



HAPPY EASTER

Newsletter

MARCH 2013

Maverick Athletic Club



Joanie's Corner

The warmth of the sun and the "roar in like a lion" wind tells me that Old Man Winter is getting ready to pack up and leave. March is loaded with lots of reminders. Don't forget to spring forward with your clocks on Sunday, March 10. St. Patrick's Day is March 17, (wear green so you won't get pinched!). Spring will officially begin on March 20 so get ready.

Easter is the last day of the month and the Maverick will be closed. Mother Nature has been known to bring her frost in April. Nevertheless, we shouldn't have to worry about snow or ice! Just keep your plants in the garage for now. I know the yard is looking for some tender loving care and you can count that as exercise when mowing, weeding and planting. It's nice to see trees and flowers in bloom. However, nothing works you out like weights and walking. Take time out to meet with friends up here, laugh, gab and workout then go about your daily life. A deep breath of fresh spring air rejuvenates our souls and, UGH, the reminder of spring cleaning! You can count that as exercise too. Just keep your legs moving while going about your business. We can help you get the heart thumping and the body pumping. Come on in and join the fun! Have a great month of fitness.

Joanie

MAVERICK CHILI COOK-OFF

The Maverick will host their annual chili cook-off on **Wednesday, March 13 at noon**. Dig through your recipe books and pull out the tastiest, hottest, spiciest chili recipe you have! There will be a sign up sheet at the front desk. We need to get the judging sheet ready so



be sure to have a name for your chili. Everyone is invited to taste-test each pot and vote for your favorite one. For an additional treat, members are more than welcome to bring crackers, cheese or anything that goes well with chili and even des-

serts. Beer can be purchased to wash down the flames building up in your throat! There will be prizes awarded to the top picks. Come join us.

BALANCE

Poor balance is the main health concerns of elderly people in falling. The older you get, the weaker your physical body and sensory abilities will be. These are factors in having poor balance. Poor blood circulation can disrupt the pressure sensors in the feet. There's nothing like a foot massage to stimulate the blood flow. If your forward-moving foot hit something, your body will be off-balance causing you to fall or trip. Always watch where you are going! One reason why you stumble while walking: your forward-moving foot is pointed down in which you are prone to falling. Toes should be flexed upward. Work your ankles so the foot moves up and down or twirl the ankles in a circular motion. Then stretch your feet and ankles.

Several senior classes here work on balance along with the usual aerobics. Yoga is another good balance exercise to try. Our philosophy in all the classes is "Do what you can and listen to your body!". There is no competition to see who does better.



IN OBSERVANCE OF THE EASTER HOLIDAY THE
MAVERICK WILL BE CLOSED ON
SUNDAY MARCH 31

* REGULAR HOURS FOR ALL OTHER DAYS

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

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PANCAKE BREAKFAST



Several Kiwanis Club members here at the Maverick were hawking their annual fundraising tickets for the pancake breakfast at a local church here in Arlington. It's been known in the past several years many Maverick members show up and eat at the same table. Of course, the table is reserved for Maverick members only with their own sign! Shown seated are members **David Botterman** and **Kristine Johnson**. Everyone showed up sporadically throughout the morning and enjoyed their weekend visit all while eating delicious pancakes to their hearts desire.

MAVERICK TO HOST STATE TOURNAMENT ALONG WITH JUNIORS



The Maverick Athletic Club is proud to announce they will be hosting the **Texas State Singles Racquetball Championships** along with the **Texas State Juniors, March 22-24, 2013**. 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 adult and junior racquetball players compete here at the Maverick all weekend. Enter before Friday, March 15 online or at the club.

PING PONG - NOT JUST FOR KIDS

Take in a fun exercise and play ping-pong! The early birds had the floor shaking with their fancy paddling and whooping around! Our very own front desk man **Royce Mitchell** took up with **Eric Friesmuth, Jim Uzzle** and **Bud Mathias**. Several others have been seen playing in the afternoon as well. Bring the kids when spring break arrives! This is a fun way to burn those calories and excess energy!! We have all the paddles and balls available at the front desk, just ask us.



PUT YOUR RIGHT FOOT IN.....

There's been talk about the shoes we wear during workout. Which brand is the best in fit, wear, price, comfort, appearance, etc. It is imperative to wear shoes with support and protection. It is unacceptable to go barefoot, or wear dress shoes, sandals or anything that doesn't support your feet and keep them from slipping on the floor. You don't have to spend a fortune for a good pair. Think of it as an investment for your feet! The main problem many have had with the shoes is the tongue keeps slipping to the side. Most every-



one laces up their shoes and tie them at the top (**see photo #1**). Did you know why there is a tab in the middle of the tongue? After lacing the shoe, thread the ends of the lace back through the tab and tie right there. (**see photo #2**). That should keep the tongue from slipping. Try it, you'll like it and you should be all tied-up properly.



Photo #1



Photo #2