



633 Lassen Lane, Mt. Shasta  
530-926-6010  
M-F 5am-9pm Sat/Sun 6am-6pm



1630 S. Mt. Shasta Blvd., MS  
530-926-3589  
M-F 5am-11:00pm, Sa/Su 6am-9pm



778 S. Davis St., Weed  
530-938-4105  
M-F 5am-9pm, Sat/Sun 6am-6pm



20508 Big Springs Road  
Weed, CA 96094  
530-938-4439  
Open 24 hour-Card Lock

## HEALTHY HERALD

APRIL 2011

[www.mtshastapt.com](http://www.mtshastapt.com)



### GET READY FOR YOUR DAY THE HEALTHY WAY

“Morning people” relish popping out of bed to take on the day; for others, waking up is a dreadful chore. Regardless of where you fall on the morning spectrum, your first waking moments prepare you physically, mentally, and emotionally for the coming day. The right combination of sleep, sunlight, exercise, and diet can help mornings go smoothly. Here, three experts offer top ways to transition from fast asleep to wide-awake.

#### DIETITIAN

*- Rebecca Mohning, RD, LD, Expert Nutrition, Washington, DC*

**Begin with water and carbs.** Start your day with about 16 ounces of water, which will hydrate and energize you after a night’s sleep. If you are going to exercise, don’t eat a full meal right away. Instead, have about 6 ounces of juice, half a banana, toast, or another food that amounts to 15 grams of carbohydrates (the equivalent of 60 calories). After exercise, eat food both rich in carbohydrates and loaded with fiber, such as whole-grain cold cereal or oatmeal with fruit.

**Remember protein.** If you exercise, the recovery meal should include 4 grams of carbohydrates to 1 gram of protein. Thus, the best recovery beverage is chocolate milk. At breakfast include a protein food like Greek yogurt, eggs, peanut butter, or tofu.

**Don’t take supplements with coffee.** Vitamin and mineral supplements are effective at any time of the day when taken with food. However, you should avoid taking supplements with coffee and tea, which you might drink in the morning and contain tannins that can block absorption of some nutrients.

#### YOGA EXPERT

*- Vaidya Mishra, GAMS, Adishakti LLC, Chatsworth, CA*

**Wake up an hour and a half before sunrise.** Nature’s energy is uplifting about 90 minutes before the sun comes up, according to ancient Ayurvedic texts. The Sanskrit name for this time of day is *Brahma murat*, meaning “the auspicious time when creative energy flows.” Connect with this predawn energy and meditate or write to prepare for the day.

**Exercise (but not too vigorously).** Tailor your morning workout to how you feel that day, as opposed to exercising for a specific length of time or number of repetitions. Be sure you can breathe through your nose while exercising. If you have to use your mouth, the exercise is probably too vigorous for the morning.

**Practice good personal care.** At night, toxins deposit on the tongue. Scraping the tongue helps to enhance the taste buds, refresh the mouth, and even boost mental clarity. Also be sure to brush with toothpaste made with 100 % edible material. Before morning exercise, apply natural oils, such as calamus, lavender, clove leaf, or sweet basil, to your skin. After exercise, a warm shower or bath is refreshing and helps wash away excess body oils and toxins.

***SLEEP EXPERT***

*- Michael Breus, PhD, Arrowhead Health, Glendale, AZ*

**Don't hit the "snooze."** The snooze button may allow you to get a few minutes of extra sleep, but it will be poor-quality sleep. You are better off setting the alarm for the latest possible time, increasing the amount of deeper, good-quality sleep you get. If you tend to ignore the alarm, try placing the clock across the room or enlisting a companion's help to wake up.

**Get out of bed slowly.** When you wake up, swing your feet over and sit up, but don't stand right away. Take five or six deep breaths to revitalize the respiratory and central nervous system. You can also lose balance and risk falling if you hop out of bed too quickly.

**Keep a regular sleep schedule.** Following a schedule is a critical component in a healthy lifestyle. If you get to sleep and wake up consistently at the same times, it will become easier and easier to wake up.



## **New Membership Rates in Effect**

Last month we advised you of our need to increase our monthly membership dues beginning April 1. This is simply a reminder of our new rates. [Please note that our senior rates have not increased.]

<b>Member Type</b>	<b>New Rate</b>
Single	\$42.00
Senior	\$36.00
Couple	\$70.00
Senior Couple	\$62.00
Family	\$92.00
Corporate Single	\$36.00
Corporate Couple	\$65.00
Corporate Family	\$85.00

## **REMEMBER! We now offer WALK-IN PT**



### **Individual treatment in a group setting**



**Walk-In Physical Therapy is a low cost option to traditional one-on-one physical therapy.** No appointment is necessary. Patients are seen on a first-come first-served basis. The therapist evaluates and treats patients in a communal treatment room with more than one patient being helped at a time.

**This is a private pay program.** The cost is **\$35 per visit**. Payments will be accepted in cash, credit card, or check. No insurance companies will be billed. We can assist you with obtaining physician authorization.

No appointment necessary. First-come, first-served.

**Wednesdays from 4 to 6 p.m.**

Cost: \$35 (cash, check, or credit card)

## MT. SHASTA FITNESS CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
6:00AM - 7:00AM	SPIN CLASS	VICTORIA	SPINROOM	🚲		🚲		🚲		
7:15AM - 8:15AM	SPIN CLASS	VICTORIA	SPINROOM	🚲		🚲		🚲		
8:45AM - 9:45AM	SPIN CLASS	JOCETTE	SPINROOM	🚲		🚲		🚲	8:30AM	
<b>8:45AM-9:45AM</b>	<b>FIT-X</b>	<b>COURTNEY</b>	<b>RACQUET COURT 2</b>		●		●			
5:30PM - 6:30PM	SPIN CLASS	VICTORIA	SPINROOM	🚲		🚲				

## SCHOOL HILL WELLNESS CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
6:15AM - 7:15 AM	SPIN CLASS	PAUL/JILL	CLASSROOM		🚲			🚲		
8:00AM - 9:00AM	YOGA	BILL RUST	CLASSROOM	●		●		●		
9:00AM-10:00AM	TRAIL TREKS	ROBERT	OUTSIDE						●	
8:45AM - 9:45AM	BODY SCULPT	BILL RUST	CLASSROOM		●		●			
9:30AM - 10:30AM	WATER AEROBICS	ALICE	POOL		●		●			
8:45AM - 9:15AM	INTRO TO WATER AEROBICS	MEL/ALICE	POOL			●	●			
9:30AM - 10:30AM	WATER AEROBICS	MEL	POOL	●		●		●		
3:00PM - 4:00PM	QUIET WATER TIME		POOL	🕊	🕊	🕊	🕊	🕊	🕊	
4:00PM - 5:00PM	LINE DANCING	SIGI	CLASSROOM	●						
<b>4:00PM - 5:00PM</b>	<b>FIT-X</b>	<b>DARREN</b>	<b>CLASSROOM</b>		●		●			
<b>5:00PM - 6:00PM</b>	<b>FIT-X</b>	<b>DARREN</b>	<b>CLASSROOM</b>		●		●			
5:30PM-6:30PM	CARDIO CIRCUIT	JILL/JACI	GYM		●		●			
5:30PM - 6:30PM	SPIN CLASS	MAUREEN/JILL	CLASSROOM	🚲		🚲				
<b>5:30PM - 6:30PM</b>	<b>HEART THROB</b>	<b>AUDRA</b>	<b>POOL</b>		●		●			
6:45PM - 7:45PM	BALLROOM DANCING	RICK AND PEGGY	CLASSROOM			●				

## MEMBERSHIP DRIVE

Get a new member to sign up and you will receive a **FREE** months single membership dues for every membership account you bring. Help us grow our membership and save yourself some money at the same time!

## THE WELLNESS CENTER CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
6:15 AM – 7:15 AM	<b>BOOT CAMP</b>	<b>VICTORIA</b>	<b>CLASSROOM</b>		●		●			
6:15AM - 7:15AM	<b>FIT-X</b>	<b>LINDA V</b>	<b>CLASSROOM</b>	●		●				
7:30 AM – 9:00 AM	YOGA	DEBBIE/LYNN	CLASSROOM	●		●		●		
7:30AM – 8:15AM	FLEXIBILITY TRAINING	VICTORIA	CLASSROOM		●		●			
8:30 AM - 9:45 AM	BODY SCULPT	ANGIE	CLASSROOM		●		●			
<b>8:30AM – 9:30AM</b>	<b>KICK-BOX &amp; SCULPT</b>	<b>LESA</b>	<b>CLASSROOM</b>						●	
9:00 AM - 9:30 AM	MEDITATION	DEBBIE	CLASSROOM					●		
10:00 AM-11:00 AM	VINYASA YOGA	MOLLY	CLASSROOM		●		●			
10:00 AM -11:00 AM	PILATES 1	KAREE SANDRA LINDA V	CLASSROOM	●		●		●		
11:00 AM – NOON	PILATES 2	SANDRA	CLASSROOM		●		●			
11:00M-12:00PM	TAI CHI QIGONG	MELISSA/KEITH	CLASSROOM	●		●		●		
10:30AM-12:00AM	VINYASA YOGA	MOLLY	CLASSROOM						●	
<b>12:30PM – 1:30PM</b>	<b>NEW YOU</b>	<b>LINDA O/ LINDA V</b>	<b>CLASSROOM</b>				●			
1:00PM-2:00PM	PILATES 2	SANDRA	CLASSROOM	●		●				
2:00PM – 3:30PM	YOGA	SAHADEV	CLASSROOM		●		●			
4:00 PM – 5:00 PM	YOGA	JAN	CLASSROOM	●	●	●	●			
5:30 PM – 7:00 PM	CARDIO CIRCUIT	ANGELA	GYM		●		●			
<b>5:30 PM – 6:30 PM</b>	<b>BELLYDANCE</b>	<b>CARLISA</b>	<b>CLASSROOM</b>	●						
5:30 PM – 6:30 PM	FITNESS HOOPING	KATHY	CLASSROOM			●				
<b>5:30PM – 6:30PM</b>	<b>NEW YOU</b>	<b>LINDA O/ LINDA V</b>	<b>CLASSROOM</b>	●						
5:30PM-6:30PM	KICKBOXING	ERICA/DEE	CLASSROOM		●		●			
6:30PM – 7:30PM	ZUMBA	WISPER	CLASSROOM	●		●				
6:45PM - 7:45PM	BALLROOM DANCING	RICK/PEGGY	CLASSROOM				●			

## THE WELLNESS CENTER WATER CLASS SCHEDULE

11:00 AM – 12:00 PM	<b>LOW INTENSITY AQUA</b>	<b>LINDA V</b>	<b>POOL</b>	●		●		●		
10:45 AM – 12:00 AM	COS H2O (register w/COS)	ANGELA	POOL		●		●			
NOON – 2:00 PM	FAMILY SWIM		POOL							●
12:30 PM-1:30 PM	COS H2O (register w/COS)	JULIE	POOL	●		●		●		
2:00 PM – 3:00 PM	QUIET WATER TIME		POOL	☯	☯	☯	☯	☯	☯	
5:30 PM – 6:30 PM	LIQUID ENDURANCE	JULIE	POOL	●		●		●		