



## October 2009 Newsletter

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[www.longfellowclubs.com](http://www.longfellowclubs.com)

508-653-4633



Dear Members,

The days are getting shorter and the nights longer and it's getting darn cold outside. Of course being New Englanders, none of us should be surprised, it's just that I always find myself hoping for an extended Indian Summer. This year, as usual, my hopes were dashed not only by the 40 degree temperatures but by the double whammy of the Red Sox being swept.

The bottom line is that baseball season is over and most of us are now coming inside for our workouts. We are fortunate to have a club that offers such a wide variety of ways to get a healthy and fun workout. Whether it's indoor tennis, yoga, swimming, or any number of healthy ways to exercise indoors, Longfellow is the place to be when the warriors of winter assault our senses.

I'm sure you've read the newspapers and seen the potential for catching the flu this winter. The staff at Longfellow is taking extra precautions to ensure that our club is a healthy and safe place to work out and we encourage you to do the same. Please read the article below that addresses this important community health issue.

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important community health issue.

In closing, I want to encourage you to come to the club 3-5 times a week and get a good solid workout. The healthier you are, the stronger your immune system will be and you'll be able to make it through the winter having fun and feeling great!

Yours in health,

Laury Hammel  
President

### • Longfellow Promotes Safe and Healthy Hygiene Habits

The Longfellow Clubs are dedicated to the health and well-being of our members and clients. We encourage everyone who uses our clubs to take precautionary measures to ensure that Longfellow is a safe and healthy place to exercise, socialize, and have fun.

The Commonwealth of Massachusetts has developed a set of guidelines that serve as measures we can take toward prevention. We ask everyone to practice the recommended hygiene habits that are posted at the front desk and around the club.

In addition, the Massachusetts Department of Public Health strongly recommends that in order to prevent the spread of flu you stay home for 7 days after symptoms start. Please take care of yourself and your community by staying home if you have a fever of 100 degrees or more and a cough or sore throat.

Together we can have a healthy and safe winter workout season, and we appreciate your cooperation.

### • Group Exercise Update

**NEW & EXCITING  
CLASSES ADDED**

## TO THE FALL SCHEDULE:



- **KEMPO KARATE Tuesdays 7:30pm**  
This class is designed for both men and women focusing on self defense by using drills to develop cardiovascular endurance and give a full body workout. In-depth explanations of self defense techniques are given along with real world training exercises. This class has a relaxed and friendly environment where you will benefit from stress relief, increased flexibility and cardiovascular endurance.
- **HIGH ENERGY NIA Fridays 7am**  
This class combines Dance, Martial Arts, & Healing Arts to a global beat. NIA is an amazing workout for the body, mind, emotions & spirit. NIA strengthens & tones the body while increasing flexibility, agility & endurance.
- **YOGA BASICS & BEYOND Sundays 5pm**  
This class is for everybody regardless of your experience with yoga. Basic postures, sun salutations and flow are practiced to incorporate the foundations of poses and the importance of alignment. Emphasis will include developing an internal awareness of our breath, and quieting of our mind while developing whole body strength and flexibility. Modifications and props are used to individualize your practice. This class will be mildly heated.
- **PILATES Wednesdays 6:30pm**

## CLASSES THAT ARE BACK:

- **Saturday 8:30am Hot House Yoga with Kim & Diane**  
All levels are welcome. Bring a friend to share your experience with. Don't forget your towel and water!
- **Tuesday 5:30pm High Energy NIA with Adrienne**
- **Wednesday 7pm Zumba with Ericka**
- **Saturday 8am Pilates with Siobhan**

See you in class!

- **Later @ Longfellow After School Community Service Project Starts November 2nd!**



**Later @ Longfellow Students** are preparing for a TRIPLE DRIVE this year! Items for the Food Pantry (Food and Personal Care Items) and winter coats for will be collected through December 23rd. Boxes will be placed outside the Kids Room for donations. Please bring in cans, packets of food, shampoos, soap, etc.. and your old winter coats, adults and kids sizes. 'Anton's Cleaners' will be receiving the coats, and 'A Place to Turn' in Natick will be receiving the food and personal care items. Please come join us and help those less fortunate than ourselves.

- **Breast Cancer Fundraiser and Awareness Talk**



Did you know that the prevalence of Breast Cancer in Massachusetts is 10 times that of the national average? To combat that scary statistic, we held a fantastic fund raising and awareness event at the Longfellow Sports Club on Wednesday October 7th to try to improve that statistic. The night started with a Zumba class full of the 25 biggest Zumba fans in the area joined by our own **Fitness Director Eric Beard**, who also organized the event. Over \$1,000 was raised in donations with more checks still coming in. The donations will go directly to the Massachusetts Breast Cancer Coalition (MBCC.org), who focus on preventing breast cancer here in Massachusetts. There are even rumors of a video on You Tube with Eric wearing a pink head band, shaking it to

with Eric wearing a pink head band, shaking it to raise money to stop Breast Cancer.

(<http://www.youtube.com/watch?v=8VlvjrI8Ea4>)

Watch the video for a good laugh and make a comment.

After the Zumba class member Nancy Leifer and Author Martha Lanier, both breast cancer survivors, shared their stories and gave talks about the importance of early detection, exercise and a support system. It was a powerful night for all. Special thanks go to our two awesome Zumba instructors - **Andria Lindberg and Carolyn D'Angelo** - as well as all the participants, donors and staff who helped out, especially the fitness staff! Fitness staff members **Beth Botelho** and **Sarah Krueger** attended the Zumba class, **Ross Behymer** videotaped the class while others donated, helped with organization, and set up as well as attending the events. Thank you all for making this event the success that it was, and making a contribution to others. Yeah!

## • Youth Fall Programs



### 'Super Soccer Stars' Comes to Longfellow!

The world's most popular sport, made fun and simple, is now at Longfellow! This program offers non-competitive soccer skills to children ages 3 and 4 years of age. The class combines fun, engaging learning with how to develop teamwork and build self-confidence. Call 781-777-7171 to sign up, or go online to [www.supersoccerstars.com](http://www.supersoccerstars.com).

### Slam Dunk Basketball!

Children ages 5 - 8 years can learn the skills of basketball from our dedicated coach, **Ron Johnson**. This 45-minute class will help your child learn the basic fundamentals of basketball whilst having fun. Classes run on Tuesdays with the 5 & 6 year olds from 3:30 pm - 4:15 pm, and 7 & 8 year olds from 4:30pm to 5:15 pm.

### Fit Kids!

This class encourages speed, agility, balancing, stretch, with games and fun too! Physically active children increase their chance of



adults! This class, for 5 - 10 year olds, begins Wednesday September 30, from 4:15 pm - 5pm and runs for 8 weeks.

### **Yoga Muscle!**

For boys and girls ages 3 - 5 years, this class is a great way to build strength and flexibility. The children will combine yoga postures and muscle conditioning that's fun! This 30 minute class takes place on Wednesdays from 10:30 - 11 am, and runs for 8 weeks.

### **Yoga For Kids!**

For the older children ages 5 - 10 years, Longfellow offers this class that helps them become more focused! A great way to learn how to relax when the pressure is on. Don't wait to sign up...this class fills quickly! Classes run Tuesdays 4:00pm - 4:45 pm.

For all questions regarding Children's Programs, please call Caroline Donahue at (508) 653 4633.

## **• Water Exercise Monthly Social**



Water Exercise

Instructor **Angie**

**Jordan** has been an

integral part of our staff

since 1996. Once a

month, she inspires her

participants to come to

class by organizing a

group lunch after the high-energy workout. This

month, the event will take place on

November 3rd. Class is from 9:15-10:15a.m.,

followed by lunch at a local restaurant. Our

theme for November is "Bring A Guest For Free".

If you have always wanted a friend or relative to

try one of our water classes, this is the morning to

join the fun. It's a great workout and the

camaraderie keeps our loyal group coming back!!!

## **• Nutrition & Personal Training Combination - A Success Story by club member Eileen Ingham**



"It seems like a simple concept: EAT LESS, EXERCISE MORE, LOSE WEIGHT! Wouldn't it be great if we could just "ZIP IT". Of course what's

needed is a structure to make this happen. What has worked for me is making a commitment to a weight loss program with bi-weekly nutritional counseling appointments and exercise at Longfellow Sports Club. I've lost more than 30lbs in about 7 months with the support of **Andrea Stein**, Registered Dietitian and **Sarah Krueger**, Personal Trainer.

Learning more about the nutrition of food helped me build confidence in resisting emotional eating. Yes, it's about controlling portions but also the right balance of foods.

I learned which foods can work to fuel my metabolism, foods that may trigger overeating, and foods that help increase energy. Eating the right foods together keeps me full longer. I had success with mini meals, pairing proteins with carbs. Recording my intake for the day allowed me to stay on track and adjust as the day went on.

I thought I would have to stop many of the things I liked to do including dining out and drinking wine. Keeping track of what I ate brought control. Having control allows me to be in charge of my food decisions. I know managing a restaurant outing is about making smart choices, and avoiding foods with words like creamy, crispy or fried. Quizzing the server also helps narrow the menu and reveal the best choices. My success in making choices about treats has allowed a thinner me to pursue some of my favorite activities: Shopping and Lunch!"

**Eileen Ingham**

- **Body Pump Launch Rocks Longfellow!**



The latest Body Pump Launch took place on Friday, September 25th. **Kelly Brice** was the DJ extraordinaire, and the special session was led by Longfellow instructors **Paula Hart, Heidi**

**Bassin, Ray Marsh, and Karen Wade.** Over 20 members had a great time moving to the new music, and then everyone got together afterwards for some great veggie platters. It was a great launch for the new program. If you'd like to join in next time, keep your eyes open for the announcement of the next launch in a few months.



## • Fitness News

### **Fitness Programs for the New England Tennis Academy**

The fall session of The New England Academy of Tennis is in full swing. You may see 70 or so of the region's best young tennis players going in and out of the Longfellow Sports Club on weekday afternoons. The Academy members come down to the Sports Club for the fitness piece of their training, while some of the best coaching nationwide happens up on court at the Natick Racket Club. **Dan Salerno, Sone Souvanna, Ross Behymer, Anderson Santos and Eric Beard** lead the athletes through a 45 minute injury prevention and tennis performance enhancement program twice per week. The levels of the players range from very good to some of the best in the nation, and it is our pleasure to work with them. If you know anyone that could use this type of program, then please contact Fitness Director Eric Beard at 508.653.4633 x 215 or sportscluberic@gmail.com today!

### **Have You Seen Our Blog???**

The fitness staff at the Longfellow Sports Club in Natick has started a blog to help you get to know us and offer tips, tricks and insights on fitness, athletic performance, weight loss and corrective exercise. Check us out at

exercise. Check us out at  
<http://naticktrainer.blogspot.com> .



### Let's be Facebook Friends!

Social media has exploded this past year and we are trying to keep up! Visit us on our Facebook page at <http://www.facebook.com/pages/Natick-MA/The-Longfellow-Sports-Club/73996642449?ref=ts> or just search "Longfellow Sports Club" when you are logged in to Facebook. Don't have a Facebook account? It is free, quick and easy to set up! Visit <http://facebook.com> and start connecting today!

## • Aquatics News

Regular swimming builds endurance, muscle strength and cardio-vascular fitness. It can serve as a cross-training element to your regular workouts:



- Before a land workout, you can use the pool for a warm-up session. Swimming with increasing effort to gradually increase your heart rate and stimulate your muscle activity is easily accomplished in the water.
- After a land workout, swimming a few laps can help you cool-down, move blood through your muscles to help them recover, and help you relax as you glide through the water.

If you are looking for a little more thrill to your lap swimming, please feel free to stop in to one of our **Masters workouts** where one of our great coaches will help you challenge yourself, or just give you something to add to your everyday swim. Workout times are:

- Tuesdays and Thursdays 6:15 - 7:15 am with Flo
- Tuesdays and Thursdays 8:45 - 10:00 am

- Tuesdays and Thursdays 8:45 - 10:00 am with Flo
- Mondays and Thursdays 6:30 - 7:30 pm with Dave

If you are interested in swimming Masters but feel that you are not strong enough of a swimmer yet, we have private training available to help you get to that point.

Contact Patrick at 508.653.4633 x 209 for schedule information or to schedule private training.

## • The Longfellow Purpose and Mission Statement

### The Longfellow Purpose

- To build a world where everyone's basic needs are met, and people experience love, happiness, and satisfaction.
- To create a model organization, through the development of successful health and recreation businesses, that works toward the fulfillment of our global vision.



### The Longfellow Mission Statement

The Longfellow Clubs is a locally owned and independent business committed to the health and well being of our community, and provides extraordinary fitness, recreational, and educational programs for people of all ages, backgrounds, and abilities.

We honor all Longfellow stakeholders and appreciate all they do to make us the vibrant community we are. All management decisions consider the needs of Longfellow stakeholders and it is our intention to:

- Love and care for our customer and to create a caring and compassionate culture that is committed to providing the highest level of customer service by exceeding expectations and saying yes if we can.
- Support every staff member in reaching

- Support every staff member in reaching their full potential as human beings - physically, mentally, and spiritually. We engage them in the management process and make every effort to pay a living wage with fair benefits to all staff members.
- Preserve our environment, minimize our carbon footprint, and join with others in our community to build a sustainable and just world.
- Work closely with individuals and nonprofit organizations to promote healthy, sustainable, and inclusive communities.
- Support the locally owned and independent business partners in our community and in our industry so that they can be financially successful and outstanding community citizens.
- Manage a profitable business that is a leader in our industry and provides a fair return to the owners and investors.

## **Two For One Cafe Special!**

Come in to The Longfellow Sports Club Cafe and get a second sandwich free when you purchase any sandwich on our delicious menu. Bring a friend and have a great lunch together! Just pay the price of the higher priced sandwich. Offer good through the months of October and November. See you there!

**Offer Expires: November 30, 2009**