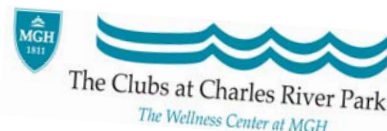




CCRP NEWSLETTER

MARCH 2010



Feel Better In a Month *with* CCRP's Corrective Exercise Program

Who can benefit?

Anyone who lives with day to day aches and pains.

What does it entail?

This four week program consists of an hour long assessment, four ½ hour sessions focused on releasing overactive muscles, stretching tight muscles, activating weak muscles and exercising everything in unison to get your system working smoothly again. It's tied up with a final hour session spent reviewing the exercises and putting it all together. As part of the program, you'll also receive a kit including a foam roller and tennis ball for muscle release and your personalized, illustrated exercise plan.

You'll leave the program with a complete exercise strategy to help you conquer everyday aches and pains in your shoulders, back and knees.

Tell me more!

Learn more at an informational session offered by CCRP trainer Mike Bento! Sessions will meet in the Fitbox and last approximately 15 minutes.

Tuesday, March 9th @ 12:15pm
Thursday, March 11th @ 5:30pm

**Sign-up for this program by March 31st
and you'll pay just \$300 (a \$50 savings)!**

For more information please contact
Mike @ 617.726.2900 or
via email @ mbento@partners.org

All-member Raffle



**Update your contact info at
the front desk and you'll be
entered to win a CCRP guest
pass (\$25 value).**

**Winners will be drawn each
week, all month long!**

**Get a fantastic Core
workout with PILATES**
Offered 4 Times a Week!

Mondays - 4:30pm with Sandy
Tuesdays - 12:15pm with Janet
Wednesdays - 6:45am with Sandy
and 5:30pm* with Janet

*Class requires
advance sign-up at
least one day prior to
class by phone or in
person starting at
6:45am.





SUMMER 2010

**Memberships on sale
April 1st, 2010**

Take 10 % off before May 21st

Note: discount does not apply to one week memberships, guest fees/packages or joining fees.

Options:

- FULL PRIVILEGE \$756
- WEEKDAY PRIVILEGES \$572 (M-F only)
- SENIOR \$488 (62 years old +)
- TEEN \$383 (13 - 17 years old)
- YOUTH \$304 (8 -12 years old)
- CHILD \$226 (1 - 7 years old)
- PLEASE NOTE: Teen, youth and child memberships listed above have outdoor privileges only.

Full adult memberships run from April 1st through September 19th, 2010

One week and guest pass packs:

- ONE WEEK ADULT \$158
- ONE WEEK CHILD/YOUTH \$105
- Adult guest pass \$25
- Children \$15
- Adult book of 10 passes \$200
- Child book of 10 passes \$120
- Off-peak Upgrade fee \$105

The Big Picture

By Sandy Connor, CCRP Personal Trainer

Sometimes, as we rush to complete the tasks of daily living we forget to reflect on what I call, "The Big Picture."

There are family and work obligations and, of course, the commitment to stay healthier with regular exercise.

Try to take a few moments of each day, to sit quietly and gather your thoughts.

I came across this Buddhist prayer, which I think speaks volumes:

*May your feel protected and safe -
 May you feel contented and pleased -
 May your physical body support you with strength -
 May life unfold smoothly with ease -*

Complimentary Waist & Hip Measurements



Knowing where your body carries fat is important in understanding your risk of various diseases. For instance, people who carry their fat in the abdominal region ("apple-shaped") have greater health risks than those who carry fat primarily in the hips and thighs ("pear shaped"). Get your measurements done this month!

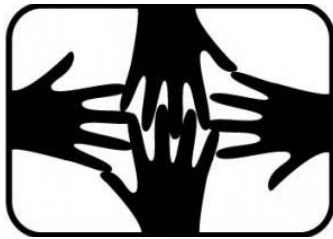
Stop by the Fitness Desk from
March 7th - 13th & March 21st - 27th
for your complimentary waist & hip ratio!

Clothing Drive Extended!

CCRP's clothing drive to benefit Haiti has been extended through March 12th.

We're collecting the following items: Clothing for all ages, footwear, new toiletries & women's hygiene items, Children's toys & books, batteries & flash lights and plastic storage bins.

Please leave items in the bin at the front desk.



CCRP Book Drive



CCRP is accepting ongoing donations for current magazines, fiction books and any other reading materials in a bin at the front desk downstairs.

Donations are passed along to MGH patients to read during their stay.

Become a Fan of
CCRP

facebook

Be the first to know about CCRP events, promotions and holiday hours.

Coming soon: Monthly surveys, prizes & more!

#2 - I won't cheat more than 10% of the time

By Danny Murphy, C.S.C.S.



You will never reach your goals if you aren't accountable to yourself. How do you ensure you are doing enough to reach your goals? At the same time, how do you ensure you aren't doing too much and burning out? A simple tool I use to keep me honest with my goals is the

90/10 rule. Follow your goals 90% of the time and cheat 10% of the time. Straightforward and simple.

You can only effectively follow this principle if you have created realistic goals. If your goals are unrealistic then the 90/10 rule will also be unrealistic. You will be better served by reassessing and modifying your goals and then practicing the 90/10 rule.

Here are some simplified examples to show you how to use the 90/10 rule. Your goals should be more precise than the following examples but these will do for demonstration.

First goal example: Exercise 5 hours per week. For more detail let's break this down into minutes. 5 hours = 300 minutes. Take 10% of 300 minutes and that leaves 30 minutes. You can miss 30 of your 300 minutes and still be compliant with that goal. **Second goal example:** Eat 4-6 healthy meals per day. Let's do the math. 4-6 meals per day times 7 days per week = 28-42 meals per week. 10% of 28-42 meals = 2.8-4.2 meals per week that can be cheat meals. So, to be accountable to yourself with this nutrition goal you can only eat 3-4 unhealthy meals per week. If you eat more cheat meals than this than you are not following your goals. Simple as that.

100% compliance for any goal is hard to achieve. The 90/10 rule keeps the compliance bar high but doesn't penalize you for the occasional slip. So follow your goals... most of the time. And don't beat yourself up over a slip up now and then.



Yoga for Back Care with Brenda Santora

Friday, March 19th, 2010
4:45-6:00pm

Members \$12
Non-Members \$15

Eighty percent of adults experience back pain at some point in their lives.

Many factors may contribute to a bad back: tight and/or weak muscles, poor posture, obesity, emotional stress and lack of full range of movement in the shoulders and hips.

Researchers are discovering that incorporating a wide range of strength training & flexibility regiments such as yoga is the best approach.

What to know and do...

Be ready to explore yoga postures and stretches to move the spine, balance flexibility and strength and focus on your breathing to let go of tension.

- * No acute injuries please.
- * You must be able to get up and down from the floor.
- * Bring a yoga mat.

**Reserve your spot at the front desk today.
Space is limited to the first 14 respondents.**

For more information call 617.726.2900

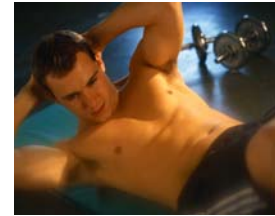


Friday & Saturday are the FREE Guest Days in March

As of December 2009, we added an extra guest day to each month — from now through April 2010 you can bring a guest for free **every Saturday!** Plus, there will be the usual rotating guest day, which for March is Friday. Enjoy!

Rock Hard Abs

Start Early on your summer 6-pack abs - take one of our Abs classes!



Join instructors Sandy & Pete...
Mon: 5:15pm-5:30pm
Wed: 6:30am-6:45am
Wed: 5:00pm-5:15pm



NEW MEMBER REFERRAL

Attention Existing Members

Refer a new CCRP member anytime during March and get **\$15 in CCRP Club Bucks** that can be used toward Pro Shop and Juice Bar purchases.

Bring your friend, complete a referral form and get your Club Bucks today.

For more information please stop by the front desk or call 617.726.2900

Locker Room Rules & Regs

Please be advised that safety, especially fire safety is extremely important to CCRP. Help us keep all members safe by following these guidelines:

- Never leave clothing, etc in the sauna.
- Curling irons, hot rollers and/or straighteners should not be left unattended.
- Hairdryers should never be left on and unattended.

Disregarding the above rules and regulations may result in termination of membership with no refund.

Additionally please remember to:

- Place used towels in the bins provided.
- Check the locker area before you leave for personal items such as phones, iPods, locks, etc
- Do not leave belongings in day lockers overnight.