

To our valued members...

In an effort to improve the quality of service to our valued members, we're in the process of putting together a short survey that will be accessible via our website (www.benddac.com) in the coming weeks. We would really appreciate your participation, and it is strictly confidential unless you wish to include your name. Many of you have used our suggestion box as a means to communicate issues to us, and we've received many wonderful kudos' as well. Thank you! This questionnaire is another 'tool' we'll use to enhance our services, and who better to ask than our members! We are also in the process of enhancing our website in the coming weeks. Although most of the changes and upgrades will be subtle, you should notice a faster load time, better graphics, and updated photos. Keep your eyes peeled, and let us know what you think!

Sincerely,
Dave and Gary



The BEND Downtown ATHLETIC CLUB



July

**NEW SUMMER
WEEKEND HOURS
SAT 7AM-2PM
SUN 9AM-2PM**

**PILATES CLASS
COMING SOON
STARTING IN
AUGUST**

4TH OF JULY WEEKEND

SAT JULY 3RD 7AM-2PM

SUN JULY 4TH CLOSED

MON JULY 5TH 6AM-9PM

When to choose Organic

Not all of us can afford to go 100% organic every time we shop. The solution? Focus on those foods that come with the heaviest burden of pesticides, additives and hormones. According to the Environmental Working Group, consumers can reduce their pesticide exposure by 80% by avoiding the most contaminated fruits and vegetables and or choosing organic. If consumers get their USDA-recommended 5 daily servings of fruits and veggies from the 15 most contaminated, they could consume an average of 10 pesticides a day. The Environmental Working Group, have developed the "Dirty Dozen" fruits and vegetables, that reflects measurable pesticide residues on the parts of the foods normally consumed (i.e. after being washed and peeled). So if you want to eat fruit and veggies from the dirty dozen list, choose organic, and you will avoid all those harmful pesticides.

The Dirty Dozen

Fruit

- Apples
- Cherries
- Grapes, imported (Chili)
- Nectarines
- Peaches
- Blueberries
- Strawberries

Vegetables

- Bell peppers
- Celery
- Potatoes
- Spinach
- Kale

Grilled Salmon & Zucchini with Red Pepper Sauce

1/3 cup sliced almonds, toasted
1/4 cup chopped jarred roasted red peppers
1/4 cup halved grape tomatoes , or cherry tomatoes
1 small clove garlic
1 tablespoon extra-virgin olive oil
1 tablespoon sherry vinegar , or red-wine vinegar
1 teaspoon paprika, preferably smoked
3/4 teaspoon salt, divided
1/2 teaspoon freshly ground pepper, divided
1 1/4 pounds wild-caught salmon fillet ,
2 medium zucchini , or summer squash (or 1 of each), halved lengthwise

1. Preheat grill to medium.
2. Process almonds, peppers, tomatoes, garlic, oil, vinegar, paprika, 1/4 teaspoon salt and 1/4 teaspoon pepper in a food processor or blender until smooth; set aside.
3. Coat salmon and zucchini (and/or summer squash) on both sides with olive oil, then sprinkle with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Grill, turning once, until the salmon is just cooked through and the squash is soft and browned, about 3 minutes per side.



Transfer the squash to a clean cutting board. When cool enough to handle, slice into 1/2-inch pieces. Toss in a bowl with half of the reserved sauce. Divide the squash among 4 plates along with a piece of salmon topped with some of the remaining sauce. Garnish with parsley, if desired

The Benefits of Cycling

Cycling is a great fun activity that can be enjoyed by both kids and adults alike. The best part about this sporting activity is that, you would find cycling a delightful experience, without even realizing that it has done good to your body. Cycling proves to be one of the most effective exercises, to shed off those extra calories and get rid of flabby abs. Even a small amount of cycling can prove to be good enough to boost your metabolism level and improve the overall balance and coordination. The benefits of cycling go beyond health issues.



- Cycling minimizes the risk of coronary heart disease. Essentially an aerobic exercise, it gives your heart, blood vessels and lungs a workout, thereby reducing the risk of heart problems.
- A few miles of cycling per day assure trimmer and toned muscles. This is because your upper thigh muscles, backside and calf muscles all get to work-out.

- Pursuing cycling helps a great deal in building your stamina. It enables you to carry out your day-to-day activities more effectively.
- For people, who are on the heavier side, cycling can prove to be beneficial. It manages weight and helps in getting rid of increased waistline and bulging fat.
- The pleasure and satisfaction attained while riding a bicycle alleviates all the stress, anxiety and depression of a person.
- This might come to you as a surprise, but cycling ensures a control in the level of blood pressure.
- Cycling enhances the overall fitness level of a person. It makes you breathe deeper and perspire more, thereby leading to a feeling of enhanced body temperature.
- Cycling has found to be effective for treating people diagnosed with diabetes and cancer.

Pilates Instructor ~ Cathey Kahlie

Cathey Kahlie MSPT, has practiced physical therapy for over 18 years, specializing in sports medicine and orthopedic injuries. She has worked in many clinical environments, but for the last ten years she has specialized in rehabilitation of spinal dysfunctions. She is an avid outdoor athlete, enjoying skiing, skating, running, cycling and sculling in Central Oregon. When she injured her back, she began to practice both Yoga and Pilates. She realized the amazing results by engaging in these challenging practices and felt Pilates would benefit her patients. In 2003, she received her Pilates certificate to teach mat classes and purchased a reformer for her clinic. Her patients improved, loved the Pilates methods and most continued on to other independent community classes. Pilates is based on core strength, flexibility, the mind-body connection, balance and body alignment. The Pilates principles are an integral part of all our functional activities and improve athletic performance. Cathey works at Therapy Works Physical Therapy in Bend, and will be offering a mat class here starting in August.

