



# HAPPY VALENTINE

Newsletter

February 2013



## Joanie's Corner

One month down, eleven to go and time is NOT standing still! The first of the year is always nice to see fresh faces join the classes as well as the long lost friends who came back after a long hiatus. That's what the doctor told them to do! Exercise! This is Heart Month and everyone can be participants of this awareness by wearing red all month. This is so appropriate since Valentine's Day is right around the corner. I love these special holidays with the ladies wearing their brightly colored t-shirt or blouse decorated with whatever season we are celebrating. This place isn't exactly a fashion show but it sure does show character in each and every one of you making your own fashion statement! Who needs sweats to workout in?? As long as we keep several things in mind....exercise your body for good health and, above all, have fun with friends while doing it. Sometimes I wonder if we come to the Mav because of our special friends, the events that are tremendously fun and the contagious laughter that gives us the "feel good" feeling. See, exercise is fun and we should all continue giving our heart that extra thumping it needs to keep on beating! Happy Valentine's Day. I love all of you!

Joanie

## SUPER BOWL PARTY

The countdown began on Friday, February 1st at noon. Three days till Super Bowl and it only took a few hours to fill up the board of squares for \$1 each. Manny Salinas grabbed the last two squares to complete the board. Pizza was served for \$3 (all you can eat), and beer for \$2 each. A humongous salad and tasty desserts completed the meal! It was like an actual football game going on with all the munchies! The scores from each quarter gave \$25 each to Royce Mitchell, Paula Innis, Hank Bollman and Clint Ponder. Congratulations to everyone for picking the right square out of a hundred and don't spend all those winnings in one place.



## THE SKINNY ON WATER

Water is the best tool for being healthy. Its common knowledge water is so important for our body but somehow we don't remember to drink it. Water is one of the best tools for weight loss. Replace all those calorie drinks with no calorie water. Water is also an appetite suppressant; drinking water 20 minutes before each meal can actually help consume fewer calories during your main meal. You will eat less by up to 75 calories. Not enough water can cause dehydration. Dehydration can cause fatigue, headaches and it also can slow down the fat burning process. Toxins created while burning fat can be flushed out by simply drinking 8 to 10 glasses a day.

Club Hours: Monday - Friday 5am to 10pm, Saturday 8am to 6pm, Sunday 10am to 6pm

Maverick Athletic Club 1919 W. Pioneer Pkwy. Arlington, TX 76013 • (817) 275-3348 • www.themav.com

## MEMBER SPOTLIGHT - EVERETT LENNON

Everett Lennon, 91 years young, is supposedly retired but still operates his rental properties and management business in California, Oklahoma and Texas. Everett has been working out with the Silver Sneakers for five years. He lives in Dallas and met up with a former childhood friend here at the Maverick. SMALL WORLD!! (They've



**Everett served as a scout in WWII in the Third Army in France under General Patton.**

known each other since kindergarten) Everett served in World War II as a scout in the Third Army in France under General Patton! He still enjoys traveling for work when they call him, but he says it's always nice to be back in class to keep up his strength and conditioning at the Maverick. Thanks for being a member Everett!

## HOW STRONG IS YOUR IMMUNE SYSTEM?

Some people seem to survive cold and flu season with nary a sniffle. And yet plenty others seem to catch cold after cold; sidelined with a perpetually stuffed-up nose and hacking cough that lasts all winter long. So what's different between these two groups? Research shows your cold and flu vulnerability may come down to a few important--and unexpected--habits, like how much sugar you eat or how dry your nose is. Assess your risk with these signs of impaired immunity, and learn what you can do to stay healthy.

**You Have a Sweet Tooth:** A study published in the American Journal of Clinical Nutrition found that eating 100 g of sugar (think three cans of soda) significantly hampered the ability of white blood cells to kill bacteria for up to 5 hours afterward.

**You Don't Drink Enough:** There's a reason moms and doctors always push fluids on you when you're sick. Your body needs plenty of water to flush out toxins. You're drinking the right amount if your urine is pale yellow.

**You Nose Is Always Dry:** As uncomfortable as it may be, a runny nose is actually a good defense against colds and the flu. Mucus traps viruses and clears them from the body. If your nasal passages are too dry, germ invaders have an easier time. A humidifier can also help.

## UPCOMING HANDBALL AND COLLEGE RACQUETBALL EVENTS

The Maverick Athletic Club will be hosting a handball and college racquetball tournament over the next few weekends. The **67th George Lee Invitational, February 8-10** and the **Southern Collegiate Regional's, February 16**. We don't expect the weight rooms or exercise equipment to be unavailable but, we will be using all of the racquetball/basketball courts. We invite everyone out to watch for **FREE** and see the best handball and racquetball players compete against our own local players.

## AGGIES COME OUT OF THE WOODWORK

There are lots of Aggie fans surrounding us! Since the Aggies pounded Oklahoma in the Bowl game, many members showed up proudly wearing Aggie shirts, caps or even maroon colors. They also have had children who attended Texas A & M and grandchildren who are attending the university as well. There were a few Okies in mourning wearing black. However, Eric Darrow showed off his "Hook 'Em Horns". Of course, the Maverick wouldn't be here if it wasn't for our very own Aggie owner, Bob Sullins. Gig 'Em!

41



VS



13

