



JUST AEROBICS & FITNESS CENTER

where exercise is fun

101 Fireman's Plaza, Frackville, PA 17931 570-874-3787

Quarterly Newsletter: Vol. 1 Issue 1: July – August – September 2004

Spotlight on our Members

You may have seen Tony Klazas, Jr. around Just Aerobics lifting all sorts of weights, but you may not have known is that he's an award winning weight lifter. For the last 4 years, Tony, a native of St. Clair, has been competing in Amateur Drug Free weight lifting circuit. On June 13 of this year Klazas won first place at the World National Powerlifting Federation (W.N.P.F.) North American Powerlifting Championships in Philadelphia.



Fran Foster, Tony Klazas, Jr. & Tony Klazas, Sr.

Tony started lifting at Just Aerobics & Fitness Center in February of 2004 and is assisted by his two spotters Fran Foster and his father Tony, Sr. Tony came to Just Aerobics & Fitness Center because of the more modern facilities and equipment that helped him improve his workout.

When Tony isn't at Just Aerobics & Fitness Center in the fall you can find him coaching football. Tony has been coaching football at Nativity BVM High School in Pottsville for the past 10 years. This February Tony was promoted to head football coach of the Nativity Hilltoppers.

Just Aerobics & Fitness Center hopes you join them in congratulating Tony on his recent award and in wishing him great success in this year's football season!



In The Community....



You're Never Too Young for Yoga!

Just Aerobics and Fitness Center is not just in Fireman's Plaza, but out in our communities actively promoting exercise, nutrition and good health for all ages!

This past summer, Lori DiRenzo-Tarson the owner of Just Aerobics & Fitness Center lead a yoga / fitness camp at the Penn State, West Hazleton Campus. The camp was held July 12 to July 16th and was for pre-teen ages 10 to 13.

The camp not only focused on yoga, but incorporated facts regarding nutrition, exercise and also taught the pre-teens how to take a healthy walk. The camp was not only for the kids involved, but for the instructor as well.

And You're Never Too Old for Exercise!

Twice each year, local retail merchant, Boscov's, brings the "College of Knowledge" to its Pottsville store. Lori DiRenzo-Tarson, Just Aerobics & Fitness Center's owner is contracted to teach a "Fit Over Fifty" class to the County's residents.

The class starts with a warm up and goes through a work-out specifically geared for this age group. Specific muscle groups are targeted and incorporate balance exercises for this age. The class is great fun for participants and runs for 4 weeks.

For more information about Yoga camps, The "College of Knowledge" or other possible community events Just Aerobics & Fitness Center could offer its knowledge to, please stop by and talk to Lori today!



Lori DiRenzo-Tarson

Something New For Our Members!



On The Web....

This summer Just Aerobics & Fitness Center launched a totally new design for its website located at www.justaerobics.com. The site features the newly enhanced logo with a fun and bright teal and gold color scheme and was designed by CrossRoad Multi-Media (www.crossroadsmultimedia.com) of Pottsville, PA.

Members can go to the website and download our monthly schedule of exercise classes. We also have basic information about the classes and what they entail. Information about the exercise equipment available at Just Aerobics and Fitness Center is also available. Stop by our website and even download our new quarterly newsletter!

Get Your New Just Aerobics T-Shirt Before They Are All Gone!

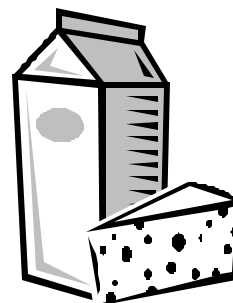
Just Aerobics and Fitness Center has new t-shirts for sale that feature our newly redesigned logo that is featured on our new website. The shirts are just \$12.00 each and are available in Medium, Large and X-Large.



For Your Health

Milk – The Healthy Punch

In a study published in the *Journal of the American Dietetic Association*, dairy foods were shown to play a very important role in the overall nutrition quality of American's diets. Data from 17,959 individuals who responded to the most recent Continuing Survey of Food Intakes by Individuals (CSFII) showed that total dairy and milk intakes were associated with higher intakes of essential vitamins and minerals like calcium, magnesium, potassium, zinc, iron, vitamin A, riboflavin and folate. Moreover, those who ate more dairy did not have higher intakes of fat or dietary cholesterol. The data suggests that people who choose more dairy foods including milk make other nutrient-rich food choices which are also lower in fat. These results reinforce the strong nutritional quality of a dairy-rich diet.



Weinberg, LG, et al. Nutrient contributions of dairy foods in the United States, Continuing Survey of Food Intakes by Individuals, 1994-1996, 1998. *Journal of the American Dietetic Association*. 2004; 104:895-902.

Walking: An Exercise for All Ages



Walking is easily the most popular form of exercise. Other activities generate more conversation and media coverage, but none of them approaches walking in number of participants. Approximately half of the 165 million American adults (18 years of age and older) claim they exercise regularly, and the number who walk for exercise is increasing every year. Walking is the only exercise in which the rate of participation does not decline in the middle and later years. In a national survey, the highest percentage of regular walkers (39.4%) for any group was found among men 65 years of age and older.

Unlike tennis, running, skiing, and other activities that have gained great popularity fairly recently, walking has been widely practiced as a recreational and fitness activity throughout recorded history. Classical and early English literature seems to have been written largely by men who were prodigious walkers, and Emerson and Thoreau helped carry on the tradition in America. Among American presidents, the most famous walkers included Jefferson, Lincoln, and Truman. Walking today is riding a wave of popularity that draws its strength from a rediscovery of walking's utility, pleasures, and health-giving qualities. This booklet is for those who want to join that movement.

Just Aerobics & Fitness Center – 101 Fireman's Plaza – Frackville, PA 17931
570-874-3787 – www.justaerobics.com

