

May / June 2017



Manager's Corner

The youth of today are faced with higher academic, technological, and even physical expectations than any preceding generation. Their time is valuable and focused. Their future involves careful planning and management by parents, guardians, and mentors.

At MAC, we are proud to offer the Parisi Speed School. The PSS enhances athletic development and provides a positive environment to learn goal setting and achievement that starts with athletics but applies to all endeavors in life.

The athletes of today compete very intensely. Many sports require year-round commitment is sport specific skills. However, most kids fail to maintain a proper muscle balance or corresponding high level of fitness that is absolutely necessary for injury prevention.

The Parisi coaching staff at MAC has been committed to the professional

development of young athletes for many years. Our coaches teach the techniques of speed, change of direction, safe deceleration, and most of all, the character of maturing as an athlete.

Over the past 10 years of Parisi Speed School at MAC, we are very proud to say we have mentored hundreds of young athletes to achieve their goals.

Over 50 of our athletes from around southeast Texas have reached their goals of participating in their sports past the high school level. Men and Women from PSS at MAC are now playing at all levels of college, some contributing in their first year, competing on a professional level, and even meeting physical requirements of our nations military academies.

If you have a family member with a goal in mind, looking to avoid or overcome an injury, or simply looking to learn the skills of speed, check out our Parisi Speed School. The summer is a great time to start the process through our camps, small groups, or individual sessions. Please ask for Coach Chris or our Fitness Director, Jeff.

Have a Great Month!

— Dave Cardone

MAC for Women

Come join us for Pilates Day, Saturday, May 6th.

We will have small group Reformer classes for 30 minute sessions throughout the day. Classes will include: Athletic Conditioning, Basic Reformer, and Cardio Pilates. We will also be offering free postural analysis. Space is limited so make sure to sign-up at the front desk. We will also have a raffle for a 4 pack month of Pilates classes for anyone bringing a guest. Men are welcome at this event in the Pilates Studio.

What is Pilates? Smooth, controlled movement with concentration and breathing. challenging to the entire body with special attention to the core.

Saturday, May 20th is Girls Get Fit Day at Mac for Women, ages 13-18. We are asking current Mac teen members to bring a friend to any of our classes that day and we will also have specialty programming from 11:30 AM-3:00 PM including information on Myzone, Nutrition, and Teen Fit, along with specialty classes - TRX combo and Aerial Yoga.



"A club committed to its members"™

14690 Memorial Drive
Houston, Texas 77079
281.497.7570

www.fitmac.com



14633 Memorial Drive
Houston, Texas 77079
281.558.6691

www.fitmac.com

National Water Safety Month



May is National Water Safety Month!!!! In recognition of the popularity of swimming and other water-related recreational activities in the United States, and the resulting need for ongoing public education on safer water practices, the month of May is National Water Safety Month!

Do you part. Talk with your children about swimming safely around pools, rivers and lakes. For more information, check out <http://www.nationalwatersafetymonth.org>.

Benefits of Stretching

The American College of Sports Medicine recommends stretching each of the major muscle groups at least two times a week for 60 seconds per exercise. There are a lot of you that would like to skip this portion of your workout but it really is one of the most essential parts of a daily workout routine.

There are many benefits to stretching including increased flexibility and joint range of motion. It can also improve circulation and helps with posture. When you stretch your muscles you also increase blood flow to the muscle and tissues which improves your circulation, prevents injury and helps with muscle recovery.

Without stretching, the muscle shortens and becomes tight over time and when you go to work out, the muscles are weak and unable to extend and contract in the same way it should. This, in turn puts you at risk for chronic joint pain and muscle strain. Regular stretching can help keep your hips and hamstrings flexible, strong and healthy so that we can maintain an active range of motion in the joints.

Stretching is a commitment. Your flexibility will not come back instantly, it is something that you need to work on and make a part of your routine. It takes time for your muscles to get tight so you need to plan on just as much time to make them flexible again and you have to continue working on it to maintain it.

Here are some tips to help you with your stretching routine.

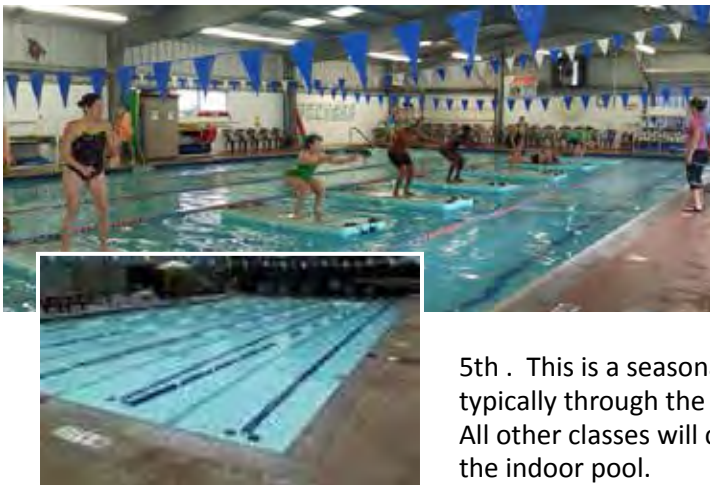
Make sure that your muscles are warm before you begin. Some research suggests that pre workout stretching may decrease performance. You want to warm up the muscle prior to working out to prepare your body for the upcoming activity. Then concentrate on stretching after your workout when your muscles are already warm and more pliable.

Focus your stretching to major muscle groups first. You would want to start with the calves, thighs, hips and lower back before moving on to the neck and shoulders. Make sure that you stretch on both sides of the body and that you stretch in a smooth fluid movement. Hold each stretch for at least 30-60 seconds, depending on problem areas that might need to be held longer. Also stretch muscles and joints that you use during your everyday activity. While you are stretching, you need to feel tension, not pain. If it hurts then you have pushed too far. Back off until you feel tension but no pain and hold the stretch.

Stretching can be time consuming but for you to achieve the most benefits of stretching you need to work on it regularly. Stretching will not prevent overuse injuries but it does help your joints move fully through their range of motion enabling your muscles to work most effectively. Proper technique for stretching is important and stretching incorrectly can do more harm than good so make sure that you consult your trainer or instructor to make sure you are performing your stretches correctly.

BOGAFit ...a new, fun, and dynamic way to exercise.

Have you entered your name into the BogaFit Free Demo Class drawing? If not, please do at the front desk @ MAC. We will continue to offer Free Demo classes on Monday evenings into May. Watch your weekly mass email for details on a BogaFit Open House in May as well as "drop in" classes in June.



It is time for our summer seasonal schedule...The Monday – Friday 8:15 am water aerobic classes will meet in the outdoor pool beginning on Monday, June

5th . This is a seasonal change, lasting typically through the end of September. All other classes will continue to meet in the indoor pool.

Masters Swim Team News!



Watch coach Jan's emails for our Annual Summer Distance Challenge. Great prizes and awesome swimming for those who GO THE DISTANCE!!

Registration NOW OPEN for summer swim lessons. Five convenient schedules with morning, mid day, afternoon and evening classes available. Please see our schedule online at: <http://fitmacaquatics.com/learn-to-swim-schedule.html>. OR visit us in person during registration hours – Monday – Saturday 9- 11:30 am, Monday and Thursday evenings 4-6:30 pm.



MAC will be open Monday, May 29th 7 am – 7 pm. Regular morning water aerobic classes @ 8:15, 9:30, 10:45 and 11:30. No Masters swim team or group swim lessons. **Happy Memorial Day!!**

Swim Phone: 281-759-1748 | Telephone: 281-497-7570
email: aquatics@fitmac.com | www.fitmacaquatics.com

La Tour de MAC Challenge 2017



Congratulations to all who participated in the BP MS150 2017! We hope you had a safe and fun ride. The Le Tour de MAC Challenge 2017 event will begin Monday June 19th and end Saturday July 22nd. The participants of the Le tour de MAC Challenge 2017 will be challenged to complete 16 classes in 5 weeks and donate at least \$15.00 to the Live Strong Foundation. Le Tour de MAC Challenge 2017 T-Shirts will be

available for a fee and those who earn them by completing the challenge.

Spinning® News!

Jeff Biehl



Don't forget to wear your MYZONE Monitor to class! MEP's for Dot's!!!



Parisi Summer Camps - We are already signing up participants for our Parisi Speed School Summer Speed, Agility, and Conditioning Camp, so don't wait too long or spots might not be available. Only 15 spots available per time slot.

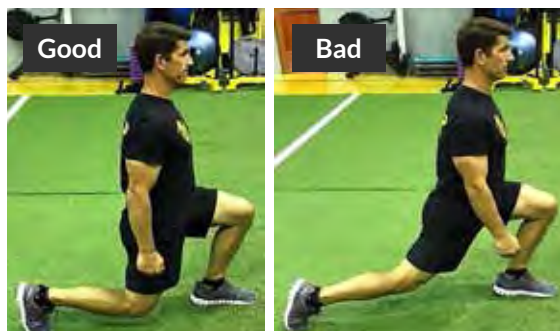


Our summer schedule begins June 12th-August 17th. The 7-12 year olds will attend 10:30am-11:30am and 13 years and older will attend 11:00am-12:00pm.



Please don't forget one the best ways to experience what the Parisi Speed School is all about is through our Complimentary Performance Evaluations. This evaluation will give you a taste of the Parisi Speed School and at the same time showing your athlete what his or her current strengths and weaknesses are and then what the plan will be in helping them to improve.

Please call us at 281 497-7570 to schedule your evaluation or visit us at www.parisischool.com/memorialac for more info



overly arched or rounded and not tilted higher on the one side compared to the other. (4) Trunk: The trunk should stay in an upright position, with the chest/shoulder area staying still and stabilized. The goal of this exercise is to lower your pelvis down towards the floor without a forward or backward movement.

Sounds easy right? Give it a try, because this exercise is actually fairly challenging. If you are unable to perform this exercise with perfect form you might need to hold onto something like a balancing stick or side of chair, to help you keep that near perfect posture. On the other hand, if this exercise is easy, hold onto to some dumb bells or kettle bells to increase the resistance. The stationary lunge can be a great exercise for those needing to strengthen the leg muscles, however if not performed correctly it may cause injury. If you want to work on your balance and leg strength, give the stationary lunge a go!



Stationary Lunge (Highlighted Exercise of the Month)

We use the Stationary Lunge in our warm up and for strength training.

The stationary lunge is a great exercise for developing single leg strength, balance and stability. Muscles worked are

The Glutes/Butt Quadriceps/front of thigh Hamstrings/back of thigh
Gastrocnemius and soleus/lower leg

The easiest way to get into the correct starting position is from a kneeling position. The front leg should be positioned out in front of you where the front leg foot is completely flat with its knee slightly over the toes position. The back leg knee should be positioned directly underneath its hip, with its leg in a vertical position. With your torso staying tall and stabilized, lift your entire body up until your front leg is almost completely straightened and then lower yourself about 1-2 inches from the floor; repeat until you've completed 4-10 reps per leg. To ensure you are using correct form make sure you watch out for these four areas: (1) Lead foot: Lead foot should be pointing straight ahead and not turned in or turned out. (2) Lead leg knee tracking: knee should track over the middle toes of the lead foot. (3) Pelvis: the pelvis should be held in its neutral position. A neutral pelvis position is where the waist line holds in a stabilized position parallel to the floor, not

Did you know we offer a 1 week trial to anyone who would like to experience the TFW program? **WARNING!** If you take the 1 week trial challenge you have a 99% chance of enrolling in TFW forever!

Check this video out, showing off some of our workout exercises

http://www.youtube.com/watch?v=M834R_1CTw8

Please let us know if you would like to try a class for FREE.

Please contact Jeff Biehl at fitness@fitmac.com for more information.

**Be on the
lookout for
Ladies Night
Out coming
in May!**

Wine Tastings,
Skincare, & More!!

COLD

VS.

HOT

THERAPIES

Which should I use on my injury?

~By Dr. Bart Kennedy DC, CCSP~

Cold Therapy

- Should only be used right after an injury (Acute)
- Great for bumps, sprains, and strains
- Cold Therapy slows down circulation (vasoconstriction) reducing inflammation, muscle spasms, and pain.
- Treatments should not last more than 22 minutes and a towel should be placed between the skin and cold pack.
- Always wait 1 hour between cold treatments to prevent ice burn.

Heat Therapy

- Use when you have **CHRONIC** stiffness, menstrual cramps, low back pain, arthritis, or any ongoing pain longer than a week
- **DO NOT USE HEAT** if you have any swelling!
- Heat Therapy opens blood vessels (vasodilation), drawing blood into the target tissues. Increased blood flow delivers needed oxygen and nutrients to the area. The warmth decreases muscle spasm, relaxes tense muscles, relieves pain, and can increase range of motion.
- Treatments should last between 20- 30 minutes and a towel should be placed between the skin and heat pack to avoid burns.
- Avoid heat if you have no feeling in the affected body part, have poor circulation, and most definitely **DO NOT USE** if there is any **SWELLING**.
- We recommend **NOT** to lie on an electric heating pad in bed due to the possibility of a heat burn.

Proud sponsor of the
Energy Corridor's
Bike to Work Day!
May 18th

WHAT DO WE TREAT?

- * Low Back Pain * Neck Pain * Muscle Pulls or Strains * Tennis/Golfer Elbow
- * Shoulder Impingement * Shin Splints * Achilles/Patellar Tendonitis * Plantar Fasciitis
- * Shoulder Pain * Sciatica * Runners Knee * Middle Back Pain * It-Band Syndrome

**MAC MEMBERS RECEIVE DISCOUNTED RATES
WHEN SHOWING THEIR MEMBERSHIP CARD!**

Celebrating 9 great years inside the