

Lap Pool Closed for Pumpkin Head Swim Meet Sat Oct. 26

[Pool Closed sign Pumpkin head](#)

Fitness 101 for Beginners

*Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.

Cardiovascular activity, strength conditioning, and flexibility training create balance. These don't all have to be done at once, but doing each on a regular basis will result in balanced fitness.

- **Cardiovascular activity.** Start by doing an aerobic activity, like walking or running, for a sustained 20-30 minutes, four to five times a week. To ensure you're working at an optimum level, try the "talk test": Make sure you can carry on a basic level of conversation without being too winded. But if you can easily sing a song, you're not working hard enough.
- **Strength conditioning.** Start by doing one set of exercises targeting each of the major muscle groups. Bryant suggests using a weight at which you can comfortably perform the exercise eight to 12 times in a set. When you think you can handle more, gradually increase either the weight, the number of repetitions, or number of sets. To maximize the benefits, do strength

training at least twice a week. Never work the same body part two days in a row.

- **Flexibility training.** The American College on Exercise recommends doing slow, sustained static stretches three to seven days per week. Each stretch should last 10-30 seconds.
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Fall Fitness is Here!

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Fall is finally here! You may be excited about Halloween and Pumpkin Spice Lattes, but have you thought about your fitness? Fall is a great time to start a fitness plan – you'll be setting up good habits before the winter months, so you can stay in shape all year round! Use Fall Fitness as a Springboard

Getting into shape now is a great idea if you want to keep fit over the winter period. Your body takes around a month to adapt to a new training regime, so starting now allows you to get used to training before the winter chill. This means you'll be more likely to stick with it through the colder (and more calorific!) months, so you can train straight through winter and into the warmer months.

Try not to get bored or stuck in a rut with your training routine. Mix it up with the types of exercise you do, joining a class is a great way to keep things interesting. Try yoga, bootcamp, pilates, spin or our New Les Mills Virtual Classes!

2019 Membership Special!

October 1st – October 12th.

Waived Joining Fee!

Back to School Fitness Tips

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1. Schedule Your Workouts!

Whether or not you get an adrenaline rush from crossing things off a list, most parents need a to-do list and schedule to stay sane. Plan your workout times in advance and put it on a calendar or to-do list. Then use the power of technology to remind you it's time to exercise!

2. Seek Accountability

Find a workout buddy. This holds you accountable, makes workouts more enjoyable, and can even create a little fun competition to keep you going. If a workout buddy isn't an option, find someone to check in with you about your exercising and eating habits. Knowing someone will ask is often a good enough motivator.

3. PLAY With Your Kids

You've heard it before and you'll hear it again. Play with and enjoy your kiddos. If you're tired and need extra motivation, remember that sitting kills, and even just walking by them while they play on the playground will improve your health.

My parents were always outside playing with us, and our activities changed as we aged. They pushed us on the swings

and played in the sandbox with us. Even if you aren't a pro at sports, rebounding your son or daughter's basketball can be great quality time and a chance for you to MOVE! Active video games, bike rides, and walks are also good options.

Therapy Pool Now Open!

The Therapy Pool has reopened 4 days earlier than projected!

We are so excited for you to see how great it looks!

North Strand Readers Choice Award Winner 2019

We are so excited to announce that we have been named the North Strand News Readers' Choice Awards Best Health/Fitness Center of 2019!!

Thank you to our AWESOME members, guests and staff that make our facility the top notch facility that it is!!

Summer Heat is upon us...Stay

Hydrated

We all know the benefits of drinking plenty of water, but when it comes to summer workouts, water can be lifesaving. When you work out in hot temperatures, you lose a lot of body moisture in the form of sweat. In fact, the average person sweats between 0.8 and 1.4 liters per hour during exercise – and that's in normal conditions.

Experts recommend drinking 17 to 20 ounces of water two to three hours before exercising, followed by another 8 ounces during your warm-up. Down another 7 to 10 ounces for every 10 to 20 minutes of exercise, and then 8 more ounces about 30 minutes following your workout.

When determining adequate water intake, you'll also want to consider replenishing your electrolyte and salt intake. A sports drink can get the job done in a pinch.

2019 Teen Angel Golf Tournament

The North Myrtle Beach Aquatic and Fitness Center is pleased to announce the 5th Annual Teen Angel Golf Tournament. Teen Angel is a local organization that assists homeless North Myrtle Beach High School students by providing items necessary for their lives, including schoolbooks, yearbooks, prom attire, personal care products, transportation to doctor appointments, and so much more!

The tournament is Saturday, August 17th at Possum Trot Golf Course beginning at 8:30 am. I hope you will join us by

playing in this tournament and help us raise some significant financial support for Teen Angel.

This year's tournament highlights

- Format: 4-person Captain's Choice
- Light breakfast provided with lunch to follow at Wild Wing Café at Barefoot Landing
- Prizes awarded to First Place Male Team, Female Team, and Mixed Team
- Cost: \$65.00 per person
- Mulligans and more!!

For more information please contact Melinda Chappell at mechappell@nmb.us or call 843-280-5632.

[Click here for the Team Registration Form.](#)

[Click here for Hole Sponsor Information.](#)

Swimming Saves Lives

Free Swim Lessons

Registration Beginning May 13th

The purpose of this program is to focus on drowning prevention and the positive impact swimming has on health conditions. Participants will be introduced to **basic swimming and water safety skills** such as floating, treading water, and being comfortable in the water.

June 3rd- June 6th 2019

Non Swimming Adults & Children, Ages 5 and up

Please select only one time. Classes meet:

5:30pm-6:15pm; 6:30pm-7:15pm; 7:30pm-8:15pm

Pre-Registration Required at the Aquatic and Fitness Center

[Click here for Registration Form](#)