



**801 University City
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Meet the Assistant Manager: Michaela Galya

Q: How long have you been the Assistant Manager of Blacksburg Health and Fitness @ the Weight Club?

A: I have been the Assistant Manager for 10 years.

Q: Before you became Assistant Manager at the Weight Club, what other jobs did you have?

A: I've been in the fitness field since 1985. I started part-time teaching aerobic dance classes at an all-woman fitness center in Connecticut. That eventually became a full time job that entailed personal training, teaching, facility maintenance as well as sales. When I moved to Virginia, I pursued the same type of position and worked as an instructor, front desk attendant and trainer before attaining my current position. I have also been a dog groomer for the past 30

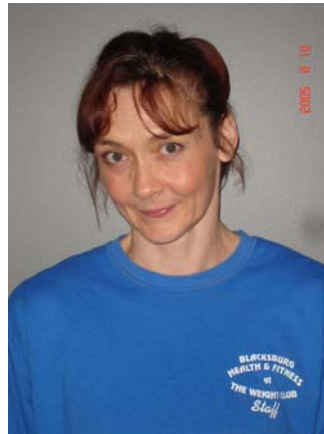
years.

Q: Of all of the classes that you have taught at the gym, which one is your favorite and why?

A: That's a tough one. I enjoy teaching all types of classes; I'm just glad there is such a variety now. I guess my favorites are Cycle and Strictly Strength. Both classes allow you as an instructor to add your personal touch in the music you choose. I also enjoy the camaraderie you can instill between yourself and the participants. Pilates and Yogilates are excellent core workouts so I enjoy them a lot too!

Q: Of all the athletic accomplishments that you have achieved, which are you the most proud of?

A: I would have to say finally running a marathon. For the longest time I said I wanted to do one but



thought it was beyond me. Now I have 2 under my belt and am planning to do my third in November.

Q: Do you have a goal that you are working towards that you haven't met yet? If so, what is it?

A: My goal in life is to maintain my health; always gathering information on the latest health related issues.

Q: What is your favorite part of working at the Weight Club?

A: I really enjoy my job so this is difficult to answer, but I suppose it would have to be that I've met and continue to meet so many wonderful people who come from various populations and have such different occupations.

Q: If money was no option and you could make one change to the facility, what would it be?

A: A pool would be a GREAT addition!

Trainer Tips from Vaughan Twigger

I think I pulled something:

It was a cold and rainy day (reminded me of back home) so I decided to do my sprints indoors on the track. On my last set I felt great and pushed it to the limit. Then out of nowhere a slight stumble and...POP! I tore my hamstring. "Oh bugger" I said to myself

as I proceeded to chew on the rubber track and slide about 20 feet (which has to be some kind of record). If you care to take a look, I slid from the New York Life poster all the way past the wall with the paintings on it.

Muscle injuries are common among athletes when pushing themselves to the limit and can

take a long time to heal. But its not just athletes that experience muscle injuries, anyone lifting weights, chasing there runaway toddler, or simple every day tasks could be prone to a muscle tear if the wrong lifting technique or a slight stumble occurs.

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Trainer Tips: From Vaughan Twigger

Here are some of the basics of muscular injuries:

Causes: Poor flexibility, inadequate strength or endurance, over worked muscle, insufficient warm up, poor lifting or running technique, old injury.

Symptoms of a pulled muscle: A sudden sharp pain usually during high velocity movement; muscle spasm; swelling and bruising; if the tear is severe a gap or a pop in the muscle may be felt.

Strains are graded 1-3 depending on how severe the injury is:

Grade 1 (minor tear): Although you may be able to move and lift weight with the injured muscle, you may feel tightness and some discomfort, the pain can often be localized with one finger, and even a small amount of swelling may be present. Usually 2-14 days to recover.

Grade 2 (moderate tear): The torn muscle will become swollen. Pressure to the injury will be painful, and become very stiff. Flexing the area against resistance will be painful. Sudden spasms and bruising may occur. A large area around the tear will be sensitive, which makes locating the exact spot of injury difficult. 2-8 weeks to recover.

Grade 3 (complete tear): The most severe tear is very painful, especially during activity. You can recognize the injury by sudden swelling and bruising. In severe cases a balling up of the muscle and loss of movement may occur. Surgery may be needed in rare cases to attach the fibers back together. 2-6 months to recover.

Treatment: Immediately following the injury, use the R.I.C.E technique (rest, ice, compress, elevate) as recommended by the American Council of Sports Medicine. **It is always a good idea to see a sports injury specialist immediately following the injury.**

Rehabilitation: The first 1-5 days following the injury stick to the R.I.C.E technique. The Next 3 weeks it is important to start strengthening the area. The damaged tissue is replaced with scar tissue which is not as flexible or as strong as the surrounding muscle. Strengthening and stretching exercises while the muscle heals will help prevent scar tissue from building up and help realign the fibers. To prevent the area from re-injury. Start off light and gradually increase intensity as the

You may be able to work back into your regular program by adding more weight onto the exercises 3-6 weeks after. Just be careful. In the beginning a physical therapist can help define movements needed to strengthen the injured muscle. A personal trainer will design a recovery program and guide you on the way to recovery. Luckily the wide variety of equipment at the Weight Club allows you to work around your injury. A muscle tear can fully recover with proper care and exercise, as long as you pay more attention to warm up, and increase flexibility to avoid hurting the area again. By the way, Its been almost 8 weeks now and my strength is just about back to normal.

Vaughan Twigger is an ACE certified personal trainer at Blacksburg Health and Fitness and has been training people for 3 years.



Indoor Cycling Double Header: August 25-26

We know it is hard to come inside for cardio when the weather is so warm and nice! Here is an indoor challenge we know you won't be able to pass up! **Come out for our indoor cycling double header.**

We will try to fill the cycle

room twice in one weekend. Come join us for cycle class Saturday morning at 9:30 on the 25th of August and again at 4:00 p.m. on Sunday August 26th.

There will be music, sweat, **surprise** instructor's, prizes and more! If you challenge

yourself and participate in **both** classes you will walk away with a great prize just for coming out! The sign up sheet will be out starting Monday the 20th!



Cycle for Special Olympics

Monday, July 23 there will be a special 2 hour cycle class to benefit Special Olympics. Class will begin at the regular Monday time of 5:30 p.m. Class will last about 2 hours and Christie and Louie will both be instructing!



Besides a great workout, you can expect door prizes, T-shirts, hats, and refreshments!

This is a fundraiser for Special Olympics and donations are encouraged!

Meet the Members: Gary Bennett

Q: How long have you been a member of Blacksburg Health and Fitness?

A: I have been a member since 1995.

Q: What made you choose the Weight Club, or how did you hear about the club?

A: When I first moved to Blacksburg, the Weight Club was the only gym around.

Q: How long have you lived in Virginia? What brought you here and where did you move from?

A: I moved to Blacksburg in 1995 to take a job at Virginia Tech. Prior to coming here, I was doing my residency at the University of Cincinnati.



Full Name: Gary Bennett

Age: 48

Occupation: Clinical and Sport Psychologist

Years of Membership: 12

Q: What is your favorite class to take at the gym and why?

A: I'm a big fan of the abs classes. The instructors do a great job of pushing participants—way past what I would do on my own!!

Q: What are your favorite things about the club?

A: I really like the atmosphere and the variety of people who work out at the club. The staff is very friendly and helpful and they help make the club a very comfortable place to work out.

Q: If you could change one thing about the facility what would it be?

A: I would upgrade some of the older lifting machines.

Check out SportsEdge



SportsEdge is a sport specific training program that is new at Blacksburg Health and Fitness. This personal or group training program is available to youth 14 and over.

Small Group Training includes:

- Volleyball, Basketball, Soccer
 - Softball/Baseball
 - Cheerleading/Dance/Gymnastics
 - Golf/Tennis



Individual training :

- Specific to sport and position
- Track and Field

Workouts are designed to improve agility, strength and overall conditioning in preparation for participation in organized sports!

6 week sessions and ongoing sessions are available. For more information please contact: Christie Heslip or Mandy Johnson at 951-2949.



TriAdventure Begins Year Two of Youth Triathlon Training

A year ago this month, TriAdventure Multisport Coaching and Fitness started its first training group for young triathletes.

The 10 week program trained 8 young boys and girls, ages 10-13, towards completing their first sprint triathlon. Each participant finished their first race in October 2006 and TriAdventure has since trained 2 more groups!

Anne Jones Thompson and Kelly McPherson are getting ready to start another 10 week beginner program for

kids 10 and up. There will be an informational meeting at 7 p.m. on Monday, July 23, at the Weight Club, for any families that are interested in finding out more.

TriAdventure also offers a beginner adult training program. If you have always wanted to try a triathlon, here is your chance to train with a group, receive coaching and finish one together!

Information is available for adults at a meeting on Monday, July 23 at 7:45 p.m.

If you are unable to attend the

meeting you can contact Anne at 230-3019 or Kelly at 818-1463.

