



**801 University City
Boulevard
951-2949**

Meet the Child Care Coordinator: Mrs. Donna Brillhart

Q: How long have you been at Blacksburg Health and Fitness at the Weight Club?

A: I have worked at the Weight Club for 9 years.

Q: What is your current occupation?

A: I am the Child Care Coordinator and I work at the front desk.

Q: Before you came to Blacksburg Health and Fitness what other jobs did you have?

A: I worked at AT&T, then I stayed home with 2 boys until they both went to school. I have been a hairdresser and worked at K-mart in fashion.

Q: What is your favorite part of working here?

A: The other staff members are really friendly and I like to meet new people.

Q: What accomplishment that you have achieved in your life are you most proud of?

A: I have put both my sons through school and they are now on their own. I have been married to the same man for 23 years and have a beautiful Granddaughter.

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



A: I would like to be 20 lbs lighter!

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

A: I would like more room in the child care facility.



DID YOU KNOW??

- Once you pay a one time registration fee, child care is free to our members!
 - You can reserve child care slots up to a week in advanced!
 - You can keep your children in the facility for up to an hour and a half a day!
 - You can reserve spaces on the phone or in person!
 - Children 6 weeks and older can stay in the child care!
 - If it is full when you want it, you can put your children on the waiting list!
-

Manager's Corner: by Christie Heslip

We are very excited about the new year at Blacksburg Health and Fitness. We hope that each and every member will take advantage of the facility as they work towards their goals in 2008.

We have several new treadmill and elliptical machines coming soon and we are looking to add new weights and strength training equipment this year too!

We are also looking for new ways to improve and expand the child care facility and services.



The Body Step classes are beginning in February. The first class will premier on Sunday, February 3rd!



We are always striving to improve our facility and we value your input as a member. If you ever have questions, comments, suggestions or complaints feel free to e-mail me at:

christiegregg@msn.com

MRSA– What are the Facts?

Staphylococcus aureus, often referred to simply as "staph," are bacteria commonly carried on the skin or in the nose of healthy people. Approximately 25% to 30% of the population is colonized (when bacteria are present, but not causing an infection) in the nose with staph bacteria.

Staph bacteria are one of the most common causes of skin infection in the U.S. and are a common cause of pneumonia, surgical wound infections, and bloodstream infections.

MRSA stands for Methicillin-resistant *Staphylococcus aureus*. This type of bacteria causes "staph" infections that are resistant to treatment with usual antibiotics.

MRSA can infect people in the community at large, generally as skin infections that look like pimples or boils and can be swollen, painful and have draining pus. These skin infections often occur in otherwise healthy people.

The Centers for Disease Control and Prevention has documented clusters of community-acquired MRSA skin infections among athletes, military recruits and children.

Factors that have been associated with the spread of MRSA skin infections include: close skin-to-skin contact, openings in the skin such as cuts or abrasions, contaminated items and surfaces, crowded living conditions, and poor hygiene.

Practice the ABCDs of good hygiene to avoid contracting or spreading MRSA:

Active surveillance – Monitor all wounds and keep them covered. If you have a skin infection that requires treatment, ask your doctor if you should be tested.

Barrier precautions – Keep personal items personal – avoid sharing towels, sheets, razors, clothing and athletic equipment.

Conscientious hand-washing – The best defense against germs is soap and water and alcohol-based hand sanitizers. Thoroughly soap and scrub hands for at least 15 seconds, dry with a disposable towel and use another to turn off the faucet.

Disinfect – Clean shared items. If you have a cut or sore, wash towels and bed linens in hot water with added bleach, then dry in a hot dryer. Wash gym and athletic clothes after each wearing.

Individuals who think they have a staph or MRSA infection should see a healthcare provider.

Information provided by HCA Virginia

**** Please keep this information in mind while working out in the club. Please make sure you clean the equipment thoroughly after each use and wash your hands often!****

Meet the Members: Chip Frazier

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

A: I don't know; you'd have to ask my wife! But I have been a member for many-several years.

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

A: As a college student, I first learned about the Weight Club back in the early 1980's, when it was a student enterprise at Virginia Tech. I also recall when the Weight Club broke free from the University influence. So many years later, this long term familiarity attracted my wife and me to the Weight Club.

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

A: I first came to Blacksburg in 1981, as a Tech freshman from Warrenton, Virginia. I have lived here for all but 2 years since.



Full Name: Chip Frazier

Age: 44

Family:
Married

Years of Membership:

Many-several years!

Q: Where were you during those two years?

A: I was in Seattle, Washington working on my MS degree.

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

A: No single favorite, but what's most important is the great variety of classes. The combination of step aerobics, group weights, and cycle class provides the balance I need, and the many choices fit my schedule.

Q: What are your favorite things about the club?

A: I like the people, the proximity to campus, and the "attitude." For me, the Weight Club has true grit- that's what I want in my gym.

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

A: Yea, I would get new steps for the aerobics classes.

Training Tips: by Mandy Johnston



Drink plenty of water!

It's been said many times over but it's the honest truth.

The recommended amount is approximately eight glasses of water (64 ounces) every day. You need even more when you add exercise into the mix. Our bodies are made up of over 75% water (even bone is more than 20% water). When you drink fluids other than water, such as coffee, tea or soda, you are dehydrating your body. Dehydration causes your blood to flow improperly and your digestive system won't run as smoothly (among other problems). Even a small deficit of water can affect how your body performs so drink up!!



Did You Know?

Your Blacksburg Health and Fitness Membership card gives you access to discounts at Runabout Sports, TCBY, and Classic Body Image?

Membership has it's privileges!

BRING A GUEST FOR FREE!

Bring this coupon to the front desk and bring a guest in for free! Bring a friend and show them around the facility!



One coupon per member! Expires May 2008

