

## **Fitprints**

March-April 2007

By Whit Wise

### **Hammer it Home**

Remember Peter, Paul, and Mary? One of their famous "protest" songs which became popular in the sixties began with the line, "If I had a hammer, I'd hammer in the morning." (Now hum it for the rest of the day).

The trio was metaphorically hammering through music their message for love and harmony between fellow man. Sometimes the blunt blow of information directed right at our minds is the best way to get a message across. When it has to be understood right now throw subtleties out the window. Teachers are often challenged to hammer knowledge into the minds of our children. Kramer hammers home his bullish stock picks in dramatic fashion.

The American Heart Association does a good job of hammering home the exercise message on their web site [www.justmove.org](http://www.justmove.org).

Some of the benefits of daily exercise are recorded as:

- Reduces risk of heart disease.
- Improves cholesterol levels.
- Prevents and reduces high blood pressure.
- Prevents bone loss.
- Boosts energy level.
- Helps manage stress.
- Improves sleep.
- Improves self image.
- Counters anxiety and depression.
- Increases enthusiasm and optimism.
- Increases muscle strength.

Oddly, it does not list "helps maintain optimal weight."

Research has confirmed the benefits of exercise in study after study. The hammer has nailed down the message. There was a time when people claimed that they were too old for exercise. There was a time when people accepted declining health as a given with the aging process.

This is no longer true. Yet many people still don't quite get it. Maybe it is still too subtle. Let us help. Daily exercise means exercise every day!

### **Nursery News**

Watch for notices on expanded nursery hours. The staff has plans for some new activities for the PAC kids, starting with an Easter Egg Hunt on April 6. When the weather warms up, the staff plans to set up Slip and Slide days again and add some swimming fun.

### **Tennis News**

Men's and Women's USTA teams are now forming. Each team must have a minimum of eight players, but ten to twelve is preferable. Matches are on weeknights beginning the end of March. If you would like to join a team, contact John Hunter at 456-7732.

PAC will host the annual GPTA Centurion Tennis Tournament on March 23-25. The format is unique and each doubles team adds ages together to enter a division. Divisions are Open, 69 and under, 70-99, and 100 and older. There are divisions for Men's, Women's and Mixed Doubles. This is such a fun format and PAC players will have a chance to meet other local tennis buffs.

John Hunter has scheduled a Sunday Fun Doubles at PAC on April 22. Details will be posted at the tennis desk.

Head Pro Arlene Minter holds a beginning men's clinic on Tuesdays at 6:00 p.m. New members are encouraged to come out and bring a friend!

Tennis Director John Hunter holds a beginning ladies' clinic on Thursdays at 6:00 p.m. Cost is \$9.00. This is a great way for new members to learn tennis and meet new friends.

**Junior Clinic Schedule:**

Ages 6-11 on Mondays, 4:00-4:45 p.m.

Age 12+ on Tuesdays, 5:00-6:00 p.m.

Advanced on Thursdays, 5:00-6:00 p.m.

PAC has openings on the daytime league teams if any new members are interested in starting ladies' league play. The season continues through May. Let John Hunter or any staff member know of your interest and availability.

**Swimming News**

The dome should be down before the next newsletter is printed! The season has been cold but it's nearly over! Let the sun shine.

**Swim Lessons**

The next session begins on March 5. The 3-5 year old class is from 5:30-6:15 p.m. and the 6-12 year old class is from 6:15-7:00 p.m.

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