

Beeston Hill Fitness Center

In the News



The BIGGEST LOSER !!!

Deborah K. Peter shows off her new figure that won her the 'Biggest Loser' title for 2009. Deborah shares her inspiring story below.

*Congratulations to Deborah Peter, the winner of our "Biggest Loser" Contest. Deborah lost over 40 pounds and 4% body fat during the three-month long contest and received her **Free Year Dues** to the club. We have printed Deborah's story below in her own words.*

"Participating in the *Biggest Loser* competition was exactly what I needed to get on track to losing weight, living healthier and perhaps pocketing a year's worth of dues if I was lucky. Like many others, getting started was the biggest hurdle I had to overcome. I kept telling myself, I will start tomorrow, then next week, next month, then after the holidays...it was one excuse after the other and the "perfect" day just never came. I finally realized that the

only person standing in my way was "ME". The competition gave me the drive that I needed to finally get started. 2009 was going to be my time to shine, I committed to improving my health one rep and one step at a time.

"So how did I lose 41 pounds in 3 months you ask? What did I do differently? The truth is many of us know precisely what we need to do to improve our health. I knew exactly what I needed to do, balance proper nutrition with exercise (cardio, resistance and strength training). Nutritionally, I read labels, looked up nutritional values for fresh produce and meats, monitored my portion sizes, planned and prepared 95% of my meals, kept processed

foods to a minimum and cut out late night eating, to name a few. I trained once a week with the BEST trainer- Mr. Albion Thomas (teamwork) and exercised 5-6 days a week. There were (and still are) many days when I really do NOT want to exercise but I know I need to and MUST do it because no one can do it for me. I still have a long way to go but I have accepted that exercise will always be a part of my life for the rest of my life. It is still a struggle EVERY single day, but you know what....it gets easier and so much better with time.

***'If I advance, follow me. If I stop, push me. If I fall, inspire me.'* – Robert Cushing"**

Deborah K. Peter



What's Up With That Pool?

We had two problems:

- 1- One of the two pool pumps broke and during the time it took to get and install another one, we developed an algae problem.
- 2- Normally, you just throw a bunch of chlorine and/or algaecide in the pool, scrub the sides and you're done with it. Since we don't use chlorine with our new ion system, we had to build back up the copper level which is the element in the system that protects the pool from algae. The problem should be solved by the time this newsletter goes to print.

Questions and answers

QUESTION:

For over two months now we have been unfairly punished for the bad behavior of a few members. We would like to have the sound back on the TV in the cardio area. Headphones are not a good solution because they prohibit the exchanges and any kind of interaction between the gym members. Meeting other people is one of the reasons we exercise at the gym instead of at home.

ANSWER:

First of all, no one is punishing anyone. We are trying to come to the best solution for all members since we have heard complaints from all sides. The problem as we see it is that in order to hear the TV over the noise of the cardio equipment, the volume has to be loud

enough to be annoying to some members.

If we go back to allowing members to adjust the volume, the noise of the equipment coupled with the noise of the TV will drive some of our members crazy. So we decided instead to invest in our present system which allows members who don't like the loud noise to exercise in comfort while allowing those that want to listen to the TV to use a headset. Those members who want to socialize can do so easily because they don't have to yell over the TV volume. Members like yourself who want to socialize AND listen to the TV, I suggest you use only one earpiece so you can talk and listen at the same time. We hope you are all open minded and willing to compromise.



TIDBIT:

Dr. Doug Menzies is the overall champion of the St Thomas Open Golf tournament held at Mahogany Run, St Thomas this weekend, while Mae Menzies won First Place Net in the Ladies' Division.

Way to go, St Croix!!!

Fix Those D---n Machines!

We have been hearing this phrase much more frequently over the last month or so. What upsets us is that some of the members think we have intentionally neglected our equipment. I know it is hard to believe but we have been trying since March to get parts for one of our exercise bikes and have waited months of other parts. The last thing we want is for our equipment to wear an "out of order" sign for long periods of time but in this instance it could not be avoided because the manufacturers are not producing their parts in a timely manner. The parts for the bike have now been on back order for 5 ½ months! We know it's hard to believe so we have reprinted e-mail correspondence, copies available at the front desk, with our supplier so you can see how ridiculous it has become. If you didn't read it we couldn't expect you to believe it and, by the way, this is only ½ of the e-mails that went back and forth. We edited for brevity sake but as you will see, it is anything but brief. We do apologize but don't know what else we could have done.