



It's time for the **MARCH** email newsletter of the human performance center!

*HPC news can always be found at [www.hpcfitness.com](http://www.hpcfitness.com)!* Class schedules, personal trainer profiles, special events, member testimonials – *it's your place to find out what's happening at HPC!*

### **This month's lead story - cross training works!**

Peanut butter and jelly, bacon and eggs, cookies and milk – some things are just better together! How about improved fitness and reduced chance of injury? *Another great combination!* If your HPC workout each day reminds you of a “routine,” it probably is! And if so, you may be missing out on the countless benefits of cross training. Varying your training provides a more functional level of fitness – and cross training reduces the chance of “overuse injury” by limiting the stress that occurs with constant use. Try mixing in a yoga class between treadmill workouts – or better yet, take that treadmill workout to our pool one day a week! Are free weights your “thing?” Change up your exercises, or just *go away from* your regular workout card and try something new every once in a while – your body and mind will thank you!

### **March member profile:**

Congratulations to **Mike Hoosier**, our March Member-of-the-Month and winner of a fabulous basket of HPC gifts!! Mike has been a member of HPC since June, 2002. He visits the center twice a week for personal training (he works with both Kevin and Matt). Mike's favorite exercise is swimming (in the activity pool) and since he started working out, Mike feels more stable on his legs, more physically fit, and has noticed better posture. He comments that, *"Everyone at the HPC is really nice!"* Keep up the great work Mike – *We are all motivated by your effort!*

**Our staff profile of the month is Christine Torres**, one of the cheeriest faces you'll find at *5 o'clock in the morning* here at HPC – *Thanks Christine!*

**Q:** What do you like best about HPC? **A:** **All the wonderful members - interacting with them and trying to help in anyway that I can.**

**Q:** You usually open up our center during the week – What time do you roll out of bed, and does this mean you're a morning person? What's the best thing about working at 5:00 AM? **A:** **I usually get up around 3:30 am, but I don't really consider myself a morning person - on my “off days” I usually like to sleep in. The best part about being here at 5 am is getting out early because it leaves me with the rest of the day to do other things.**

**Q:** What's the most **unusual request** you've heard from a HPC member? **A:** **Some members have asked if we could have a bus or some sort of transit running from the parking lot to the main entrance.**

**Q:** Got a favorite saying? **A:** **I don't really have one.**

**Q:** Short answers, please:

**Best vacation area:** Sanibel Island (Florida) or Maui (Hawaii)

**Your favorite food:** Pepperoni Pizza

**The most famous person you've ever met:** Jack Hannah

**A movie you're sure to never watch again:** Indiana Jones and the Kingdom of the Crystal Skull

### **News from radio land!**

This week, join us for a *double dose* of ESPN radio from our main lobby! We start at **8:00 am** with “**Caddie Shack**,” hosted by PGA professional and financial advisor **Rob Shutte**. Rob's special guest this week is **Anthony Stratidis**, a nationally recognized speaker and authority on the topic of aging. Mr. Stratidis will follow his radio appearance with a presentation in our Meade Conference Center (3<sup>rd</sup> flr., IHC), where he'll offer valuable information, expert insights, and actionable, common sense solutions for effectively dealing with the financial and emotional challenges inherent to living longer (this presentation is scheduled for **Saturday, 2/27, starting at 10:00 am**). “The Sports Doc,” **Dr. Rob Palumbo**, will follow “Caddie Shack” at **9:00 am**; stay on with Dr. Palumbo as he blends the worlds of sports and medicine together in his own, creative way – *a great way to get the weekend started!*

### **Golf much?**

Improve your golf game, right here on our campus! We're offering exciting new programs to help you on the links this spring, so don't miss a brief information session, offered at 2 convenient times on **Monday March 1<sup>st</sup> (9:30 am and 6:15 pm)**, in the 3<sup>rd</sup>

floor Meade Conference Center. These 30-minute sessions are designed to give you the scoop on some new programs coming soon – If you golf (or just want to get started this spring), register today to reserve your spot and get the straight scoop on *how to improve your game!*

### Triathlon training is here!

You asked – *so we created!* We've partnered with **Upgrade Lifestyles, Inc.** to offer a fabulous **Triathlon Training Program** – This 16-session (8-week) program focuses on training that will prepare you for your next triathlon – swimming, biking, and running, as well as core strengthening exercises, agility work, and much more are included. Each session lasts a full 90 minutes, and both morning (M-W) and evening (T-TH) classes are now being formed. For more information or to register, please inquire at our service desk, or contact instructor **Liz Moss** directly via email at [liz@upgradelifestyleinc.com](mailto:liz@upgradelifestyleinc.com) – Sessions start the week of **March 8<sup>th</sup>** and class size is limited, so sign up today!

### Winter coat drive thanks!

A special thank you to those that helped by dropping off winter coats this past month – because of your generosity, many in our area are warmer now!

### Recipe of the Month (green, of course) – Broccoli Cheddar Bake

**Note:** Well-cooked broccoli should look bright green and crisp but be tender when pierced with a fork. Because the florets cook faster than the stalks, cut the stalks in half lengthwise to increase their surface area – this ensures more even cooking.

**Ingredients:** 4 cups chopped fresh broccoli, ½ cup finely chopped onion, 2 tablespoons water, 1 ½ cups egg substitute, 1 cup fat-free milk, 1 cup shredded cheddar cheese, ½ teaspoon ground black pepper

**Directions:** Preheat the oven to 350 F and lightly coat a baking dish with cooking spray. In a nonstick skillet, combine the broccoli, onion and water and saute over medium-high heat until the vegetables are tender (about 5 to 8 minutes). Keep adding water to prevent the vegetables from drying out, but use as little water as possible; drain and set aside when the broccoli is done. In a bowl, combine the egg substitute, milk and ¾ cup cheese; add in the broccoli mixture and pepper. Stir to mix well, then transfer the mixture into the prepared baking dish. Set the baking dish into a large pan filled with about 1 inch of water. Bake uncovered until a knife inserted in the center comes out clean (about 45 minutes). Remove from the oven and top with the remaining ¼ cup shredded cheese. Let stand about 10 minutes before serving.

**Nutritional Analysis** (per serving; recipe serves 6): 168 calories, 15g protein, 8g carbohydrate, 9g total fat, 4g saturated fat, 2g monounsaturated fat, 21mg cholesterol, 266mg sodium, 2g fiber, 472mg potassium, 237mg calcium

### HPC Q & A:

- ✓ **If your monthly account information changes** (maybe your bank changed your credit card or you received a CC with a new expiration date), stop by our service desk and we will gladly assist in updating any financial or personal information – this may avoid a possible interruption of your membership, due to our inability to collect monthly dues. Please remember that we do assess a penalty fee when your automatic dues transaction is returned – **and avoiding this charge is as simple as keeping your account info up to date!**
- ✓ **We accept MasterCard, Visa, and Discover Card** as a method of payment, either for your monthly dues (through automatic transaction) or for purchases made at our service desk!
- ✓ **We recently made changes to our guest fees.** In an age when we're all used to prices are going up, up, up, we've lowered our guest fees to just \$12 (daily) or \$40 (weekly), to make it easier for you to bring a guest to HPC. Additionally, we've added a new **Student Member Punch Card** that will allow your student member who is on a temporary membership bridge to access the center while home on break; for the details about this new offering, please stop by our service desk.
- ✓ **If you are traveling out of our area (25 miles or more) or have a medical issue that prevents you from exercising**, a member "bridge," or temporary hold on your membership, is available (for relocation, we require a minimum time of 2 months away from the center - and for medical holds, please provide us with physician documentation). Each of these situations does require the completion of your request in writing, and **these requests are not honored retroactively.** If you are unable to get here to complete the necessary paperwork, please give us a call and we'll help – *but don't wait to do so!* Complete details of this policy are available at our service desk.  
**Please note** that all relocation bridges (**this includes students who go away to college**) have a maximum time limit of 6 months – after the 6<sup>th</sup> month, the account will be automatically activated for at least 1 billing cycle.
- ✓ **If you believe we've erred in charging your account**, please notify us immediately! We strive for perfection, but also realize that sometimes errors are made. For this reason, **ALL change of membership requests must be IN WRITING,** and all billing inquiries must be made within 60 days of the date of the alleged error. Adjustments to accounts may not be made when errors are not brought to our attention within this 60-day period.

### Velocity hours and the track:

We appreciate your willingness to share the indoor track with our **Velocity Sports Performance** partners. During the school year, potential conflicts on the track are most likely to occur between **4:00-8:00 PM** during the week and between **8:00-1:00** on Saturdays; please be flexible with respect to your track workouts during these times – *thanks!*

### Tai chi news:

**Our tai chi** program has attracted a wide range of participants, all with common goals: to improve muscle coordination and mind/body awareness. This 8-week series of well-coordinated, progressive exercises (participants attend 1,2 or 3 times weekly) has been beneficial in helping many improve flexibility and muscle control, which in turn helps with efficiency of movement throughout our busy days. Experienced instructor **Hilary Smith, RN**, has been active in studying and teaching tai chi classes for over 20 years. HPC offers several weekly classes (including a **gentle tai chi program**, offered to those unable to effectively participate in our regular classes due to medical issues or frailty), and specific class descriptions can be found at [www.hpcfitness.com](http://www.hpcfitness.com). If you're new to tai chi, our upcoming 8-week session begins the week of **March 9<sup>th</sup>**, with registration now available through our service desk.

### Reformer Pilates:

**The Reformer Pilates workout** is a whole body conditioning program that stretches, strengthens and tones the body while targeting core muscles through a series of controlled, low impact exercises. Pilates helps to improve posture, reduce tension, and correct muscular imbalances for greater range of motion and improved freedom of movement. Our **Reformer program** consists of a series of exercises at the beginner, intermediate and advanced levels that work all major muscle groups and move the body through a full range of movements to increase flexibility. Individual physical needs can be accommodated by modifying exercises to simplify a workout or further challenge each participant. Instructor **Ellen Troy Mulcahy** is a Certified Pilates instructor and has been teaching group and private Pilates classes since 2002. Ellen's background as a professional dancer (on Broadway, as well as with the Joffrey Ballet in NYC, Twyla Tharp Dance, and Pacific Northwest Ballet) is the perfect complement to her work with our Reformer program. Want another exercise that offers positive results? *Check out our 6-week Reformer Pilates program!*

### HPC vendor partners – It pays to belong to HPC, in many ways!

- **PRN Nutraceuticals:** Use your “connection” to HPC to take advantage of special discounts on these healthy products! Just go to <http://www.prnomegahealth.com> and use partner code **HPC10** when you order, and you'll earn a special discount off your order!
- **American Dry Cleaners:** We offer drop-off and pick-up of your professional dry cleaning. Complete an application (they're located throughout HPC) and return to our service desk; after that, ADC will contact you to let you know your account is ready to go – from there, use us for this special service!
- **Lehigh Valley Style:** HPC members receive a 1-year (12 issues) subscription to **Lehigh Valley Style** for only \$15- that's 25% off the regular subscription price! **Lehigh Valley Style** is the Valley's monthly lifestyle magazine, featuring all of the interesting people, places, and things that make the valley a very special place to live, work and play. To subscribe, call **1-800-896-1392** and be sure to mention the **HPC offer!**
- **Lube on the Spot:** Contact **Lube on the Spot** at 484-863-4187 or [www.lubeonthespot.com](http://www.lubeonthespot.com) and they'll come right to IHC and change your oil *while you work out!* Take advantage of a special **HPC discount** available to our members!
- **Emmaus Aquatic Club:** **EMAC** offers children's and adult swim lessons here at HPC (schedules vary, according to the season) – please contact **EMAC** at **(610) 965-5800** for information or to register. As a reminder, classes are held in our **activity pool**, and schedules are posted in our glass info boards located throughout the center.
- **Neiman Sports Group** is the premier sports marketing and management company in the Lehigh Valley. Tim Neiman, Head Baseball Coach at DeSales University, leads a team of experienced managers that operate the group's “Pride of” brand. NSG works to develop our area's best athletes in their respective sports. For more information about The Neiman Sports Group and how they can help the student athlete(s) in your family, please check out their website at [www.neimansportsgroup.com](http://www.neimansportsgroup.com).

### Healthy reminders:

- **We appreciate you NOT using your phone** in our locker rooms (due in large part to the sensitivity of picture taking) and in our exercise areas (due to our desire for a “stress-free” exercise environment) – our main lobby area is available for your use – thanks!
- **Proper attire** (swim suit) is required in our locker room whirlpools, and we also require that you use appropriate coverings between your skin and our sauna and steam room benches (this helps you and us) – also, **please shower** before entering our hot tubs and pools, as this helps maintain the sanitary conditions of these areas. Regulations are posted and are for the benefit of everyone who uses these amenities.
- **Lose something?** We keep “found” items for approximately 30 days (we keep valuable items much longer), so stop by and ask us if we've found what you lost!
- **Sharing helps:** In all areas of the center, please respect others by sharing the equipment and facilities. Whether it's “working in” on a piece of strength training equipment (that is, allowing another member to exercise during your rest period between sets), sharing space in one of our pools, or agreeing to use a bike other than “your favorite” in our cycle class, we do appreciate your willingness to share HPC with the rest of our members - *Thanks for helping us maintain a stress-free exercise environment!*
- **Speaking of bikes:** A few not-so-pleasant experiences in our cycle room has alerted us to remind ALL cycle class participants that 1) we have a fair sign-up procedure in place for the benefit of all members and 2) inappropriate behavior related to this process will result in member removal from these classes. We appreciate your cooperation with the sign-up process (it's posted

throughout the center and **commences 30 minutes** before our scheduled classes) and remind you to bring your questions to our attention in a professional way – We're glad you want to take advantage of the expertise of our instructors, but will not tolerate class disruption by a small handful of participants – thanks!

- **Cleanliness – we like it as much as you do:** Thanks for taking time to wipe equipment down after use (pre-moistened wipes are strategically located on the fitness floor) – and for using our hand sanitizer wherever you feel so inclined (also available at “most every turn”). We thank you – and so do our other members!
- **Closing times:** The Center's main doors close on Monday through Thursday at **10:00 PM**, Fridays at **9:00 PM**, and weekends at **7:00 PM** – We appreciate your understanding of and compliance with these times and ask that you plan your post-exercise activity **so that you leave the building** at these times.

### Exercise – Go hard or go home?

**Bottom line:** It has been proven time and time again that exercise, at even a superficial level, is good for us, both physically and mentally. In the past 20 years, scientists and exercise physiologists have spent countless hours discovering the intricate components of our physiology that helps us lose weight, define our bodies, keep weight on, and improve our moods. Scientists continue to discover which hormones are most affected by exercise, how proteins work – in short, how our bodies work and how exercise benefits us, right down to a cellular level. The scoop on high intensity exercise? Well...

- **High intensity exercise is a personal thing.** What may be perceived as intense for one may be very easy for another. Whatever the activity, the more effort put into it, the more benefit generally comes back. High intensity activities burn more calories during both the session and the hours after that session. The “catch,” though, is that to minimize injury and prepare the body, exercisers should spend at least 5-10 minutes “warming up,” so that the body is prepared for a “go hard” workout.
- **“Going hard” on each workout generally tends to stunt exercise progress.** For every 1-3 “hard days,” it's time to plan a lighter workout. Do a similar routine at a lower intensity level, rest more between exercises, or use a lighter resistance. Your body will replenish and refresh itself for the next exercise session. Always going hard will leave you feeling empty, especially on those days when you are looking for a great workout, but your body just doesn't want to cooperate.



We appreciate your membership at the human performance center, Lehigh Valley's premier health and fitness facility... [check us out at www.hpcfitness.com!](http://www.hpcfitness.com)

lehigh valley  
**style** ... We've got Style!

Jeffrey Hewlings, MS, ATC  
Executive Director  
(610) 973-1534  
[jhewlings@hpcfitness.com](mailto:jhewlings@hpcfitness.com)