



Email news: **JUNE** 2010 from your human performance center!

Check out our special events at www.hpcfitness.com! We also have class schedules, personal trainer profiles, member testimonials, and more – it's the place to find out what's happening at HPC!

This month's M-of-the-M is...

Linda Ebert! Linda, who refers to herself as a "domestic goddess," joined HPC in 2000 to follow her personal trainer (Brian Zarbatany). She has been training with Brian for 13 years and considers him *the best trainer in the Lehigh Valley!* Linda works out 3 days each week, with workouts that include cardio and weight training. She finds that exercise helps control her diabetes and improves her posture and strength – oh, and one final comment: *"I love this place!"*

We're also proud to profile team member Kevin Hollshwandner of our expert fitness team - *Thanks Kevin, for this great info!*

Q: *You do a great job keeping our equipment working – where'd your training come from?* **A:** My training would be considered "on the job" - When I first started, I assisted Chris with some basic repairs. Armed with the basics, I've spent time reading service manuals and communicating with local service businesses – and the rest (as they say) is history. Honestly - the equipment looks very complicated, but behind those shrouds, it's basic nuts and bolts!

Q: *Before your role as a fitness professional here, where did you work and what did you do?* **A:** Prior to my employment here at HPC, I was a graduate assistant (GA) at Slippery Rock University. In this role, I worked as a Certified Athletic Trainer, assisting with coverage of all the University's sports teams. In addition to athletic coverage responsibilities, I was involved with the teaching and overseeing of student athletic trainers at the University.

Q: *Got a favorite?*

- Y Exercise – **Dumbbell shoulder press**
- Y Dinner menu - **Salmon with broccoli and sweet potatoes**
- Y Sporting event – **Anytime the Steelers play**
- Y Memory of your childhood – **A family vacation to Disney World**
- Y Travel destination – **Sydney, Australia**

Q: *You're a Certified Athletic Trainer – How valuable is that experience to your work as a Personal Trainer here at HPC?*

A: As a Certified Athletic Trainer, I deal with physically active people who get injured and want to return to a sport. At HPC, we see lots of physically active individuals – and while their goals might be slightly different, the end goal is the same – to help a member stay involved in an active lifestyle – *the right way!*

Q: *Share something good you think our members don't know – but should – about our center:* **A:** HPC got its humble beginnings in a basement shared with physical therapy, directly across from Lehigh Valley Hospital in the industrial center. Since starting with only a few hundred members, the facility has grown to over several thousand – it's awesome to be part of this growth!

Saturday morning radio:

When you're not here exercising, check out ESPN radio 1230 and 1320 am at 9:00 am on Saturday mornings – OAA's own **Dr. Rob Palumbo** hosts (with friends) "The Sports Doc," an always-interesting blend of sports and medicine – no doubt you'll learn something new each week! *Start your weekend with exercise, education, and great entertainment!*

Did you know?

Just across the hall from HPC is OAA's state-of-the-art **Diagnostic Imaging Center**. This convenient facility offers a variety of diagnostic services, including MRI, CT scans, X-rays, ultrasound and DEXA studies. All services are performed in a warm, friendly environment by licensed, registered technologists and under a radiologist's supervision. Most insurance plans are accepted, and same day appointments are often accommodated. **OAA's Imaging Center** exemplifies the "all under one roof" philosophy of OAA - all you need is a written physician's order for diagnostic study and we will accommodate! Please consider stopping by for a tour of this beautiful facility. To find us as you leave HPC, just wander right through the indoor fountain (or walk around the fountain to the other side of the 1st floor lobby – whatever is easiest)!

Yodates@!

We're rolling out this great new group exercise program! It features an integrated, cardiovascular approach to fitness that unites mind, body, and spirit. A true fusion of yoga breathing, dance fitness, core integration, and individual expression, **Yodates@** technique gets you out of the "thinking mind" and into the "feeling body." *Celebrate yourself as you are today* by experiencing the joy your body has to offer you through simple dance movements. No dance experience necessary, but be prepared to have fun, let loose, and sweat your inhibitions away – *stay tuned for details of this exciting new program at HPC!*

More GF news:

- Check out our new **Circuit Commotion** class, Tuesday mornings at 5:45 – AM! A real wake-up call, *in the truest sense!* CC will include step platforms, BOSU, jump ropes, dumbbells and much more! Each week will be different, but the focus will always be the same...muscle "commotion" to strengthen, tone, and sculpt – all fun, and all innovative – check us out!
- We've added a new **boot camp** class (or maybe it's an old boot camp class at a new time) on Monday mornings, beginning at 5:30 am – talk about getting your week started with energy! **Join us – your energy level will thank you for attending!**
- Due to lack of regular attendance, our **Wednesday evening (6:30 pm)** cycle class has been cancelled – please join us in cycling at one of our many other weekly classes!
- A new session of **Reformer Pilates** is on the horizon! The next session begins with several opportunities to take advantage of the expert instruction offered here at HPC – please stop by our main service desk for a copy of the class schedule or to enroll in this 6-week program.

This month at HPC!

- ◇ **Saturday June 5th is Men's Health Day** at HPC! From 8:00 am to noon, we've got special services, classes, and give-aways for the men! We'll be offering massage services throughout the morning, and check out this fabulous schedule of additional activities:
 - From 9:00 to 11:00, we've got **financial fitness** in our main lobby area
 - At 10:00, we've got **tai chi** (for men) in the main lobby
 - At 10:30, we're offering **Yoga** (for men) in Studio #1
 - At 11:00, there's men's **Sports Performance** at Velocity Sports Performance (next door) – All adult males invited!
 - Join us at 11:15 for **aqua aerobics** (another "men only" class)

And next month:

On **July 10th**, we'll celebrate HPC with a **4th birthday celebration!** It's a celebration that is sure to bring *plenty of energy* to our center and our IHC campus! Join us for games, prizes, give-aways, and a great time celebrating our first 4 years on Cetronia Road!

On **July 26th**, we host our annual blood drive in the Meade Conference Center (3rd floor of IHC) – a great day for a great cause, please plan to help those in need by donating – *thanks!*

A simple reminder that....

A new **Cancer Wellness Program** has arrived! This program offers guided exercise and support services to those affected by this disease. For more information or to enroll (either yourself or a loved one) in this program, please contact Special Programs Coordinator **Jess Gaal** at jgaal@hpcfitness.com or 610.973.1500.

Postings, flyers, brochures, etc.

While we are very supportive of our members' and communities' efforts to promote good will through special events, fund raisers, and other types of projects, **we cannot possibly display all of the requests we receive regarding such special events.** We certainly don't mean to offend any one cause, but because of the number of requests we do receive here at HPC, we have chosen to promote **ONLY those events in which we (HPC) are directly involved.** We appreciate your understanding for our need to limit these postings so that we can maintain the professional look and feel of our center. Please note that any flyers not approved for display will be collected and discarded if found throughout the facility – *thanks.*

Tai chi news

Our next 8-week tai chi session starts the week of **July 11** (and ends the week of Aug. 29th). Expert instructor **Hilary Smith** will be hosting **FREE** intro sessions, right here in the HPC main lobby, for those interested in participating in this very popular program here at HPC. Please join us on **Monday June 28th** (at 5:30 pm) and **Wednesday June 30th** (at 12:30 pm) and learn how tai chi can improve your life!

More from the grill this month: Grilled portobello mushroom burgers

Did you know? The meaty-textured portobello mushroom is the perfect stand-in for a hamburger. One portobello mushroom has about 30 calories and no fat or cholesterol. By comparison, a 3-ounce hamburger patty has 235 calories, 16 grams of fat and 76 milligrams of cholesterol.

Ingredients: 4 large portobello mushroom caps (5 inches in diameter), 1/3 cup balsamic vinegar, 1/2 cup water, 1 tablespoon sugar, 1 garlic clove (minced), 1/4 teaspoon cayenne pepper (optional), 2 tablespoons olive oil, 4 whole-wheat buns (toasted), 4 slices tomato, 4 slices red onion, 2 bibb lettuce leaves (halved)

Directions: Clean mushrooms with a damp cloth and remove their stems. Place in a glass dish, stem (gill) side up. To prepare the marinade: In a small bowl whisk together the vinegar, water, sugar, garlic, cayenne pepper and olive oil. Drizzle the marinade over the mushrooms. Cover and marinate in the refrigerator for about 1 hour, turning mushrooms once. Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source. Grill or broil the mushrooms on medium heat, turning often, until tender, about 5 minutes on each side. Baste with marinade to keep from drying out. Using tongs, transfer the mushrooms to a plate. Place each mushroom on a bun and top with 1 tomato slice, 1 onion slice and 1/2 lettuce leaf. Serve immediately.

Nutritional Analysis (per serving (1 burger): 283 calories, 8g protein, 46g carbohydrate, 9g total fat, 1g saturated fat, 0mg cholesterol, 140mg sodium, 9g fiber, 134mg potassium, 203mg calcium

Have a question about HPC? Answers abound....

- ✓ **If you stop by our service desk**, we will gladly record any account information changes to assure that your membership dues are collected in a timely manner (this will help 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'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 or to purchase a student punch card, please stop by our service desk.
- ✓ **Our pre-paid services (personal training, massage, and others)** do have an expiration date; please be sure to check your receipt for this date (it's printed on each slip) so that you use all purchased visits within this time period!
- ✓ **All children under the age of 13** are invited to use our Kids in Motion area while you exercise (a fee does apply for KIM utilization). Children 13 and over are able to join HPC as sub-members but are not permitted to wait in our lounge area while their parents exercise – Why not have your child join you if he/she is old enough? *It's a great family bonding experience!*
- ✓ **Member bridge? Let's review:**
 - **If you are traveling out of our area (30 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 members on “bridge” are not permitted use of our facility during bridge periods). **Also please note** that relocation bridges (**this includes students who go away to college**) have a maximum time limit of 6 months – after the 6th 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:

The exit door from HPC into **Velocity Sports Performance** is considered an **emergency exit** from our building. We do appreciate your respect of Velocity's business by NOT using this as a regular exit to the parking lot – yes, we know it's a few extra steps, but think of it as burning a few extra calories – *thanks!*

We also appreciate your willingness to share the indoor track with our **Velocity Sports Performance** partners (this space was – and is – designed as shared space between our 2 business entities). 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.

IHC Parking:

Despite our requests, parking in the main IHC circle continues on the weekends. The campus is “chock full” of parking, so we again request that this area be kept clear, as cars parked in this area could potentially create a hazard if emergency vehicles need access to our campus. Cars illegally parked will be “stickered” (and these are tough to get off) – and please be advised that campus security is authorized to have your car towed if such violations continue. Thanks for your help in keeping this area clear throughout the week and weekend.

HPC vendor partners – It pays to belong to HPC, in so 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 at our service desk) and return it directly us; we’ll send it along, and ADC will contact you to let you know your account is ready to go – from there, *use HPC 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 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** directly 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.**



- *is coming!* **HPC is a proud sponsor** of the Lehigh Valley **ZooBASH**, to be held on **October 23rd** at Allentown Symphony Hall. To order tickets, please visit or call the Symphony Hall Box Office at 610-432-6715. To learn more about the Lehigh Valley Zoo and **ZooBASH**, please visit www.lvzoo.org.

Healthy reminders:

- **Please turn your cell phone OFF** in our locker rooms and in our exercise areas. Our main lobby area is available for your cell phone use – thanks!
- **Summer is flip-flop season** – *except on the exercise floor!* For your safety, we **REQUIRE** full shoes, with closed toe and heel, in our land exercise areas – thanks for your compliance!
- **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 (for obvious sanitary reasons) – 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.
- **Surely you can’t be serious!** Ah, but we are... We’ve found razors in the steam rooms and hot tubs, which can only mean that some members think it’s appropriate to shave in these areas – **but it is not!** Please use our wet vanity and sink areas for shaving and other tasks more appropriate for “the bathroom sink” – We appreciate your compliance, and so do the other members who share the locker rooms with you.
- **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!*
- **Indoor cycling - a couple of helpful reminders:**
 - ◇ Our bike reservation procedure is for the benefit of all cycling members. We appreciate your cooperation with this process (it’s posted throughout the center and **commences 30 minutes** before each scheduled class) and remind you that unruly behavior is cause for dismissal from this program – Thanks for your cooperation.
 - ◇ We’ve noticed that some members have taken to making cycle adjustments using their own (or our) tools – the only adjustments members are permitted to make **DO NOT require tools**, so please refrain from this practice when adjusting your bike before each class.
- **Cleanliness:** 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 depart from the building** at (or before) these times.

6 Rules for Eating Right on the Job

Other than getting a good night's sleep, there's probably no other thing that impacts your productivity and mood at work more than what you eat. Instead of defaulting to what's convenient, cheap, and tasty, here are a few basic food rules that will go a long way towards achieving better fitness. With a **new food attitude** (carbs are not the enemy, and neither is fat), **a stash of healthy snacks** (to keep your brain well fueled), and **some willpower** (small meals = good; big meals = bad), you're sure to see the "positive fruits of your efforts!"

Balance what you eat with when you eat: Today, nutritionists don't focus on those "4 main food groups" from yesteryear – they talk about proteins, carbohydrates, fats, and fiber — and a different way to combine them. It is recommended that you have something from each of these 4 groups every time you sit down to eat – and yes, that includes carbs, which certain popular diets restrict. Why? Because the combination of carbs and protein (and to a lesser extent, fats and fiber) regulates your glucose levels and keeps your mood and mental ability on an even keel.

Neglect carbs at your own peril: The research here is clear - cutting carbs may shrink your waistline, but doing so will shrink your brainpower too. In a 2008 study, Tufts University professor Holly Taylor found that dieters who lowered their blood-sugar levels by cutting carbohydrates from their meals immediately performed worse on memory-based tasks than those who simply reduced total calories by the same amount. When they started eating carbs again, their memory skills quickly rebounded.

Pack in the protein: Proteins such as meat, fish, dairy, eggs, beans, and nuts slow the absorption of glucose so your brain gets a long and steady flow of fuel, rather than the brief blast you get from eating carbs and sugary foods (fats and fiber also help with this) - and protein also brings its own set of brain boosters to the party. The amino acids found in meats, poultry, fish, and eggs help produce the neurotransmitters — serotonin, dopamine, and norepinephrine — that keep us focused, energetic, and upbeat.

Eat smaller amounts, and eat more frequently: If you want to keep up your energy and performance levels, the last thing you need is a 3-course lunch. The same thing goes for big dinners when you work late. Too much food — even if it's well balanced — is going to make you drowsy because it introduces too much glucose for your body to handle at one time. When that happens, your liver reacts by storing the glucose, and your brain actually gets less fuel than it needs.

Fat is beautiful ... for your brain: You probably know that omega-3 fatty acids are good for your heart – but they're also great brain food! The fats found in salmon, walnuts, and kiwi improve learning and memory and help fight against mental disorders like depression, schizophrenia, and dementia, according to a 2008 report from the Brain Research Institute at UCLA. The fats support the synapses in the brain where much of our cognitive functioning occurs.

Keep things in proportion: In addition to controlling your carb intake, portion and proportion play a big role in regulating glucose. Your fist is the size of the carbs; your palm is the size of the protein. Make an OK sign with your thumb and index finger, and that's how much fat you should have. Open your hand as wide as it can go; that's the amount of fruits and vegetables that will keep you well-balanced and going strong!



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!

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