miss this treat, it's like eating a gourmet meal in the wilderness!

We plan on organizing a monthly outing and this one is an easy, beautiful hike that anyone can do and it's local. A few months down the road and the Trekking Club will hike the upper Umatilla River area and possibly plan a trip to the Eagle Cap area of the Walhalla Mountains as well. You might want to train for these hikes cause they'll be more challenging however, the rewards of beautiful scenery with a sense of accomplishment that most certainly make the effort worth it.

If you're interested in the January 9th Lewis & Clark Trail hike you'll need to register at

out service desk by Jan., 6th. The cost will be only \$5.00/person for Club members and \$10.00/person for non-Club members. So bring the family or just yourself and get hours of fun, some exercise and a great lunch for less than the price of a movie ticket!

Things you'll need if you join us: small day pack, warm jacket, some granola bars or trail mix, bottle/canteen water, also, trekking poles and binoculars if you choose.



KID'S FIT CAMP PEE WEE SPORTS & GYMNASTICS

Kids Fit Camp: The camp is a 55-minute class designed for ages 7-12 years old. They'll work on a variety of fitness related skills and will learn the importance of being physically active, make wise food choices and develop healthy eating habits in a kid friendly atmosphere. Participants must have the appropriate attire to attend the class, (gym/tennis shoes

and shorts). Children will be sent to the day care if they come to class without the appropriate exercise attire so please send them ready to exercise and have fun. Classes are offered on Tuesday and Thursday's at 5:30PM. Parents must sign their children in at the service desk prior to class. Non family memberships are just

\$4.00 child/class. Club members with family memberships include this class at no extra charge.

Pee Wee Sports & Gymnastics: These two very popular classes are held here at the Club but, registration is through the City of Hermiston, more info is at our service desk or call Gina @ 667-5018

DIET VS. EXERCISE: WHICH IS THE CHAMP?

Great news! You don't have to starve yourself to get that perfect, fat-free frame. In fact, you shouldn't. Because even if you lose weight through dieting alone, your body won't burn fat any easier. To rev-up your fat-burning engines, focus less on how often you empty your plate and more on how often you fill your walking, aerobic, racquetball or basketball shoes.

Fat Burning and More! When a group of sedentary and over-weight older adults recently tested three weight loss systems; exercise only, (mostly walking, treadmill

and elliptical etc.), diet only and exercise plus diet, there was no question about the results. When it came to fat burning, the exercise plus diet won hands down over those who simply watched what they ate. The bodies of the people who exercised, used more fat to fuel their activity.

A little Goes a Long Way! Just 30-minutes of daily aerobic activity gives you a host of healthy benefits besides extra fat burning, including more disease protection and a reduction in stress level.

Exercise regularly and expend at least

3,500 calories of energy a week, can make your real age 3.4 years younger.



"We are the answer to many of the things that ail our community, such as stress, depression, anxiety, obesity, eating disorders, heart disease, cancer and diabetes!"

DO THIS IN YOUR 40'S. DIE 10 YEARS EARLY?

Men who are in their 40s and smoke, have a high blood pressure and elevated cholesterol will likely die 10-years earlier than their healthier friends, according to a large study of 19,000 men over a 38-year period from researchers at the University of Oxford in England.

The study: The BBC News reports that the team led by Dr. Robert Clarke, analyzed data on more than 19,000 British civil servants ages 40 to 69 from 1967 to 1970 and then followed what happened to them 38-years later. In addition to completing a questionnaire about their medical history, smoking habits, employment level and marital status, participants had their height, weight, blood pressure, lung

function, cholesterol and blood glucose levels measured. Of this group, 42 percent smoked, 39 percent had high blood pressure and 51 percent had high cholesterol. When the study ended in 2005, 13,501 of the men had died.

The results are startling: Men who had these three main cardiovascular risk factors—smoking, hypertension and high cholesterol—had a 10-year shorter life span from 50 years of age.

It gets worse. When all the risk factors are added up to the mix, including obesity, type-2 diabetes and employment grade, there was a 15-year life expectancy difference between the 5 percent of men who had the highest number of risk factors and the 5

percent who had the lowest number of risk factors.

"This important study puts a figure on the life-limiting effects of smoking, high blood pressure and high cholesterol." Peter Weissberg, medical director at the British Heart Foundation, told the BBC. "It provided a stark illustration of how these risk factors in middle-age can reduce life expectancy. The good news is that all of us can make changes to help us live a healthy life for a longer period, even after 50. After all, it could make a decade of difference."

The study findings have been published in the British Medical Journal. *From the Editors at Netscape



HOLIDAY SEASON

We'd like to take this opportunity to extend a sincere wish to our beloved members' for a safe and wonderful holiday season. We feel blessed to have such great, committed members' and terrific staff too!

We couldn't ask for anything more. . .from our family to you, Happy Holidays!

WE BELIEVE IN YOU

33

The percentage of Americans who list weight as one of the top health concerns.