

NO03RTHSHORE FITNESS MAGAZINE

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Holiday Camps
for Kids

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Holiday Smoothies at
Live Fit Café

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Regain Your Mojo
After Injury

**NOON AT
THE BARRE
30 MINUTE
WORKOUTS AT
PELICAN**



Pelican Athletic Club hosted their 2nd Annual Family Fall Festival November 2nd and the weather could not have been more perfect. The day was filled with delicious food and treats, fun games and activities, and even surprise guests Mickey and Minnie!

A great big "Thank You" to all our vendors:

- Sticks BBQ
- Nan's Cafe
- Rolling Cones Ice Cream
- Fluff Cotton Candy
- Dunkin Donuts
- Culinary Kids Mandeville
- FHS RoboDawgs
- Sign Gypsy
- Mad Science
- Villeret Law Firm
- Beau Sourire Family Dentistry
- Assurance Financial
- Mary Kay
- Kellie's Characters
- Blossom Girl
- Elizabeth Westervelt
- Brandon Harrell
- Jessica Roberts
- Christy Powers



HOLIDAY HOURS

Christmas Eve:

Tuesday, December 24th
Club 7am - 12pm
Childcare: CLOSED

Christmas Day:

Wednesday, December 25th
CLOSED

New Years Eve:

Tuesday, December 31st
Club 9am - 3pm
Childcare: 8am - 12pm

New Years Day:

Wednesday, January 1st
Club 7am - 12pm
Childcare: CLOSED



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NORTHSHORE FITNESS MAGAZINE

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YEAR THREE LENDING SCHOOLS A HELPING HAND



Fred Klinge
General Manager
Pelican Athletic Club

TIME FLIES WHEN YOU'RE HAVING FUN! 2019 MARKS THE THIRD YEAR FOR THE P.E. SUPPLIES DONATION PROGRAM, A COMMUNITY WELLNESS INITIATIVE INVOLVING PAC, STONE CREEK CLUB & SPA, AND POWER SYSTEMS. LET ME START BY GIVING YOU A BRIEF HISTORY OF THE PROGRAM AND ITS EVOLUTION.

HISTORY

Larry Connor, Stone Creek Club & Spa General Manager, had a great idea back in 2017. A lifelong fitness enthusiast and accomplished health/fitness industry professional, Larry decided it was time to get involved at the local level and help reverse the recent trend of childhood obesity and type II diabetes afflicting communities nationwide.

Larry reached out to me here at PAC and also Wayne Morris at Franco's Athletic Club. He suggested the three West St. Tammany

Parish health clubs join forces and assist local public and private elementary schools in improving resources for Physical Education classes.

At the start of the school year in 2017, the three local health clubs provided funding to purchase P.E. class equipment for 25 West St. Tammany elementary schools, specifically targeting the 3rd class

level. Research has indicated that children in the 8-9 year old group are very receptive to learning about the health benefits of exercise and it's a great age to develop healthy exercise habits.

That first year was a big success. The P.E. instructors provided helpful feedback regarding the equipment donated the first year and the program was even more successful in 2018.

Children in the 8-9 year old group are very receptive to learning about the health benefits of exercise and it's a great age to develop healthy exercise habits.



2019

This year, Stone Creek and PAC partnered with Power Systems (a fitness industry equipment supplier) to keep the program growing – all three organizations contributed funds to purchase P.E. equipment for 27 local elementary schools in West St. Tammany Parish. By combining our resources, we were able to donate over \$10,000 of exercise gear to the schools. This equipment will continue to provide Physical Education teachers with a wide variety of tools to create fun, effective P.E. classes. This year, each school received a package that included the following:

- **Hula Hoops**
- **Agility Cones**
- **Agility Ladder**
- **Double Dutch Jump Ropes**
- **Speed Ropes**
- **Fitness Dice**

As mentioned above, it's so important to start children on a healthy, active path during their primary school years.

We're involved in a number of really great charitable causes during the year, but this one is arguably the most fun. Equipment drop-off day is always a blast – the response from the kids and the P.E. teachers is wonderful.

Thanks to all the local elementary school P.E. teachers. We hope this batch of gear serves you well for the remainder of the school year and we look forward to seeing you again in 2020!

WAYS TO STAY MOTIVATED at Maintaining Fitness

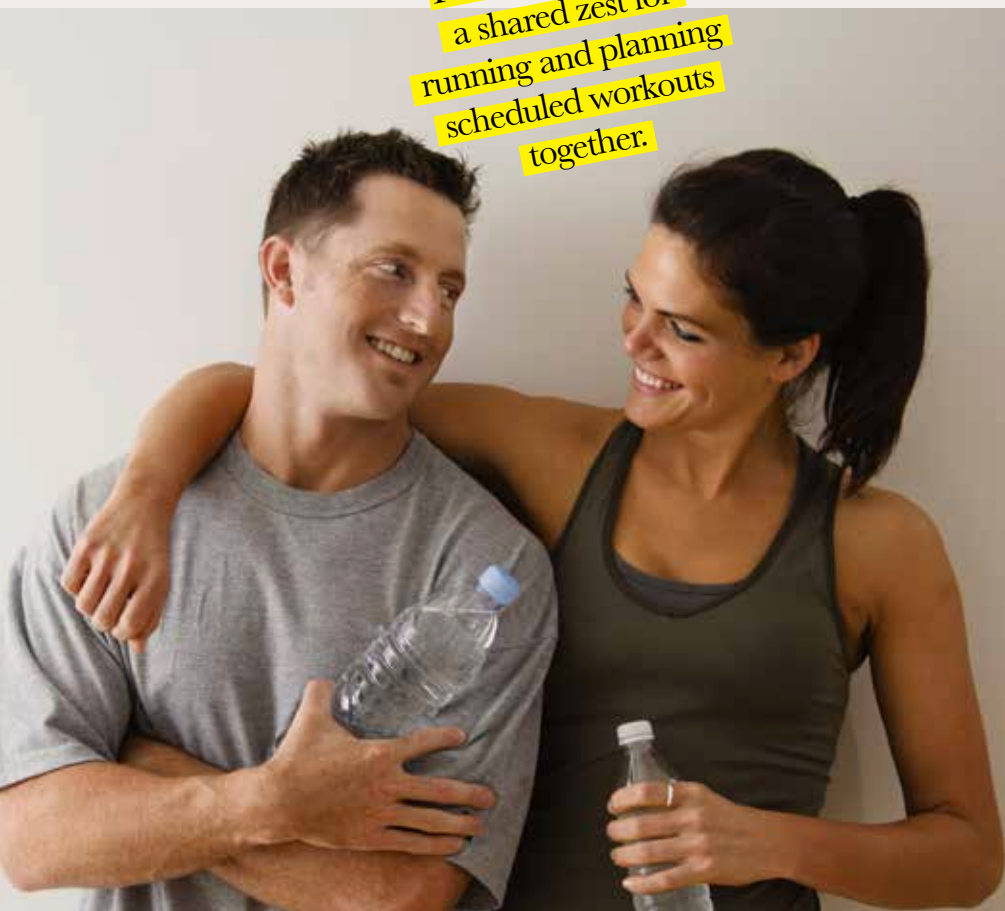
MAKING BIG LIFESTYLE CHANGES LIKE EXERCISING AND DIETING ARE REALLY DIFFICULT TO COMMIT TO. MANY GET DISCOURAGED AND DON'T KEEP TO THE RIGOROUS SCHEDULE, BUT HOPE ISN'T LOST! THERE ARE LOTS OF DIFFERENT WAYS TO KEEP YOUR MOTIVATION UP.

SET A GOAL:

There's nothing more motivating than that first 5K looming in bold letters on the calendar. Register early and commit to an exercise program that will get you in shape by race day. You should set realistic goals that include clear milestones, and as you progress toward your goal, you'll find

a ripple effect occurs and things fall into place in your work, home life, and health! The goal doesn't have to be an organized race. Maybe it's a mission to fit into that old pair of jeans buried in your closet or a new bikini on the beach. Whatever it is, define it, write it down and revisit it daily.

Find a friend with a shared zest for running and planning scheduled workouts together.



CHANGE YOUR PERSPECTIVE:

Start thinking like an athlete! View every obstacle like a challenge to overcome, including workouts at tough times. Take inspiration from everyone you meet—even people who can't be physically active, it reinforces why you're lucky. Whether you need to hang an "I'm lucky" sticky note on the mirror, or you can see the power of health in your children's eyes, committing to a fitness routine begins in your head.

SCHEDULE A REGULAR WORKOUT TIME:

Some of the most committed exercisers do it every day before the sun comes up or late at night when the kids are in bed. Sit down with your weekly schedule and try to build in an hour each day to be good to your body, and in turn, your mind.

THINK VARIETY:

By nature, humans need change and variety to stay motivated. We also need to have fun — even while we're working hard. So do both! There is no set formula- so make your own! Make sure you include activities you truly enjoy and look forward to doing. Think movement that's more like recreation and makes you forget you're working out — such as dancing, hula hooping, yoga or playing sports with family and friends.

CREATE A SUPPORT SYSTEM:

In order to stick to a fitness program, it helps to have motivation and encouragement from other people. Here's one way: find a friend with a shared zest for running, and planning scheduled workouts together. It's easy to hit the snooze button when it's just you, but much harder to leave a friend waiting at the track. Consider joining Group Exercise or Specialty Fitness Classes with accountability and support from other people trying to lose weight and maintain healthy eating and exercise routines. People who get this kind of support are proven to lose three times more weight than people doing it alone.



- Mike Linstead

HOW DO PERSONAL TRAINERS STAY HEALTHY DURING THE HOLIDAYS?

"The secret to this is to treat it like the holiDAYS and not the holiMONTHS. Our bodies are built from our habits. For many people, Halloween begins an endless parade of poor daily choices under the guise of "celebrating" which rolls right into the new year. I'll relax the rules and enjoy an occasional indulgence on the actual holidays or at a party instead of letting each day bring a new "treat" or justification to indulge. As a fitness professional, a healthy lifestyle is part of who I am rather than something I do because I have to."

- Mike Linstead
mike@thepac.com

"When it comes to staying healthy around the holidays, the strategy that works best for me is planning my workouts or runs ahead of time. Between shopping, holiday parties and visiting friends and family, it can be challenging to squeeze in time to stay fit. If I plan my schedule in advance, I can be better prepared knowing exactly when and how long I can exercise versus trying to get in a workout feeling pressed for time."

- Kim Leblanc
kleblanc@thepac.com

"The holidays are a flurry of organized chaos! To combat added challenges, I practice four principles. First, I work out in the morning before the day begins. Second, I balance my plate by filling it with fruit, veggies and lean proteins and THEN add a nibble or two of the more calorie-laden items. Third, I remake recipes. I turn old favorites into sneaky-healthy dishes. Lastly, I enjoy the meaning of the season. We can't forget to appreciate the merriment. Deriving joy from our holiday activities is as much a part of health and fitness as diet and exercise."

- Christine White
rennrochristine@yahoo.com



- Christine White

The 23rd Annual Michelob **ULTRA TENNIS CLASSIC**

The Pelican Athletic Club 23rd Annual Michelob Ultra Tennis Classic held October 7 raised almost \$8,000 for prostate cancer awareness. The tournament participation was overwhelming. Players from all area clubs came to support the cause. During the tournament, Mary Bird Perkins Cancer Center offered free skin and prostate cancer screenings.

To kick off the event, players and guests enjoyed the Calcutta Player Party at the Lake House. Then, tournament day was perfect weather and the food was amazing! Many local businesses provided food-Domino's Pizza, Fidelity Bank/NOLA Lending Group, Chick-fil-A, Lakewood Collision, and Sticks & Bones.

All proceeds were donated to the Rich Mauti Cancer Fund in honor of local tennis players Shane McCarthy, Mike Powers, Jimmy Field, Chad Bloodworth, and Henry Ferger

DIVISION WINNERS:

9.0 Mixed Division Winner Kenny Otilio & Pattie Adams. Runner Up Mark Dominguez & Alise Zipp

8.0 Mixed Division Winner Bentley Harvey III & Dawn Ledet. Runner Up John Allen & Kathy Crain

7.0 Mixed Division Winner Seth Monaghan & Elizabeth Tabor. Runner Up Dominic Turner & Gina Locatto

6.0 Mixed Division Winner Charlie Ward & Lois Eiermann. Runner Up Thomas Read & Brenda Read



During the tournament, Mary Bird Perkins Cancer Center offered free skin and prostate cancer screenings.





JUNIOR TENNIS

UPCOMING LESSONS

We offer a wide variety of tennis lessons for youth ages 4-17, ranging from beginner levels to tournament players. All of our programs are based on US- TA's Junior Competencies and Progressions. We take pride in our program of advancing your child's love and enjoyment of the game, providing excellent group training followed up by match and league play opportunities.

Winter Session I

December 2 - December 19

Winter Session II

January 13 - February 13

Spring Session I

March 2 - April 2

Spring Session II

April 20 - May 21

New!

FROM LESSONS TO LEAGUES

Our First Junior Tennis
League with Coach Luis
was a SUCCESS!

*Next Junior Tennis League dates
coming January 2020*

For more information contact Barbara Fisher tennis@thepac.com

or 985.626.3706 ext 146

UPCOMING TOURNAMENTS

PELICAN ATHLETIC CLUB DOUBLES TOURNAMENT

March 6, 2020 - March 8, 2020
1st Match Starts at 6:00pm

Men + Women Doubles:
2.5, 3.0, 3.5, 4.0, 4.5, 5.0
Format: Round Robin, Guaranteed
3 Matches

\$65.00 per player

Food will be provided court-side.
T-shirt for all participants.

Contact: Barbara Fisher
tennis@thepac.com
985.626.3706 ext. 146

Remember the Date: Kehoe-France
Doubles Tournament February 7-9, 2020

Written by Charlie Hoolihan, Pelican Athletic Club Fitness Director

WEIGHT LOSS

MAINTAINING IS THE REAL CHALLENGE

Being overweight has many long term health risks but sometimes focusing only on losing a certain number of pounds can interfere with health goals.

Nicole Espey

MOST INDIVIDUALS BEGIN THINKING ABOUT LOSING WEIGHT AROUND THE FIRST OF EVERY YEAR AND EMBARK UPON VARIOUS EXERCISE AND DIETARY REGIMES TO ACCOMPLISH THEIR GOALS. MANY WILL INITIALLY SUCCEED, BUT BETWEEN 80-90% OF THEM WILL REGAIN THEIR LOST WEIGHT (AND SOMETIMES MORE) BEFORE THE NEXT NEW YEAR.

Weight loss, then maintenance is a complicated physiological process with many factors fighting against success. Research indicates genetics, slower metabolic rates, increased hunger, disrupted hormones,

reduced muscle tone and reduced will power due to neurological disturbances as some of the functions fighting against long term weight loss.

We asked four members who've achieved successful weight loss over the past few years and several themes emerged from their experience.

1. PRIORITIZE HEALTH GOALS

Being overweight has many long term health risks but sometimes focusing only on losing a certain number of pounds can interfere with health goals. When eating more nutritious food and exercising more become

the focus, often weight loss follows.

PAC member Beth Chascin who attends BURN and Metabolic Strength classes and also does cardio on her own came to this realization and become more successful.

"I think focusing on how I felt instead of how I looked helped me stick with it even when it was going slow," Chascin said. "Reminding myself to just show up because I always feel better when I do. Even if I don't do a lot when I'm at the gym. Just do something. I knew losing weight would help with some minor health issues I had."



2. SUSTAINABLE LIFESTYLE CHANGES

Adopting strategies which can be as long term as your weight loss goals are extremely important. Avid Brass Pelican Cross Fit attendee Ryan Rosebush was able to fight off family genetics through a diet program he could stick with and finding an exercise program he could stick with.

"From the very beginning, whatever I chose to do had to be sustainable and I found a nice balance in my workout and nutritional regimens. Three years after losing weight, I do Crossfit three to four times per week & simply keep track of my calories," Rosebush said.

3. SIMPLICITY

Fellow Crossfitter Nicole Espey also found success in simplicity.

"Good old fashioned eating healthy and working out is the key to long term success," Espey said. "To be honest, I love food! It's about having good balance. I splurge on the weekends but work hard during the week and eats lots of veggies and protein foods."

4. CONSISTENCY

The health focus and sustainability of good habits also enabled Chascin, Rosebush and Espey and Harold Eherenberg to maintain the other key common factor of their weight loss success, consistency.

"The big secret is consistency and exercise with a partner," Eherenberg, who works out with PAC Trainer Collin Chauffe twice per week, said. Reversing the effects of a sedentary lifestyle typically doesn't happen over night, but it is still surprisingly quick. Break a sweat every day."





Swimming LESSONS

10 THINGS PARENTS SHOULD KNOW

BEFORE GOING ANY FURTHER, HERE'S THE MAIN THING PARENTS SHOULD KNOW ABOUT SWIMMING LESSONS: ALL CHILDREN SHOULD HAVE THEM.

Every day, about 10 people die from drowning. Swimming lessons can't prevent all of those deaths, but they can prevent a lot of them. A child doesn't need to be able to swim butterfly or do flip turns, but the ability to get back to the surface, float, tread water, and swim to where they can stand or grab onto something can save a life.

Here are some other things parents should know as they think about swimming lessons:

1. Children don't really have the cognitive skills to learn to swim until they are around 4 years old. They need to be able to listen, follow directions, and retain what they've learned, and that's usually around

4 years old, with some kids being ready a little earlier.

2. That said, swim lessons between 1 and 4 years old can be useful. Not only are some kids simply ready earlier, younger children can learn some skills that can be useful if they fall into the water, like getting back to the side of a pool.

3. The pool or beach where children learn must be safe. This sounds obvious, but safety isn't something you can assume; you need to check it out for yourself. The area should be clean and well maintained. There should be lifeguards that aren't involved in teaching (since teachers can't be looking at everyone at all times). There should be something that marks off areas of deeper water,

and something to prevent children from getting into those deeper areas. There should be lifesaving and first aid equipment handy, and posted safety rules.

4. The teachers should be trained. Again, this sounds obvious — but it's not always the case. Parents should ask about how teachers are trained and evaluated, and whether it's under the guidelines of an agency such as the Red Cross or the YMCA.

5. The ratio of kids to teachers should be appropriate. Preferably, it should be as low as possible, especially for young children and new swimmers. In those cases, the teacher should be able to have all children within arm's reach and be able to watch the whole group. As children

gain skills the group can get a bit bigger, but there should never be more than the teacher can safely supervise.

6. There should be a curriculum and a progression — and children should be placed based on their ability. In general, swim lessons progress from getting used to the water all the way to becoming proficient at different strokes. There should be a clear way that children are assessed, and a clear plan for moving them ahead in their skills.

7. Parents should be able to watch for at least some portion. You should be able to see for yourself what is going on in the class. It's not always useful or helpful for parents to be right there the whole time, as it can be distracting for children, but you should be able to watch at least the beginning and end of a lesson. Many pools have an observation window or deck.

8. Flotation devices should be used thoughtfully. There is a lot of debate about the use of "bubbles" or other flotation devices to help

A child doesn't need to be able to swim butterfly or do flip turns, but the ability to get back to the surface, float, tread water, and swim to where they can stand or grab onto something can save a life.

children learn to swim. They can be very helpful with keeping children safe at the beginning, and helping them learn proper positioning and stroke mechanics instead of swimming frantically to stay afloat, but if they are used, the lessons should be designed to gradually decrease any reliance on them.

9. Being scared of the water isn't a reason not to take, or to quit, swimming lessons. It's common and normal to be afraid of the water, and some children are more afraid than others. While you don't want to force a child to do something they are terrified

of doing, giving up isn't a good idea either. Start gradually, with lots of positive reinforcement. The swim teacher should be willing to help.

10. Just because a child can swim doesn't mean he can't drown. Children can get tired, hurt, trapped, snagged, or disoriented. Even strong swimmers can get into trouble. While swimming lessons help save lives, children should always be supervised around water, and should wear lifejackets for boating and other water sports.



Reserve Your Child's Spot Today!

Call 985.626.3706 or Email info@thepac.com

Swim Lessons Begin March 2020

PELICAN
ATHLETIC CLUB



GROUP EXERCISE

30 Minute Classes

THE 30-MINUTE WORKOUT IS GAINING SERIOUS POPULARITY. WHILE GETTING MORE DONE IN LESS TIME IS SOMETHING WE CAN ALL GET BEHIND, YOU MIGHT BE WONDERING IF A MEASLY 30 MINUTES IS ENOUGH TO MAKE A DENT IN YOUR WEIGHT-LOSS GOALS. PELICAN ATHLETIC CLUB OFFERS A VARIETY OF TRAINING OPTIONS TO HELP YOU GET THE MOST OUT OF YOUR EXERCISE TIME. TRY ONE OF OUR 30-MINUTE GROUP EXERCISE CLASSES TO ENSURE A GREAT WORKOUT IN HALF THE TIME.

Pure Strength Express

Build, strengthen, and tighten each major muscle group by using stability ball, barbells, body bars, body weight, bosou and resistance bands. Beginners or advanced. *Tuesday & Thursday at 7:30am in Studio One*

Power 30

Get a full body burn in 30 minutes, and work to strengthen tone and burn calories with fun, fast-paced workouts

using a variety of equipment. This class includes cardio, plyometrics, agility training, resistance work and core.

Tuesday at 12:00pm in Studio One

Killer Core

Define your abs and strengthen your back resulting in a healthier posture. Join us as you challenge your core like never before. *Monday, Wednesday & Friday at 8:00am in Studio One*

HIIT Spin 30

With high energy music this cardio explosion will boost your metabolism and torch calories while you alternate intervals of high intensity speed work and resistance ladders in and out of the saddle. *Monday at 6:15pm, Tuesday & Thursday at 8:10am, Thursday at 4:45pm, and starting January: Monday & Wednesday at 12:00pm in the Spin Studio.*

Noon @ the Barre

Integrate both strength and endurance throughout your workout by

alternating between exercises that demand intense strength, energy and deep stretches, allowing your muscles to become longer and leaner utilizing the ballet bar and mat. *Monday, Wednesday & Friday at 12:00pm in Mind + Body*

Strong 30

Use only body weight combining muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. *Thursday at 12:00pm in Studio One*

Transform 30

Sculpt your core, legs, glutes, and upper body through the use of a step. Don't worry, this isn't old-school step aerobics—it's functional fitness that's fun. And the level of intensity is up to you. You can follow the beat of the music or set your own beat *Monday at 6:15pm & Friday at 12:00pm in Studio One*

Pelican Athletic Club offers a variety of training options to help you get the most out of your exercise time.



Resilience Conditioning

Use preventative and recovery techniques such as foam rolling, massage balls and band stretching to reduce muscle soreness and increase muscle flexibility. This class also focuses on stability and

balance work to strengthen muscles and to help prevent injury. Resilience Conditioning is essential for those looking to train smarter, perform better, and recover faster *Friday at 10:50am in Studio One*

Balance Training

Become stronger and improve your balance through exercises that maintain strong leg muscles and prevent falls. You will strengthen the ankle, knee and hip joints and improve overall body awareness.

Monday at 10:50am in Mind + Body

Dance Lessons

BALLROOM • SALSA • SWING



PRIVATE LESSONS

GROUP CLASSES

WEDDING DANCE LESSONS

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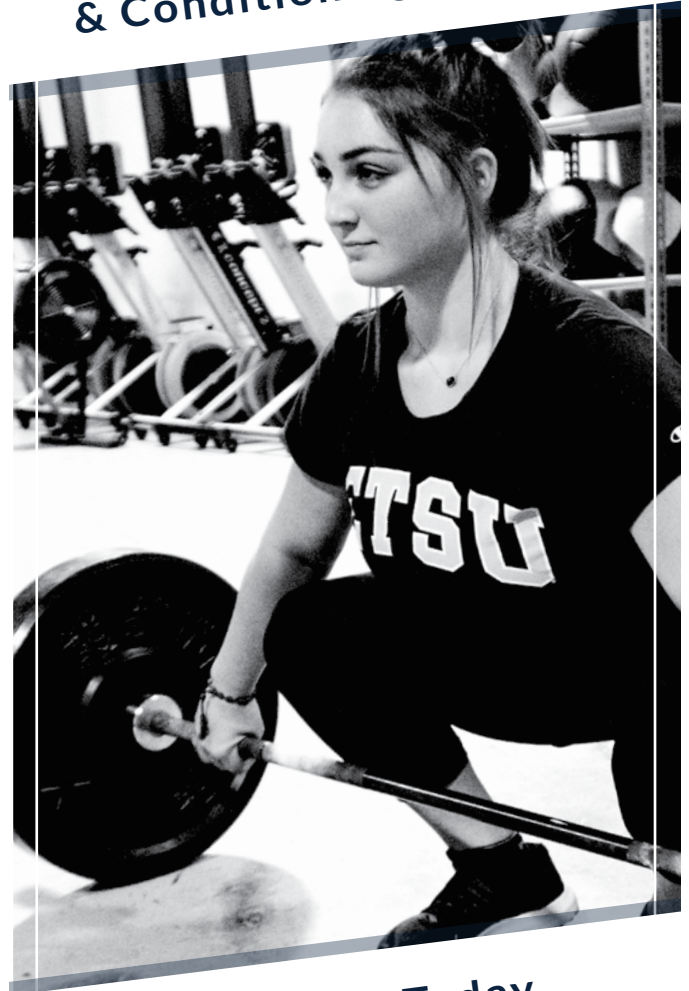
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STRENGTH | SPEED

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PELICAN ATHLETIC CLUB PROSHOP Gift Guide Under \$20

1



SHOWER BOMBS
Step-up your shower by creating an aromatherapy steam shower. Our four shower bombs are helpful for a number of things like congestion, relaxation, and migraines.

IT'S OFFICIALLY TIME TO START SHOPPING FOR HOLIDAY GIFTS FOR O-WORKERS, BEST FRIENDS, EXTENDED FAMILY, AND YES, STOCKING STUFFERS. HERE ARE 8 GREAT STOCKING STUFFER IDEAS THAT ARE SURE TO MAKE EVERYTHING MERRY AND BRIGHT!



2

ROLL-ON ESSENTIAL OILS
Enjoy the benefits of aromatherapy on the go with easy-to-apply Rinse Bath & Body Essential Oil Roll-On.

3



HANDMADE SOAP
Get sudsy with these 100% natural bath soaps scents!



4

CANDLES
Hand-poured holiday candle with a signature soy wax blend that is combined with natural fragrances. These whimsical candles are inspired by the spirit that comes with the holidays.

5

SWIG TUMBLERS

Swig 12 oz Christmas wine tumbler with clear slide-to-close lid. These genuine Swig tumblers will keep your beverage cold for up to 9 hours and hot for up to 3 hours.



6

TELETIES

the strong grip, no rip hair ties that double as an accessory



7

HOLIDAY TOTE BAGS

Use these festive totes to wrap a gift with holiday cheer.



8

ESSENTIAL OILS

So versatile, these essential oil blends from Paddywax will diffuse fresh, thoughtfully curated scents through your space. Pair with an essential oil diffuser, add a couple drops to your bath or dot on temples.



CHILDCARE ACTIVITIES



PELICAN ATHLETIC CLUB'S EXTENDED CARE PROGRAM IS DESIGNED FOR MEMBERS TO LEAVE THEIR CHILD(REN) WITH PLAYLAND AND/OR YAC STAFF FOR A MAXIMUM OF 12 HOURS PER WEEK FOR A SMALL FEE.

WHETHER YOU NEED TO RUN ERRANDS, ATTEND APPOINTMENTS, OR NEED SOME R&R, OUR EXTENDED CHILDCARE IS A LIFESAVER!

Extended care is available for members only. No Reservations Necessary.

HOLIDAY CAMPS

All Day Camps are from 9am-3pm \$48 per day, ages 6-12
Before and after care available



CHRISTMAS CAMP

December 23, 26, 27, 30 +
January 2, 3

DATE NIGHTS

Friday,
January 17

WINTER WONDERLAND

Hot chocolate, winter games and crafts

Friday,
February 21

MARDI GRAS MAMBO

Mardi Gras crafts, games and snacks

All are from 5:30-9:30pm, \$30 first child, \$15 each additional. Reservations Required.

MARDI GRAS CAMP

February 24, 25, 26 and 28



For more information contact Karen Cowhey
985.626.3706
ext. 161 or
kcowhey@thepac.com

TEETH WHITENING QUESTIONS ANSWERED

DO ALL TEETH WHITEN THE SAME?

NO. Teeth whitening is an exciting option for patients; however, not all teeth are created equal when it comes to teeth whitening! Yellow stains respond very well to bleaching while brownish stains or greyish-colored teeth may not respond well at all. In fact, greyish-colored teeth may require multiple in-office and at-home treatments before a satisfying result can be achieved!

What's the difference between at-home teeth whitening and in-office teeth whitening?

Some whitening products contain hydrogen peroxide and others contain carbamide peroxide. Hydrogen peroxide breaks down faster than carbamide peroxide, so it releases most of its whitening power within 30–60 minutes. Carbamide peroxide, on the other hand, releases about 50% of its whitening power in the first two hours and can remain active for up to six additional hours.

Most in-office whitening systems use a higher percentage hydrogen peroxide (usually around 35%) so a protective barrier must be used and the teeth must be closely monitored during the procedure to help avoid ulcerations and extreme teeth sensitivity.

At-home whitening systems contain carbamide peroxide (anywhere from 10%-35%) or they contain a lower percentage of hydrogen peroxide (10%) which can be used safely at-home without a barrier!

Which teeth whitening system produces the best and longest lasting results?

To obtain the fastest, most effective, and most satisfactory results, Dr. Alvarez recommends in-office teeth whitening followed by a strict at-home regimen of professional grade teeth whitening gels with customized carrier trays that fit like mouthpieces. Dr. Alvarez uses Opalescence BOOST and Opalescence at-home whitening system which comes in different flavored gels.

Teeth whitening is safe and can produce wonderful results to boost self-esteem and give you the smile you've always wanted!



 **Beau
Sourire**
Family Dentistry

If you have any dental questions, you can contact our office located in front of the Pelican Athletic Club in The Village Shopping Center

www.beausourirefamilydentistry.com

985-626-8980

2881 Hwy 190 Suite D4,

Mandeville LA 70433



5 REASONS MASSAGE THERAPY IS PERFECT FOR Stress Relief

has shown that massage therapy can even help patients manage the pain and stress of chronic health issues, including joint pain, sports injuries, soft tissue injuries, digestive disorders, and even hard-to-manage conditions like fibromyalgia. When combined with a treatment program from your regular physician, it can do wonders!

5. Massage therapy leads to a healthier heart. Research has shown that regular massage therapy helps lower blood pressure and heart rate, reducing the strain on your heart and helping you maintain a healthier circulatory system. Whether you're working to be healthier, or trying to stay in shape, massage is a powerful tool to help you reach your fitness goals.

HAVE YOU MADE YOUR NEW YEAR'S RESOLUTIONS FOR 2020 YET? WHILE MANY OF US TAKE THE OPPORTUNITY THIS TIME OF YEAR TO CREATE NEW HABITS, THERE'S ONE IMPORTANT AREA YOU MIGHT BE NEGLECTING: SETTING A GOAL TO REDUCE STRESS IN YOUR LIFE.

While therapists and life coaches will tell you the best way to reduce stress is to work fewer hours or avoid tense situations, in our fast-paced modern world this can seem impossible. Luckily, there's one powerful way to reduce stress without giving away your worldly possessions and relocating to a mountaintop in the Himalayas: massage therapy.

Here are just a few of the reasons massage therapy is so effective at melting away stress:

1. Stress affects more than just your mind. Research has found that stress affects every part of your body – when you carry too

much tension, it seems natural that it can lead to muscle stiffness and pain. But what you might not realize is that, according to the Mayo Clinic, it's also linked to headaches, fatigue, stomach problems, and difficulty sleeping. When you enjoy a relaxing massage session at our clinic, you'll be doing your stressed-out body a favor.

2. Massage is the perfect way to lift your mood. Think about it – during times of high stress, do you ever find yourself feeling anxious or depressed? Do you have trouble relaxing and getting the rest you need? Is it hard to focus or get things done? Maybe you feel overwhelmed, or just unusually irritable. Whatever effect stress has on your mood, a massage is one of the most relaxing and enjoyable ways to let your daily stress simply disappear.

3. Relieving stress can make it easier to meet your other goals for the year. Did you know that a startling 90% of people don't end up keeping their resolutions

each year? Part of the reason for that is that daily stress makes it hard for people to control their behavior. The Mayo Clinic has linked stress to overeating, drug and alcohol abuse, tobacco use and social withdrawal – it's even a major reason people tend to slack on their exercise plan. Keeping your stress in check is one of the best ways to stay on track to meet your goals.

4. Have a chronic illness or injury? Massage therapy may help. Preliminary research

Whatever effect stress has on your mood, a massage is one of the most relaxing and enjoyable ways to let your daily stress simply disappear.





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By Jenny Dreessen

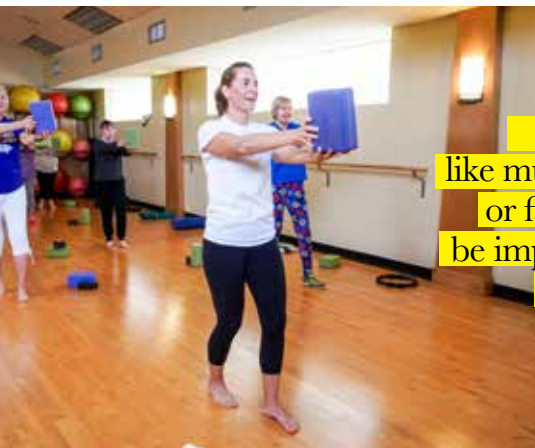
GOOD BALANCE IS LIKE MANY THINGS IN LIFE – YOU PROBABLY DON'T APPRECIATE IT WHEN YOU HAVE IT BUT YOU SURE NOTICE WHEN IT'S GONE. THE GOOD NEWS IS THAT BALANCE, LIKE MUSCULAR STRENGTH OR FLEXIBILITY, CAN BE IMPROVED THROUGH TRAINING.

Though it seems like simple tasks, such as walking to the bathroom in the middle of the night or bending over to tie your shoelaces, should be done without fumbling, maintaining our balance during these activities is actually pretty complex. In addition to having good lower body and core strength, balance requires integration of our visual, vestibular and proprioceptive systems.

BALANCE TRAINING



Balance, like muscular strength or flexibility, can be improved through training.



Jenny Dreessen

Wondering how your balance is today? Try this out – stand barefoot with one foot directly in front of the other foot. Now, cross your arms over your heart and close your eyes. This is a challenging exercise for most people but if you need more, begin to slowly lower your right ear towards your shoulder then alternate sides (eyes closed – no peeking!). This will give you an indication of how

efficiently and quickly the systems of your body are communicating to each other. Try the following three exercises to improve balance today:

- 1.** Sit down... and then stand up! Squats are a great way to build lower-body strength.
- 2.** Walk backwards... while counting down from 100 by 3's. It's important to do cognitive tasks along with physical tasks to improve balance.

3. Stand on one leg... see how long you can maintain your balance on a single leg without allowing the lifted leg to touch the floor or the standing leg. Work towards maintaining a single- leg stance for 30 seconds.

Good job! Soon you'll be rubbing your stomach and patting your head while walking backwards with your eyes closed and counting down from 100 by 3's... in Italian.

Jenny teaches the Balance Training Class on Mondays at 10:50am-11:20am in the mind body studio.

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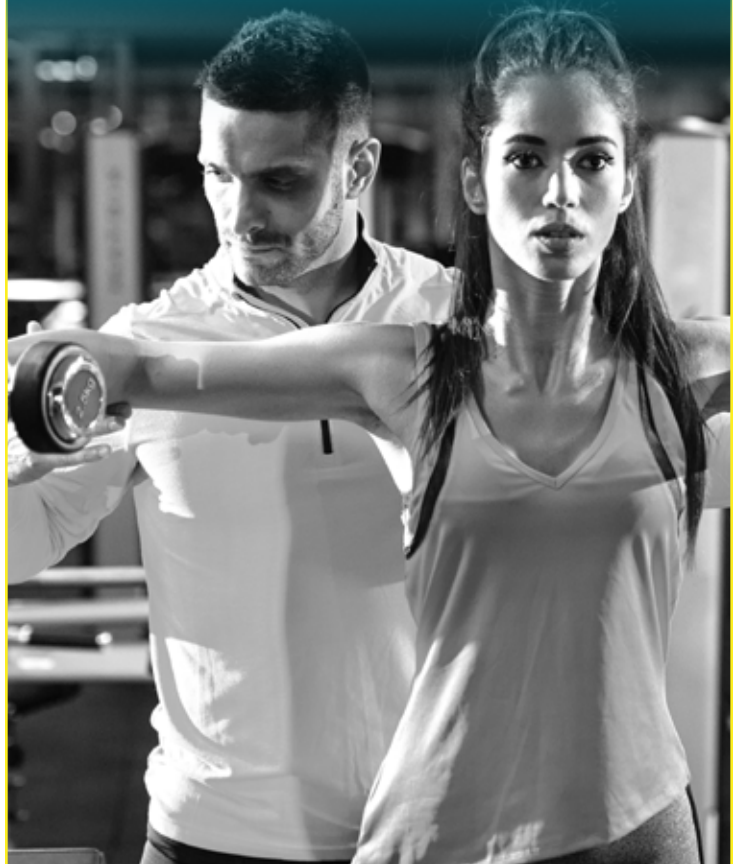
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IT'S A JOURNEY, NOT A HIKE

AMY MCGRAW SHARES HER SECRET TO WEIGHT-LOSS SUCCESS.

Thin fat. Of all the ways to describe herself (overweight, heavy, plump, out of shape), Amy McGraw refers to her body as "thin fat." At least, she did, before she committed to improve her health and join Pelican Athletic Club.

"My whole life I was thin fat. I was small but I didn't have to work out to stay small. At the same time, I wasn't healthy," McGraw said. The wife and stepmother of 2 adult children paid little attention to her health. Year after year, the scale readout increased and "at 186 pounds, I quit weighing myself."

McGraw abandoned the scale and in turn, her health. As they say, out of sight, out of mind.

"About two or three years ago, I just woke up one day and realized that I wasn't healthy. If you don't have your health, you don't have anything," McGraw said. It would be the first of many days spent focused on her diet and physical fitness. With the help of her husband, Josh, a longtime fitness enthusiast, and PAC trainers, McGraw began the ascent of her weight-loss journey.

IT'S NOT EASY

Like many of us, she struggled in the beginning to motivate herself to reserve time for fitness. "I feel like a big problem when you start working out is you feel like everyone is staring at you. You have to understand that everybody who's in the gym was in the same position that you're in," McGraw said.



You just have to accept the fact that it's going to be a long process. Think about how long it took you to put on that weight.





"At first I probably went to the gym twice per week but at some point, I began to feel better after workouts." Thanks to the post-workout rush and inspiration from her husband, she stuck with it. Even with a fulltime school and work schedule, and even as she watched the scale numbers increase, she persevered. "It was kind of frustrating at first because I was gaining weight but I knew it was because I was building muscle."

Once committed to wearing men's extra-large shirts, "because I couldn't fit into the same size women shirts," McGraw is down 50 pounds and a half-dozen dress sizes—from a 16 to a 4.

"You just have to accept the fact that it's going to be a long process. Think about how long it took you to put on that weight. It took me five to six years to get that

heavy. It may take nearly as long to lose the weight," she said. "I still want to lose more."

CELEBRATE THE SMALL VICTORIES

McGraw credits several factors for her success, including her husband's support, the staff at Pelican Athletic Club and her secret weapon. "Celebrate your small successes. You have huge goals and you get down on yourself after not seeing big changes. Set small goals and celebrate when you reach them."

And those moments when we stumble? "Stay consistent with your training and eating and when you know you're going to slip up, dwell on the positive. Don't get down on yourself when you eat that piece of cake. Make it a good piece!"



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Nutrition Facts

Serving Size Entire Recipe 187g (187 g)

Amount Per Serving

Calories _____ Calories from Fat 31

% Daily Value*

Total Fat _____

Saturated Fat _____

Trans Fat _____

Cholesterol 0mg _____

3mg _____

30% _____



NUTRITION TIP BY LIVE FIT

Holiday season is here, it can be hard to maintain a healthy weight, and even harder to lose weight in this time. It is most important to set a specific goal during this time of year. A goal that is measurable and achievable would be best. Good examples would be, lose one pound of fat per week for the next eight weeks. Or a daily goal like, limit calories to 1600 per day, not intake any table sugar, or maybe limit carbs to 50 grams per

day. Achieving a goal like this would mean you would have to track the nutritional facts of everything you put in your mouth, doing this would mean you would have to keep a food journal. By keeping a food journal for approximately two weeks you would have a very good idea of what you should and should not be eating. The goal that you choose should be determined by you, and no one else, this will maximize the chances of you achieving your goal.

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★★★★★ **ONLINE RATING**

by Charlie Hoolihan, Pelican Athletic Club Fitness Director

REGAIN YOUR MOJO AFTER INJURY

Almost every adult participating in athletic endeavors or even has high fitness goals will find themselves experiencing some sort of setback whether its illness or injury. These passionate exercisers often struggle to figure out ways to return to previous activities from their setbacks or in some cases their surgeries to repair overuse or trauma induced injuries.

In these cases, physical therapy is a critical post-op component to get back to action but more is often needed in order to return to full speed.

Three PAC members who are endurance athletes took advantage of club programming in order to regain their running and triathlon mojo after knee surgeries. All three are in various stages of progress but tremendous progress is being made.

JEFF NICOSIA, TRIATHLETE.

Jeff had lingering knee pain from years of wear and tear which finally resulted in a surgery last December. Further complications prevented him from running for four to six months post op but he diligently followed PAC Physical Therapist, Scot McWilliams' rehab program before returning to the Endurance Edge strength training classes.

The Endurance Edge strength protocols consist of basic strength exercises designed to improve running, cycling and swimming power – squats, hip thrusts, deadlifts etc. but adaptations are often made for specific needs.

For Jeff, a dose of tethered incline treadmill walking and tethered tire pull running was the beginning of redirecting his muscle power more toward posterior muscle groups. He also attended Endurance BURN classes on Thursday morning

which stress core stability while moving and emphasized specific lower leg training to improve shock absorption.

"Physical Therapy helps you get to a level where you can start training again," Nicosia said. "But after the PT phase it's important to implement a strength training program to get back to 100%. We are lucky to have (an endurance strength training) program to help us after PT."

At this writing, Jeff was training to complete a half-Ironman distance triathlon in October.

ELIZABETH WEISINGER, RUNNER

Although Elizabeth's surgeries were in the 80s and 90s, the lingering effects of each, caused her to develop asymmetries in her running style which created chronic pain in the knee over the past few years. She



JEFF NICOSIA, TRIATHLETE.



**LAURA TODD, RUNNER/
TRIATHLETE/GOLFER**

went to physical therapy which helped and her PT recommended strengthening.

Once per week personal training sessions were augmented with two more strength sessions within the Metabolic Strength class structure. She was given specific workouts for her needs and was able to have continued observation during her class time. The workouts consisted of exercises which strengthened her legs but also helped reinforce which muscle groupings should be involved in both propulsion but also landing and shock absorption.

After a summer of training in this manner, her running has come back and pain has subsided.

"I have noticed not only an increase in strength and awareness of my (muscles in the lower leg) but also I am now achieving proper body alignment when running as well as with any functional tasks," Elizabeth said. "My pain, both in the knee and also lower back is lower and absent."

LAURA TODD, RUNNER/TRI-ATHLETE/GOLFER

Laura had the misfortune of tearing her ACL while coaching her daughter's recreational soccer team during a routine agility drill. While seemingly routine, this injury is not unusual in runners who usually just run straight ahead.

After her tendon replacement, she worked with a physical therapist then came to PAC for strength training to get her back to full speed. Working with a trainer twice per week, the former La. Cross Country champion and collegiate golfer for University of Texas was able to develop her strength and most importantly her confidence through a diverse training program.

"I started working out from the day I got off my crutches," Laura said. "We have focused on my lower body, working on glute strength, core strength, lateral movements, and balance challenges. I am so thankful that I have worked hard and recovered with my friends at PAC! They have the knowledge, experience and gave me the encouragement I needed to get through one of the toughest challenges I've faced."

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ELIZABETH WEISINGER, RUNNER

DETOX

IMMUNE-BOOSTING CHICKEN SOUP

INGREDIENTS

- 2 Tbsp olive oil
- 1 onion, chopped
- 3 large celery stalks, chopped
- 2 large carrots, peeled and chopped
- 1 cup mushrooms, sliced
- 10 cloves garlic, minced
- 8 cups chicken stock
- 2 bay leaves
- ½ tsp. turmeric
- ½ tsp. crushed red pepper
- 1½ tsp. sea salt
- 1 (15 oz) can chickpeas, drained and rinsed
- 3 cups shredded rotisserie chicken
- 2 cups baby kale leaves

INSTRUCTIONS

- ① In a large pot or dutch oven, heat oil over medium-high heat and sauté onion, celery and carrots, stirring occasionally, about 5 minutes. Add mushrooms and garlic, cooking another 3 minutes.
- ② Stir in the chicken stock, bay leaves, turmeric, crushed red pepper, salt and chickpeas; bringing to a boil. Mix in shredded chicken, cover and turn down heat to a simmer for 15 to 20 minutes.
- ③ Add kale, cover and simmer an additional 5 minutes. Discard bay leaves, serve and enjoy!

NUTRITIONAL INFORMATION

Serving Size: 1½ cups • Calories: 253 • Fat: 6.5 g • Saturated Fat: 0.8 g • Carbs: 20.6 g • Fiber: 6 g • Protein: 28 g • Sugars: 3.5 g • WW Freestyle Points: 1

**Recipe adapted from Cooking Light*

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