



NEWS

OCTOBER 2008



TEN TIPS FOR A BETTER GYM

This month's topic of conversation is "Gym Etiquette". I have been in this industry for 18 years now and in that time I have seen a lot, and I do mean a lot.

For example, I have seen but never understood leg warmers, matching headbands and wristbands, string tank tops and Craze Wear. I have also seen things that I hope never to see again, such as bright colored Lycra and an over whelming amount of leopard skin print. Many issues over the years have continued to happen, and I am not really sure why. For everyone's benefit, I am going to review a few gym etiquette guidelines that will help you and your fellow gym members have a good exercise experience.

First I'd like to say that it's fine at Bob's Gym to sweat, grunt, and make those ugly faces while working out, but I am going to cover a few things that aren't....

#1: Clean Up After Yourself.

Never leave a pool of sweat on machines and benches for others to wipe up. Our gyms offer disinfecting cleaning sprays with towels strategically located around the gym for this purpose. Please use them!

#2: Share With Others.

If you're doing multiple sets on a machine, it's common courtesy to let others work in during your rest periods. This may not always be practical, but offer to share whenever you can.

#3: Put Your Weights BACK!

Nothing is more irritating during a workout than when you come to the bench press or leg press only to discover that the Incredible Hulk was just there, and then suddenly disappeared into thin air after he finished, unable to unload the weights. Come on Hulk just put them back on the rack!

#4: A Little Chalk Goes A Long Way!

I don't understand the use of chalk on cable machines or any of the selector type machines. Just remember that others have to use the equipment and may not want chalk-covered clothes. Lets try to keep the chalk in the squat, dead lift, and Olympic pressing areas. I don't want you to lose grip, but I also don't want to look like I was rolled in flour when I'm done with my workout.

#5: No Foul Language

All of us have been guilty of letting a dirty word slip out now and then. Especially when we are under stress and exerting ourselves. However, Bob's Gym has always been a FAMILY fitness center and we need to keep that in mind while we work out. Although you may not even realize it, others can hear you so try to not say anything that you wouldn't say to your own mother.

#6: Footwear is Essential.

Recently it has become trendy to wear flip-flops, sandals, and open toed shoes while working out in the weight room. It is Bob's Gym's policy to wear appropriate footwear, such as an athletic shoe, while working out. The chances of suffering a serious injury from tripping or dropping a weight dramatically increase when wearing an open toed shoe on the weight floor.

#7: "Checking Out" Other Members

Workout time is a very personal time for everyone. While a friendly smile and hello are always fine, staring and inappropriate flirting are not. We want all of our members here at Bob's Gym to feel comfortable while exercising so please do not assume that a simple greeting is an open invitation to start a personal relationship. The gym is a place to get healthier, find new ways to exercise, and relieve stress, not to find a date for Friday night.

#8: Don't Give Advice. While you may have a wealth of exercise experience, typically no one wants to hear it. The only time to give advice is if you see someone is going to hurt themselves. Then be polite and offer your suggestion and be on your way.

#9: Water Fountain Usage. The water fountain is for getting a sip of water. If there is a line for the water fountain, that is not the time to fill your gallon jug. Also the water fountain is not a place to spit or throw away your gum!

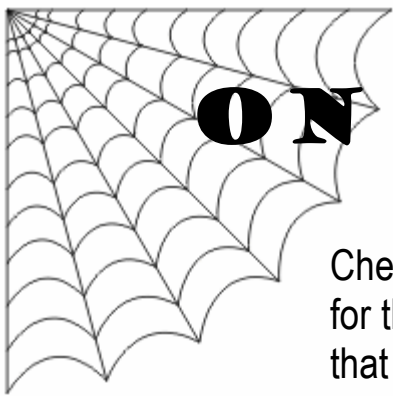
#10: All of the Stuff I Left Out.

Pick up after yourself, in the gym and locker room. Smell nice, it's not that difficult. Don't drop your weights, I know they are heavy! Try to avoid excessive talking while a person is in mid set. DO NOT leave a treadmill on for any reason! Basically, use common sense and have a GREAT WORKOUT!

Article By: Tony Maier
Head of Fitness—Bob's Gym

See Bob Run
24 Hour Family Fitness

**A DAY OF FAMILY FUN!
5K RUN / WALK
KIDS DASH
SATURDAY NOV 1 @ 9am
BOB'S GYM NORTH**



ON THE WEB

www.foodfit.com


Check out this awesome web site for thousands of wonderful recipes that not only taste great but are healthy too! Each recipe also comes with nutrition facts so it's easy to keep track of your diet.

DID YOU KNOW?

Blackberries have the highest concentration of antioxidants of any food.

OCTOBER CALENDAR OF EVENTS

Sun Mon Tue Wed Thu Fri Sat

			1	2	3 Rocky Horror Picture Show Mesker Amphitheatre Starts at 11 pm	4 U of E Sigma Alpha Epsilon Run for the Kids 5k Race and Kids Dash Starts @ 9am
5 Evansville Bicycle Club's 27th Annual Great Pumpkin Metric Vand 4-H Grounds Starts @ 8am	6 4 Day Speed & Agility Workshop Begins @ Bob's Gym Newburgh Ages 14-18 6-7pm	7	8	9	10	11 Teen Weights 12:00 - 1:15pm Bob's Gym North 16th Annual Walk to Fight AIDS Garvin Park Noon - 4pm
12 Evansville Half Marathon Starts @ 7am Downtown E'ville	13	14 Pilates Intro 10:45am - Noon Bob's Gym North	15 Teen Weights 6:00 - 7:15pm Bob's Gym West	16 Evansville Women's Conference @ The Centre 7:30am-5:00pm	17	18 Ellis Park 5K & Family Day Starts @ 9am Teen Weights 12:00 - 1:15pm Bob's Gym North
19 Alzheimer's Memory Walk USI Campus Register at 12:30 Begins at 2:00 1 mile race	20	21 Teen Weights 6:30-7:45pm Bob's Gym Newburgh	22 Teen Weights 6:00 - 7:15pm Bob's Gym West	23	24	25 Ray Rayl 6th Annual 5K Run/Walk Pilates Intro 10:00-11:30 AM Bob's Gym West
26 Main Street Trick or Treat Downtown E'ville 12:00pm-3:00pm	27 Pilates Intro 6:30-8:00pm Bob's Gym Newburgh	28 Teen Weights 6:30-7:45pm Bob's Gym Newburgh Magic Johnson Diversity Lecture E'ville Centre 7pm	29	30	31 	

MEMBER INSPIRATIONAL

Dr. Stan Wilson joined Bob's Gym in March of 2006. At that time he was six months removed from arthroscopic surgery on his left knee. Simply getting in and out of his car and walking up and down steps was still painful. When he joined, he also utilized the services of Personal Trainer Kathi Gerth. Kathi helped Dr. Wilson, "Get back on my feet".

Kathi taught him correct exercises to strengthen his legs, upper body, and abdominal muscles. Since March he has been coming to the gym three times a week using several programs Kathi showed him.

Dr. Wilson warms up on an elliptical machine for about ten minutes and then does the exercises Kathi taught him. He routinely rides a bike twelve miles twice a week with no pain.

Back in March of 2006, Dr. Wilson also feared that he may never play golf again. Three months following his surgery he attempted to play a round of golf but the pain was to great. After about five months of regularly exercising at Bob's Gym he tried swinging a golf club again.

"I could (swing a club) without any knee pain. I routinely practice my golf swing and have been on the course several times in the past month. I can't tell you how happy I am to be back doing what I was doing before I injured my knee" says Dr. Wilson.

Through the help of his personal trainer Kathi and self dedication to a regular exercise routine Dr. Wilson was back to an active lifestyle less then a year after joining Bob's Gym.

BEHIND BOB'S...



Blake Burris
Personal Trainer
Newburgh

What was your best Halloween Costume?

- Probably when I was a ninja in 3rd grade

The best part about working at Bob's is?

- Helping my clients achieve their goals

What is your favorite Fall Festival food?

- Funnel Cakes and Candy Apples

What exercise do you enjoy the most?

- Bench Press

What is your favorite shake or smoothie?

- Blake's Special



NUTRITIOUS BLACK CAT BEAN DIP WITH WITCHES HATS

Ingredients:

1 tablespoon olive oil
1/2 cup chopped onion
1 teaspoon finely chopped garlic
1/2 teaspoon cumin
12 ounce can of black beans
1 tablespoon lime juice
Salt to taste
Freshly ground black pepper
6 pieces pita bread, cut into triangles

Cooking Instructions:

1. Heat the olive oil in a small skillet over medium heat. Add the onion and garlic and cook until the onion begins to soften, about 4 minutes. Add the cumin and cook until the onions are completely soft, about 3 minutes more.
2. Rinse and drain the black beans.
3. Puree the beans in a blender or food processor with onion mixture, lime juice, salt and pepper.
4. Serve with pita triangles (witches hats).

Serving Size: about 2 tablespoons dip plus 2 pita triangles

Black Cat Bean Dip with Witches Hats

Nutrition Facts

Serving Size about 2 tablespoons dip plus 2 pita triangles

Calories 111

Protein 4 g

Total Carbohydrate 21 g

Dietary Fiber 2 g

Soluble Fiber 0 g

Sugar 1 g

Total Fat 1 g

Saturated Fat 0 g

Percent Calories from Fat 12 %



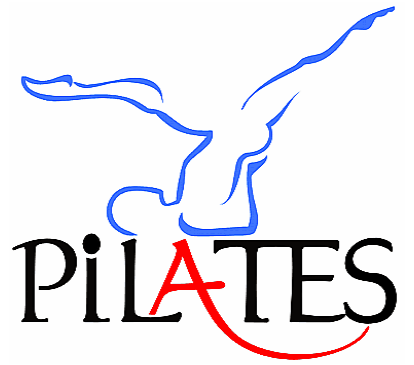
EMPLOYEE OF THE MONTH

Keith Zenker



Keith is affectionately known around the gym as "the towel guy." Keith is always willing to stay late or cover extra shifts if he is needed. His hard work and willingness to go the extra mile helps make the west side location such a great gym. In addition to his strong

work ethic, Keith also has a wonderful personality. His favorite part of working at Bob's Gym is getting to know the members and that is seen daily as he makes them feel welcome. We are lucky to have Keith as a part of our staff. THANK YOU KEITH!



INTRO CLASS

SAT. OCT 25TH

10:00 AM-11:30 AM

SIGNUP REQUIRED

\$20 FEE



TEEN WEIGHT LIFTING CERTIFICATION CLASS
WED. OCTOBER 15TH & 22ND 6:00-7:15PM
CLASSES ARE FOR AGES 11-13 AND ARE FREE!



Family Fitness Day!

Saturday November 1

5k Run/Walk @ 9:00 am

Kids Dash @ 9:45 am

Location: Bob's Gym North
 Post Race Party with Food,
 Drinks, and Prizes!!



DID YOU FORGET TO TAKE ADVANTAGE OF YOUR FREE FITNESS ASSESSMENT AND ORIENTATIONS WHEN YOU SIGNED UP? DON'T WORRY IT'S NOT TOO LATE! SEE THE FRONT DESK TO GET SIGNED UP TODAY!!!