

## CLUB NEWS

SEPTEMBER 2011

**THE MOST IMPORTANT CHOLESTEROL READING YOU'RE NOT GETTING****CCC**

- Locally Owned & Operated since 1978
- Certified Instructors
- Complete Fitness Testing, Counseling, Programming, and Lifestyle Diet/ Instruction
- 4-Racquetball Courts
- Indoor Pool and Spa
- Indoor Running Track
- NCAA Basketball Court
- 3-Weightrooms
- Child Care
- Staffed During "ALL" Hours of Operations to Provide a Superior, Safe Facility
- Saunas in Each Locker Room

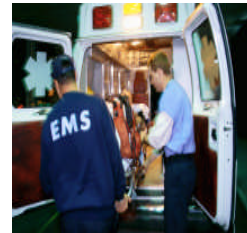
Tours Anytime!

There's a paradox that has long puzzled doctors: Roughly half the people who have heart attacks have perfectly normal cholesterol levels. I had a patient once whose total cholesterol was just 145—well below the 22 threshold above which doctors recommend treatment. And yet he had suffered two heart attacks by the age of forty-eight. Another patient had cholesterol above 300.

But at the age of seventy, she had no plaque in her coronary arteries. How could this be?

Doctors now have at least a partial explanation. While we've all been obsessed with our total cholesterol numbers, it turns out that the size of those cholesterol particles is easily likely to damage. If they're very small, they're like little darts that easily pierce the arterial lining and de-

posit plaque. If they're large, they bounce off harmlessly, like beach balls.

**LABOR DAY SEPTEMBER 5TH**

The Club will be open Labor Day from 9:00am to 4:00pm. It will be a family day all day! No classes or day care will be offered. Bring the family, shoot some hoops, swim, or just soak in the spa. We look forward to seeing you!

