



CLUB NEWS

Special points of interest:

- Party Hearty Zumbathon
- Oregon Food Bank
- Racquetball Cutthroat Challenge
- Getting the right amount of iron

Getting The Right Amount of Iron

About 20% of women, 50% of pregnant women, and 3% of men do not have enough iron in their body. Without iron, the blood cannot carry oxygen effectively. Without enough oxygen, the body cannot function normally.

Iron is considered an essential mineral because it is needed to make the oxygen-carrying proteins found in red blood cells and muscles. The human body stores some iron to replace any that is lost. However, low iron levels over a long period of time can lead to iron deficiency anemia—typical symptoms are lack of energy, shortness of breath, headache, irritability, dizziness and unintended weight loss.

Those at risk for low iron levels include:

Women who are menstruating, especially if they have heavy periods.

Women who are pregnant or who have just had a

baby.

Long-distance runners.

Strict vegetarians.

People who frequently donate blood.

People with any type of bleeding in the intestines (for example, a bleeding



ulcer).

People with gastrointestinal conditions that make it hard to absorb nutrients from food.

Prevention

Use the following chart (from the Food and Drug Nutrition Board at the Institute of Medicine) to find out how much iron you

should be getting as part of a healthy diet:

Infants/Children;

Younger than 6-months: 0.27mg/day

7-months to 1-year: 11mg/day

1 to 3 years: 7mg/day

4 to 8 years: 10mg/day

Males

9 to 13 years: 8mg/day

14 to 18 years: 11mg/day

Age 19 and older: 8mg/day

Females

9 to 13 years: 8mg/day

14 to 18 years: 15mg/day

19 to 50 years: 18mg/day

51 and older: 8mg/day

Note; Women who are pregnant or producing breast milk may need different amounts of iron. Ask your health care provider what is appropriate for you.

*Article from Interactive Health 2010

“Be your Own Cause”

Party Hearty Zumbathon

“Feel The Beat”

On Saturday February 19th from 10:30 to 1PM the Club will host a fund raiser event with all donations going to the *American Heart Association*. Wearing red is encouraged since it's an American Heart Association fundraiser. There will be a minimum donation accepted of \$10.00/person and non-members are invited as well. So invite your friends and family to attend. We'll be in our super big gym so space



will not be an issue....and the more who join us the more energy generated in the room, you won't want to miss this event it will be a signature salsa, Latin infused "Feel The Beat" authentic Zumbathon! Offered only at CCC Saturday February 19th, starting at 10:30AM (bring extra water).

CCC Is The Place To Be!!

“The only way of finding the limits of the possible is by going beyond them into the impossible.”
Arthur C. Clarke

Oregon Food Bank

This year CCC is working with the Two Rivers Correctional Institution on the 2011 Governor's State Employees Food Drive. If you're a State employee and have been looking for a site to donate, we can help. And,

if your not a State employee but want to help out with this very worthy cause you too can simply put pocket change in the jar or bring in some canned goods for the drum. There are many families

in need this year across the State and we hope you take a moment with us, to be thankful for our individual blessings and to donate something to this most worthy cause. Thank You,
Team CCC!

Saturday Cutthroat Racquetball Challenge February 5th

This Saturday, February 5th, all racquetball players who are interested, we'll hold our first Cutthroat Racquetball Challenge starting at

8:30AM to 11:00AM. Come prepared to play at least two games of cutthroat and bring extra water! We'll find out who's the top 1st, 2nd

and 3rd place Dawg in the house. Games will be to 15-points with alternating serves. See you there!