

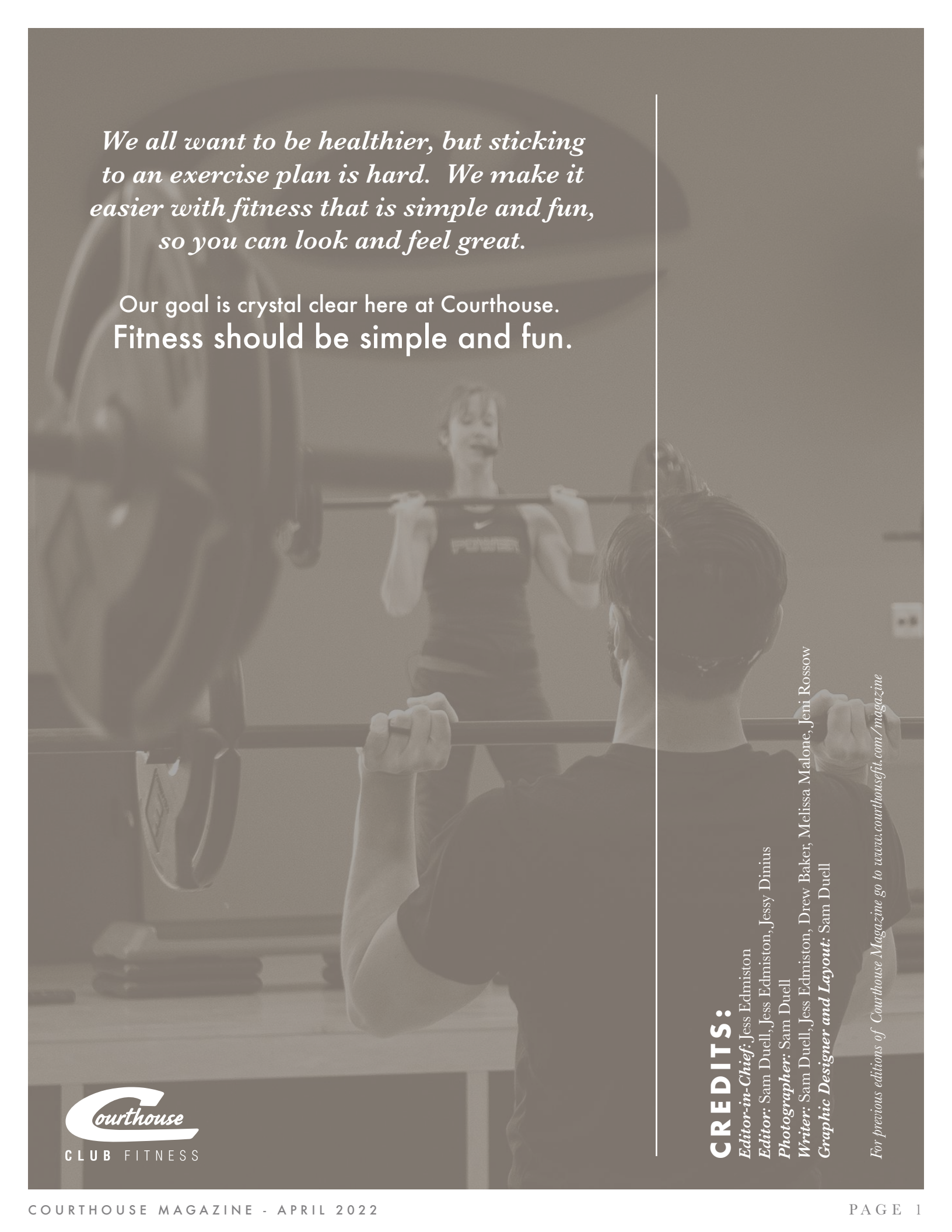
COURTHOUSE MAGAZINE

APRIL 2022 EDITION

COURTHOUSE

MAGAZINE





We all want to be healthier, but sticking to an exercise plan is hard. We make it easier with fitness that is simple and fun, so you can look and feel great.

Our goal is crystal clear here at Courthouse.
Fitness should be simple and fun.



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For previous editions of Courthouse Magazine go to www.courthousefit.com/magazine

LAUNCH WEEK

NEW MUSIC. FRESH WORKOUTS. FUN PRIZES

FITNESS IS ALWAYS BETTER TOGETHER.

APRIL 18 - 24

FITNESS IS BETTER TOGETHER, which is why we offer nearly 200 classes per week. During Launch Week, we bring extra energy to our classes with NEW MUSIC, FRESH WORKOUTS, AND FUN PRIZES! Join us April 18 - 24 for a great workout and a chance to win a Weber Charcoal Grill + Gift Basket for your summer entertaining.

A letter from **Drew Baker** Chief Operations Officer

It's April, and for many, the aspirational goals of the New Year have faded.

Six-pack abs don't seem as important or accomplishable as they did back in January. Many people wonder why they registered for a 5k or wish they hadn't spent \$300 on a blender. The motivation and inspiration we relied on as we headed into a new year don't carry the same weight now.

At this point, I set aside time to take stock of my life and identify what is important to me, specifically when it comes to health and fitness. I like to think that at 37 years old, I'm still young, and my best days are ahead of me. I care less today about how much weight I can bench press or how low I can get my body fat percentage. My goals, as they relate to fitness, have become more straightforward. I want to look good and feel great.

For a few years, amidst the busyness of life, I lost sight of a few simple but vital habits. I wasn't taking care of myself and drifted into a pretty bad place where I didn't eat or sleep well. In addition, I drank too much and worked out too little. My priorities were scattered, and I often overcommitted myself. These habits led to a point when I stopped socializing and realized that life sucked, and I just had to deal with it. I was prescribed medication for high blood pressure, anxiety, depression, and many other things. I found myself anticipating the end of the current day and dreading the start of the next one. One day I couldn't take it anymore and made a change. I started setting small goals for myself, and the first three were these; move, receive accountability, and extend gratitude every day.

Fast forward a year. I'm the happiest and healthiest I've ever been. I have a healthy appetite and sleep like a rock. I've retired from alcohol, and being active in social groups is my daily dose of medication.

I look forward to every day, and I love life! Change isn't easy, but it also doesn't have to be overly complicated.

MOVE

As you begin to move your body, there are apparent benefits like losing weight and getting stronger. Additional benefits include improved cognitive function, increased confidence, and higher self-esteem.

RECEIVE ACCOUNTABILITY

Accountability forces you to develop deeper relationships with at least one or two other people (maybe more) that you can trust enough to speak truth over you. Being accountable to someone will help you eliminate excuses and help you execute a plan toward success. Accepting personal responsibility can be freeing as you gain a sense of control.

EXTEND GRATITUDE

Gratitude is essential for tangible reasons like better sleep, mood, and immune system, but gratitude has many other benefits. Acknowledging goodness in your life will give you perspective. It turns your attention to all that is right and good, and often that good comes from God and those around us. Finding things to be thankful for will make you a happier person.

Everyone deserves to look good and feel great. Courthouse makes it simple and fun through movement, accountability, and a grateful heart.





GET RESULTS WITH myzone®
ASK US HOW

C2V COURTHOUSE TO VENTI'S

Sunnier days are coming, and here at Courthouse, that means that we're gearing up for one of our favorite events, Courthouse to Venti's (affectionately known as C2V)! C2V was created in 2011 as an opportunity to build a relationship between Courthouse & Venti's through a simple and fun event that would bring people together.



Originally, C2V was a pentathlon featuring five events: swimming, biking, running, push-ups, and beer drinking.

The walking bridge connecting Wallace Marine Park to Riverfront Park had just been completed and made it possible to start from West Courthouse and finish downtown at Venti's alley for drinks and food.

In 2012, we saw an enormous turnout of Courthouse members who wanted to exercise together in a fun and unique way. We ran to the nearest Venti's location, had a great time, and made new friends, all while getting a great workout.

One of our favorite things about C2V is that it has always been a family-friendly event. Even the youngest Courthouse members have joined in the fun, from riding bikes to running across the footbridge and enjoying something from the kids' menu at Venti's! Of course, we always leave Kid's Court open for parents looking for an evening away from the kids.



In addition to being a fun event for our members, C2V is one of our staff highlights each year. All five clubs are represented, and everyone chips in to work or participate in the event. We love seeing all the creative costume themes our staff comes up with each year. They definitely keep us on our toes!



Over the years, the logistics of C2V have changed. We've made the trek from the South River Road Courthouse through the Candalaria neighborhood to Venti's Taphouse on Commercial Street. More recently, we have found our way back to the West Salem Courthouse after a fun run and muscle-building keg presses on the walking bridge to celebrate with Oregon Beverage Company & local food trucks. Regardless of the method, Courthouse and Venti's bond has only grown stronger through the years!



Lancaster General Manager Phil Crock is always dressed for success, ready to give out extra motivation along the way!



Make sure to mark your calendar for this year's event, scheduled for
June 23rd at the West Salem Courthouse.

We can't wait to see you there for another year of fun!

Why IS YOGA BETTER TOGETHER?



We love hearing from our instructors, especially when they are as wonderful and insightful as our veteran yoga instructor Heidi Stowman.

Courthouse Creative Director Sam Duell recently sat down with Heidi to learn more about the benefits of yoga and how it can drastically improve your fitness and everyday life.

Sam: What brought you to teaching yoga?

Heidi: Well, I think teaching Group Ride made me want to teach yoga because I didn't realize how much I loved leading group exercise and actually witnessing people getting better and better. And yoga, for me, was something I did not feel confident about...so that's when I started training when I realized that I could watch the success of other people, same as I did in Group Ride, but with something that was out of my comfort zone.

Sam: How long did it take you to get trained in yoga and really feel confident about teaching?

Heidi: You know, honestly, I feel like I'm still training. I don't know that I'll ever be fully trained. There's always more to learn! I remember teaching my first class. I had just finished my training. It was at South River Road (Courthouse), and I had agreed to take it on every other Saturday. The next thing you know, the person teaching the opposite Saturday as I couldn't do it. So instead of one class, I ended up, somehow, with three classes a week. And I remember going, "What have I got myself into?" because I thought I'd have so much time to go back to my training to say, "How did that go?" You know, improve! So I think that I felt like I was kind of tossed in, and I'm glad they did it that way. I'm glad they needed me because it helped me learn more and find out what people needed.

Sam: You said you never completely feel like you're ever completely trained, so would you say that yoga is more of a fitness activity or a practice?

Heidi: Am I allowed to say I think it's both? **Sam:** Yes, of course! **Heidi:** OK, good! Because I think that you will gain fitness as you practice yoga. They are one and the same. As you continue to get on your mat, you will see your fitness improve, not just in yoga but in all your other activities. Whether it be a class like Group Ride, which I participate in, or it is going snowshoeing on the weekends. You're going to find that your fitness level improves, your endurance improves, your muscle tone and your body will change. So, as you continue to practice, your physical fitness will improve.

Sam: So I know that you are a runner as well. How has teaching yoga and practicing yoga personally affected your fitness?

Heidi: Umm... you know... I don't think I realized how much yoga would actually improve my other activities until...it did (laughs). I know that sounds kind of silly or backward, but I realized one day that I had better muscle tone and endurance when I was teaching in that ride room. I found that my posture changed, that my cueing as an instructor changed, that I would bring attention to people's posture and alignment in cycling to help them perform better. I run every day, and I have noticed that running is easier for me now. I think it's probably due to the core strength and the overall strength of the legs you get in the different postures of yoga. You're holding different poses for so long that you're building muscle tone, strength, and endurance. Yeah... it's more of something that's kind of fun for stress relief than it is a chore. I think I was really convinced when I was able to get my boss at Salem Naturopathic Clinic, who is in his early fifties, to finally take yoga, which he calls Bro-ga. After starting to do yoga, he is back to his college mile for running. He said he hadn't seen that in years, and he attributes that to yoga. Even today, we were working on a patient who is a cyclist. She was asking, "how do I stop injuring myself?" and I loved hearing my boss go, "you probably want to cross-train with something like yoga because yoga will help you avoid injuries." I just smile and try not to twist their arm, but I'm thinking, "I teach!"

Sam: You've had a lot of people take your class over the years. Is there anyone that really stands out to you as kind of like a success story? Anyone that really kind of touched you personally?

Heidi: Sam, you're asking me a great question! How do you pick one? I feel like I have seen so many people... in my mind, I'm Rolodex-ing through all the people. Well, tonight, you had mentioned you saw a lot of kids in class. I think that has been something kind of neat to see, kids practicing with their parents. Those who really enjoy it can be still, quiet, and actually do it. It's neat to see them kind of do what they would see as an adult activity. I have seen some of my older participants, who couldn't touch their toes, go "look at how much better I'm getting," or I see them gaining balance. As you know, balance is a huge challenge for some people, especially for us as we age! To feel more confident and strong when it comes to something as simple as balancing on one foot goes a long way in avoiding things like falling and having injuries that could stunt someone's physical activity and cut them off from their community.

Sam: Yoga may seem to some people like a mystical thing in many ways, and they don't really know how it works. How do you come up with the material for yoga? Does it change every time you do it? I've noticed it appears random in some ways, but it always seems to have some kind of form to it.

Heidi: OK! So this will sound a little bit silly, but sometimes I will walk into the room, and you can almost feel the tension in people's shoulders just by looking around the room. You can kind of tell if people are carrying a heavy load or if they are ready to move. Before class, I may have decided to

emphasize balance or leg strength. However, I may choose to set aside what I thought I was going to do, based on who shows up to the class. If it looks like there's a lot of tension or distress in the room or, you know, say November when politics hit, I maybe will have a whole restorative class. When I do this, I like just watching people's shoulders, and the tension kind of roll off from their day. So there are times it will feel a little bit random. I think that's because it can be, but then there are times where I may spend, you know, an hour ahead of time focusing on what sequences I want to do, what particular pose I want to lead us to, and the preparatory poses to get to that final pose safely. I would say that most classes will look very different from class to class. I will keep a lot of elements, but to keep it interesting and real, I change it up. Likewise, every instructor is different at the Courthouse, which I think is great! Some may gravitate toward one instructor who will work on five poses the whole class in a super slow, more of a yin-type class. Compared to a different instructor, that may move quicker with more fluid movements. So we're all a little bit different. But I would say my intent, every class, looks a little different.

Sam: Going off that... there are a lot of people who will say, "Oh, I'm just going to do yoga at home, or I'll pull up YouTube video." So, how do you think yoga at home with a prerecorded video versus the teacher reading the room compares?

Heidi: Well, I don't! I don't actually think that they compare. I think the yoga on a screen is a great fallback. If you are maybe at home nursing a cold or if you are traveling or on vacation, then, by all means, use those great tools. However, if you have access to an actual class with an actual community, you are gaining so much more than you would on a prerecorded class. You will have an instructor who is actually taking your body and your limitations...I don't want to say your attitude, but almost your mannerisms into account. Someone thinking, "Hmm, I wonder what these folks need tonight?" and then can actually cater it to the people present in the room. Beyond that, we are trained to look at your body and give you some vocal cues to keep you safe. In person, we can explain a pose that maybe does not make sense in a video. The video may have gone so quickly that they've moved on.

In contrast, I can tell if a class is struggling with a particular sequence or pose; I can actually come alongside a person and mirror them and show them or teach different modifications that will be safe for their body. Which you would not have access to on a video. So I don't really think they compare. Community makes a big difference.

Sam: Given all these things that we've talked about, from the kind of like mystical connotation to the breathing, it might seem very overwhelming to someone. Do you think that yoga is accessible for everybody?

Heidi: I think yoga is absolutely for everybody. One of the things I say quite frequently is, "yoga is for everyone. Not every pose is for every BODY," and that is because it should be accessible to everyone. All ages. All levels. Yeah. Those of us with different physical challenges will find success in yoga. Don't be afraid to go connect with your instructor and let them know of your specific challenges. If you have, you know, a shoulder injury you're nursing, they can talk about how to modify certain poses to make them more accessible to you. Yoga is for everyone. I would love to see more people trying yoga. You know you mentioned that it can feel very mystical, and there are certainly aspects depending upon where you go that can, especially when going to yoga in a studio, feel a little overwhelming. Even for me and I teach yoga! There's this sense that you have to be good enough to walk in those doors. However, that is not the case at the Courthouse. At the Courthouse, we invite everyone, and we want to see everyone succeed. I think that that is possible here.

Catch Heidi's yoga class Tuesday & Thursday evenings at 6:30 PM at the Battle Creek club!



THREE TIPS TO STAYING SAFE *in the water*

We talked with Courthouse Swim Coordinator Jeni Rossow about three simple tips for keeping your child safe in the water.



Bubbles

While it seems simple, learning to blow bubbles is a crucial safety skill! Blowing bubbles helps to build confidence for young swimmers because they learn to put their faces in the water. It also teaches breath control, which is the foundation for swimmers to breathe once they use swim strokes.

Step 1: Take your child to a calm and shallow end on the pool.

Step 2: Encourage them to exhale while partially submerged to create bubbles.

Tip: Make it into a game! If your child is old enough, you can compare it to blowing out a birthday candle or blowing raspberries.



Safety Floats

Another essential water safety skill a child can possess is knowing how to float on your back. Once your child can float on their back, teach them to flip to their front and kick to the wall for safety.

Step 1: Again, we recommend finding a calm and shallow location.

Step 2: You can gain your child's trust by supporting their torso as they lean back into your arms.

Step 3: Encourage them to kick their feet up and support them as they float on their back in the water, arms spread wide.

Step 4: Slowly reduce your amount of support until you are no longer assisting your child.

Step 5: Now that your child feels confident on their back, flip them around but have them hold onto the wall.

Step 6: Repeat the same procedure of gradually reducing support until the child feels confident.

Step 7: Instruct them to kick their feet.

Tip: Rather than surprise your child, communicate what you are doing during the process. Your child should feel safe and in control the entire time.



Tread Water

Children will gain confidence when they know how to tread water. In addition, treading water will help your child grow stronger. Don't forget: when treading water, your body stays upright, and your head stays above the surface of the water.

Step 1: In an upright position, have your child move their arms in a waving, stirring motion while kicking their feet in open water while you support them.

Step 2: Gradually reduce support until they can tread water on their own.

Note: Confidence is the main objective of Treading Water. If the child has already completed "Bubbles" and "Safety Floats," they have the strength to Tread Water; however, they need the confidence in their repetitive movements to trust themselves and not panic.

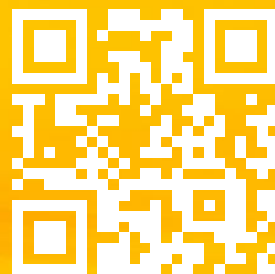
Swimmers are most successful when they feel confident and in control. Therefore, we encourage building foundational swimming skills that will ensure your child's safety in the water. These simple maneuvers will help develop your child's strength and confidence.

Get Ready for **SUMMER SWIM CAMPS**

SWIM CAMPS BEGIN JUNE 20



REGISTER TODAY AT COURTHOUSEFIT.COM/SWIM
Catch our Early Bird rate! \$65 per week (prices increase May 30)



STAFF SPOTLIGHT

Meet Nathan Cage!

Nathan has worked for Courthouse since 2018, where he has filled several positions at the Battle Creek, Lancaster, and Keizer clubs. Currently, he is a Member Service Representative at our corporate office. He helps members over the phone, email, or chat with various inquiries regarding their membership with Courthouse.

The sense of community is Nathan's favorite part about working for Courthouse. He has made friendships with members and staff alike that will stand the test of time and loves coming to work each day to tackle whatever challenges come his way.

Group Core is Nathan's favorite Courthouse class to instruct and participate in, but he also taught Water Exercise at the Lancaster club for two years! When he's not at work or using the club, he enjoys working on cars, astrophotography, hiking, and video games (make sure to ask him about Guitar Hero next time you see him).

Thanks, Nathan, for being part of the Courthouse team!



GOLF PROGRAM at McNary Estates

June 1 - September 30
9 holes for \$9 • Golf Cart for \$9

VISIT SERVICE DESK FOR MORE INFORMATION



INTRO TO LIFTING

WITH MELISSA MALONE

If you are interested in lifting weights but not sure where to start, you are not alone! It can be overwhelming to walk into the weight room, let alone determine what your daily workout will be. There are many different styles of lifting available, all with pros and cons depending on your personal preferences. We tackled this issue with Fitness Manager Melissa Malone, who breaks down a simple plan to get you the most bang for your buck as you start the process of lifting weights.

The first step is determining your main lift of the day. Ideally, you want to pick a compound movement, so you are working on multiple joints and muscle groups simultaneously. Examples include deadlifts, squats, bench press, pull-ups, and overhead presses. After determining your main lift, it will be easier to set up everything else. You will then understand what accessory muscles you want to work and how to warm up properly for the movement.

For the workout below, we chose Back Squats as the main lift. We recommend doing three sets of each section, completing 8-12 reps of each exercise per set. If you need further instruction on any of the exercises below, a quick google search should help you find instructional videos!



SECTION 1

1A Core Exercise: Deadbug

Benefits: *Anti rotational core strength*

1. Lay on your back.
2. Keep knees above hips.
3. Keep pressure on the medicine ball with your hands and knees.
4. Fully extend your arms and legs.

1B Movement Prep: Box Jump

Benefits: *Endurance*

1. When performing a box jump, try to drive from your hips as much as possible.
2. Swing with your arms to give momentum.
3. If you choose to jump down rather than step down from the box, be sure to land in a soft squat.

SECTION 2

Main Movement

2A: Back Squat

Benefits: *Knee dominate. Core strength*

1. Full range of motion squat.
2. Sit back in heels.

SECTION 3

Accessory Movements

3A: Split Squat

Benefits: *Knee dominant strength*

1. Straight down with back knee, legs at 90 degrees.

3B: Romanian Deadlift

Benefits: *Hip dominant strength*

1. Neutral spine.
2. No elevation change for hips.
3. Watch lumbar integrity.

MEMBER SPOTLIGHT

Meet Noelle Bartruff!

Noelle Bartruff has been a South River Road Courthouse member for 25 years. In addition to being a valued member, Noelle also spent many years teaching group classes for Courthouse, an experience that she loved!

When Noelle isn't teaching second grade, you can find her at the club taking various classes. She is active in many offerings at Courthouse, but her top three include Mat Pilates, Centergy, and Studio Pilates. She loves the stress relief she finds from exercise and the relationships built with instructors and other members. After class, you can often find Noelle enjoying the new sauna and hot tub at South!

Thanks, Noelle, for 25 AWESOME years at Courthouse!



2022 WALK FOR HOPE

Saturday, June 11, 2022 - 9:00 AM

5k Walk & Run + 10k Run Option available
Registration includes a t-shirt, lunch, prizes, and more!

Registration opens soon at
ugmsalem.org



FIRST FRIDAY

Did you know we give out **free coffee** the first friday of every month?

Participate in a Group Exercise Class or Training Session, and we'll give you a \$5 Bentley's Coffee Card.



www.courthousefit.com

follow us on social media

