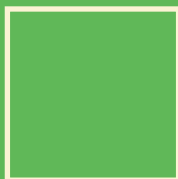


May/June
2018



Manager's Corner



May/June 2018

This month, MAC is celebrating our 39th Anniversary of serving the west Houston community. Many things have changed over the year. But, seeing many of the same people through the decades makes our days at MAC feel more like family than a club. Thank you all for being a part of our family!

In coming months there will be various exercise oriented events that we enjoy offering to expand your exercise options and motivation. However, after much consideration, we are going to use the celebration month of May a little differently this year. In light of the struggles in our neighborhood, during May, the club is

conducting a number of fundraising events to assist families of the neighborhood that are struggling to recover. Initiation fees for new memberships will be donated to a relief fund. Also, we are conducting a silent auction to raise money for this fund. Please watch the lobby and our weekly emails for more information. We are accepting donations for the auction and nominations for families to assist. Decisions for allocations will be made by a panel of club members and neighbors active in our community.

Thank you for supporting MAC since 1979!



"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

MAC for Women

What is Pilates? Smooth, controlled movement with concentration and breathing. Challenging to the entire body with special attention to the core. Pilates can improve the quality of your life, improve posture, prevent injury, relieve tension and much more.

Come join us on Saturday, May 5th in celebration of Pilates Day. We will have a mat class at 8:30 am for all levels, so bring a friend.

Looking for an adventure?? Memorial Athletic Club has partnered with G Adventures to travel to Machu Picchu and the Inca Trail. The trip

will be May 4-10th 2019. The cost is \$1,199.00 pp not including air fare. You can find more information at: <http://go.gadventures.com/memorialathleticclub>

Or contact Sue Donahoe at 281-558-6691 or suedonahoe@pierce@gmail.com.

Benefits of Stress Relief in Yoga

A growing body of research on heart rate variables and yoga proves that the practice of yoga can help people in their quest for a healthier stress response. In studies of the nervous system, it has been known that with every inhalation, the nervous system shifts and the heart beats faster. With every exhalation the shift in the nervous system makes the heart beat more slowly.

After yoga practice, participants were not only relaxed; their nervous system is in a state of balance and flexibility which leads to a greater resilience to stress. In other words, the physical challenge of a pose is equal to a stressor and can trigger and stress response in the body. However, when the physical demands are met with mindful steady breathing that is practiced in yoga, the nervous system maintains activation while keeping an underlying sense of calm.

Yoga also trains the nervous system to quickly return to balance after a challenging response and by alternating more strenuous poses with simply ones; yoga will condition you to move easily between states of stress and rest. For example, if you find yourself huffing and puffing your way through an intense yoga class but leave before the Savasana, you most likely won't change your stress response.

Yoga not only offers stress reduction techniques for anxious moments, it goes much deeper by transforming how the mind and body respond to stress. The process of transforming your own response to stress is a gradual exploration and cannot be found in one particular pose or breathing technique. Yoga is a mind-body practice that combines stretching exercise with controlled breathing and relaxation and can help to reduce stress, lower blood pressure and improve heart function.

Yes, you can learn yoga from books and videos but it is best to start your yoga journey with a qualified instructor. Everyone is different and yoga postures can and should be modified based on individual abilities. While yoga has many styles and intensities, it is always best to talk with the instructor to make sure you are in the right class for you. Hatha Yoga, Yoga Basics and Restorative and Relaxation Yoga classes are best for beginners to start with as it offers a slower pace and easier movements. Mostly everyone can benefit from any style of yoga; it's all just personal preference.



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. Teach your children/grandchildren to swim with a certified instructor.



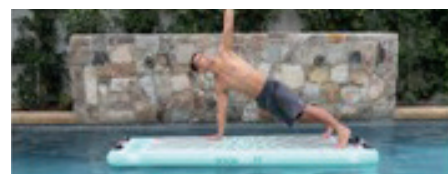
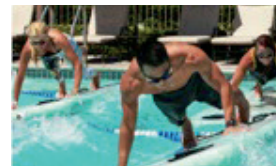
Did you know, MAC is an Authorized Provider for American Red Cross Swim Lessons? Our staff holds the highest level of certification in our industry, Red Cross Water Safety Instructor (WSI). We teach a year round learn to swim program with very low student to teacher ratios. Most classes 2:1. We are registering for May, June, July and August at this time. Parents have numerous convenient schedule choices each month. Please visit us online at www.fitmacaquatics.com, or stop by the registration desk

Monday -Saturday 9-11:30 am, Monday or Tuesday night 4-6:30 pm.



BOGA FIT! ...a new, fun, and dynamic way to exercise. Classes NOW forming. See the registration desk to enroll.

Monday evening 7 pm
Tuesday morning 11:15 am
Wednesday morning 8:30 am
Saturday 2 pm **by request**



Masters Swim Team News!

Our Annual Summer Distance Challenge Begins May 7 through July 31st. Watch for an email from your coaches on the new "twist" to our 2018 challenge.



MAC will be open Monday, May 28th 7 am - 7 pm. Regular morning water aerobic classes @ 8:15, 9:30, 10:45 and 11:30. We DO have Swim Lessons on Memorial Day! No Masters swim team! Happy Memorial Day!!



Take good care of your skin. Whether you use our complimentary sunscreen located by the outdoor pool door, or your own be sure to apply sunscreen every time you swim outside. According to the CDC, skin cancer is the most common form of cancer in the US1. There are three main types of skin cancer, which are named for the skin cell where the cancer develops—Basal Cell Carcinoma, Squamous Cell Carcinoma, and Melanoma. A large body of research now provides clear evidence that exposure to ultraviolet (UV) radiation is the primary risk factor for skin cancer.



2018 BP MS 150

Le Tour de MAC Challenge 2018

Congratulations to all who participated in the BP MS150 2018! We hope you had a safe and fun ride. The Le Tour de MAC Challenge 2018 event will begin Monday June 18th and end Saturday July 21st. The participants of the Le tour de MAC Challenge 2018 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 2018 T-Shirts will be available for a fee and those who earn them by completing the challenge.

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



Parisi News



ARE YOU READY? Summer Athletic Conditioning 2018



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 4th-August 16th. 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 of 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.parischool.com/memorialac for more info



Whether you think you can,
or think you can't...
you're right.
-Henry Ford

Ability
is what you are capable of doing.
Motivation
determines what you do.
Attitude
determines how well you do it.

Motivation (Highlighted Exercise of the Month)

In Training for Warriors our motto is you don't have to be a UFC fighter, but you do have to be a warrior. To bring out the warrior within is something that needs to be trained, so it becomes a habit. A warrior is defined as A person who beyond all obstacles still manages to be successful. A warrior will often be troubled in life but will persevere in the end. No matter what your struggles in life are, you can overcome them with the right motivation and attitude. One of the motivational quotes on the wall inside the TFW area reads "Whether you think you can or you think you can't you are right" written by Henry Ford. What you say to yourself becomes a habit. In TFW we will help you choose the right words to tell yourself. One of my favorite poems is the Tale of two Wolves. Often the toughest part of working out is just getting yourself to the gym. However, getting to gym could be an easy thing if you just feed the good Wolfe.

One evening an old Cherokee Indian told his grandson about a battle that goes on inside people. He said, 'My son, the battle is between two 'wolves' inside us all. One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. I can't! The other is good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.' I can! The grandson thought about it for a minute and then asked his grandfather: 'Which wolf wins?' The old Cherokee simply replied, 'The one you feed.' This is such a lovely story: so simple and yet so true. I think each and every one of us has these two wolves running around inside us. The Evil wolf or the Good Wolf is fed daily by the choices we make with our thoughts. What you think about and dwell upon will in a sense appear in your life and influence your behavior. We have a choice, feed the Good Wolf and it will show up in our character, habits and behavior positively. Or feed the Evil Wolf and our whole world will turn negative: like poison, this will slowly eat away at our soul. The crucial question is "Which are you feeding today"? This is such a lovely story: so simple and yet so true. I think each and every one of us has these two wolves running around inside us. The Evil wolf or the Good Wolf is fed daily by the choices we make with our thoughts. What you think about and dwell upon will in a sense appear in your life and influence your behavior. 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.



~Located inside the MAC~
(281) 531-7465

www.rocksportstherapy.com

Spring into Wellness!

Your MAC membership entitles you to our New Patient Package at **NO CHARGE** for the month of May! Schedule yours today!

Chondromalacia Patella "Runner's Knee"

Causes

During normal walking, the femur (thigh) and the tibia (lower leg) rotated in unison. An abnormal walking pattern (over-pronation) may cause the thigh and lower leg to rotate out of sync causing misalignment of the lower extremity. The resulting counter rotation of the femur and the tibia causes the patella to rub against the medial femoral condyle instead of moving smoothly up and down in its normal track, causing pain and damage to the cartilage, leading to chondromalacia.

Chondromalacia is a common condition we see in our office and is a degenerative cartilage condition wherein the cartilage on the back of the patella (knee cap) is irritated and painful because it rubs against the medial femoral condyle.

Symptoms

Patients complain of a dull, aching pain leading to sharp localized pain in the front of the knee, particularly while going up or down stairs and hills. They may feel a grinding sensation of the knee "giving away" beneath them.

Treatment

Treatment options vary according to symptoms and the severity of the injury. The patient may respond well to quadriceps stretching and strengthening exercises. Actions such as crouching, knee bends and resistance exercises with knee extension from a fully flexed position should be avoided. Most importantly, proper alignment of the patella must be maintained. Once over-pronation has been arrested, and alignment regained the healing can begin. If the Cartilage is damaged and depending on the patient I may recommend glucosamine and other supplements to help with the recovery.

Thank you for allowing us to be a part of the MAC family for 10 years!

WHAT DO WE TREAT?

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

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

Celebrating 10 great years inside the



MEMORIAL ATHLETIC CLUB
AND AQUATIC CENTER