

Louisiana Athletic Club



Alexandria- 318.445.9006 | Pineville- 318.487.1000 | www.louisianaathleticclub.com

Summer Special

June, July, and August

Single \$197 • Couple \$281 • Family \$334

SUMMER MEMBERSHIP FOR CENLA SCHOOL EMPLOYEES:

INCLUDES RAPIDES, GRANT AND AVOYELLES PUBLIC, PAROCHIAL AND PRIVATE SCHOOLS

All for One Low Summer Price~

June, July, & August

\$140 plus tax~ Single ~ Save \$92

\$220 plus tax~ Couple ~ Save \$96

\$260 plus tax~ Family~ Save \$110

June 17th & 18th, Saturday & Sunday

Celebrate Father's Day with fitness • Dads & Children workout together for FREE

Tuesday, June 27th

LAC HEALTH & WELLNESS EXPO

9:00am-1:00pm

Over 35 exhibitors from the CenLA area will be offering screenings and educational materials in all aspects of health and wellness. Guests workout for FREE! If you choose to enroll that day, you will receive \$0 enrollment with a 12-month agreement

Alexandria Holiday Club Hours:

Monday, July 3rd ~4:30am-8pm

Closed Independence Day ~Tuesday, July 4th

Pineville Holiday Club Hours:

Monday, July 3rd ~5am-8pm

Closed Independence Day ~Tuesday, July 4th

LAC Kid's Camp

When: **July 10th-14th and August 7th-11th**

Time: 7:30am – 4:30pm

Cost: \$ 115 members/ \$ 135 non-members each week.



TRX trainer Brandi Bell • July 11th-August 4th
11am TRX EXPRESS•\$100 & 11:30am TRX BOOTCAMP•\$125



LAC's group fitness instructor, Rebekah, is running as a *St. Jude Hero* in the St. Jude Marathon Weekend in December! She will be teaching a *benefit R.I.P.P.E.D.* class to help her reach her \$2,500 fundraising goal!

Member of the Month~ Jennifer Pierce

My name is Jennifer Pierce. I joined Louisiana Athletic Club July 2016 along with my husband, Mike, and son, Dylan. I have tried other gyms and workout groups and have not had the experiences or results that I've encountered at LAC. The staff, instructors, and trainers are knowledgeable and helpful; fellow members have always been friendly and encouraging. The entire atmosphere of the gym has always been positive and welcoming and has become like a second home. Since joining LAC last July, I have lost 30 lbs. and gone from a size 14 to a size 4/6. As exciting as that is, I've realized that the goal isn't to be skinny but to be healthy and strong in the right way and to keep pushing yourself. So many instructors, staff, members and trainers have inspired me by always taking on new challenges and reaching for new goals. LAC trainer Dylon Draper has played a large role in all of my successes while at LAC. His meal plans and nutritional information has been life changing for both my husband and myself. Thanks to his Couch to 5K training, I completed a 5K race for the first time which is something I never thought I could accomplish. From him I have learned about Hiit workouts, the benefits of lifting weights, and have shocked myself by doing many things that I would have never thought possible- like unassisted pull ups. I am thankful that God led me to LAC and brought me into the paths of so many awesome people. Thanks to those people, my husband Mike, and my family I have found role models and encouragers who have been with me every step of the way always motivating and pushing me to become stronger and healthier.

Massage Therapy is available at the LAC-Pineville location.

Call Jessica at 318.481.1673 or Misty at 318.451.0551 for your appointment

LAC members receive 20% off.

Gift certificates available at both locations

LAC-Pineville Childcare HOURS:

Monday-Saturday • 8am-12pm

Monday-Thursday • 3pm-8pm

LAC-Alexandria Childcare HOURS:

Monday-Saturday • 8am-12pm

Monday-Thursday • 3pm-7:30pm

Parents please remember reservations are required.

General Manager
Scott Cochran

Operations Manager
Beatrice Jeanfreau

Program Manager
Calleen Randow

Facilities Manager
Robert Lemoine

Fitness Manager
Ronnie Schwartz

Healthy Eating Hacks: Fixes for Common Diet Fails



Any nutritionist will tell you that in order to succeed at losing weight and keeping it off, you have to get friendly with healthy eating on a grand scale and make lifestyle changes that you can stick with over the long haul. But—let’s face it—not everyone can turn into a veggie-loving, chip-resisting perfect eater overnight. These strategies from registered dietician Kimberly Gomer, director of nutrition at the Pritikin Longevity Center + Spa in Miami, will help make sure your new diet doesn’t last as long as an Instagram video. Even better, these tips are designed to be so seamless that you may not even notice some of these hidden healthy eating tricks.

Your Weakness: You’ve got a raging sweet tooth

Yep, we know it’s bad, but some of us simply can’t resist sugary treats. So instead of ignoring the urge, focus on replacements. Sweet fruits like apples, oranges, and melons along with a moderate amount of sugar substitutes—preferably Stevia—can make you feel less deprived as you cut out the added stuff. “Using sugar substitutes can definitely help, especially on foods like oatmeal and in coffee or tea,” Gomer says.

“As long as you’re not consuming the equivalent of more than 10 packets/day (including diet drinks), it is felt to be safe.” Cutting back on sugar is a huge healthy eating overhaul, but there’s a silver lining: Your taste buds will become more sensitive to sweetness. And while it’s tough at first, over time, something like an apple will taste like dessert, seriously. “In my experience, it takes about three months to retrain the palette,” says Gomer.

Your weakness: You’ve got a too-hearty appetite

Whether it’s from habitually reaching for hefty portions or simply following the rules of the clean-plate club, some folks just always overdo it. Your job is to eat a lot of less calorically dense foods.

“Start your meals with a big all-veggie course,” says Gomer. “It can be a salad, vegetable soup, or roasted veggies. That way, you fill up on a lot of volume (and nutrition) for a small caloric hit.” Sometimes people overeat simply because they’re not familiar with what a proper portion size actually looks like. The USDA makes it easier with its MyPlate recommendations: One-half your plate should be fruits and veggies, one-quarter should be meat or another form of protein, and one-quarter should comprise of whole grains.

Your weakness: You hate vegetables

This kind of picky eating isn’t just common among kids—plenty of adults find garden goodies unpalatable. While veggies are nature’s best ingredient for a healthy diet, that doesn’t mean you have to turn into a rabbit overnight. Experiment with different preparations: roast them with garlic or onion, grill them with herbs, blend them into smoothies, or even add whole veggies to soups. “Eating veggies with a dip such as a healthy hummus or bean dip gets them down in a delicious way, too,” says Gomer.

Your weakness: You love to snack on the salty stuff

Cookies? Meh. But if there’s an open bag of chips within reach, all bets are off. High-fat, high-sodium (as well as high-sugar) foods are what Gomer refers to as ‘hyper-stimulating.’ “They cause the palette to want more,” she says. “Think about how hard it is to eat just one cookie or one potato chip, and how easy it is to eat just one apple or one cucumber.”

Limiting portions of the salty stuff is tricky, so your best bet for success is to cut out these foods entirely. But healthy eating doesn’t have to be all bad. There are some tasty substitutions: “Sweet potato wedges baked in the oven or made with an air fryer really taste like fries,” she says, and “air-popped popcorn with no oil or salt but seasoned with herbs or garlic seems to work well, too.”

Your weakness: Eating healthy feels like too much work

Your motto: It’s just so much easier to grab packaged foods or takeout when you’re time-crunched—which feels like all of the time. There are plenty of healthy prepared foods if you look for them. Delis and groceries actually make healthy eating more accessible with their selection of pre-cut veggies and fruit or prepared meals. (Look for buzzwords like “grilled” and “steamed” rather than “fried,” “sautéed,” or “breaded” to avoid needlessly added fats.) And if you’re going with takeout, a salad of vegetables topped with grilled chicken and dressed with balsamic or red wine vinegar is pretty easy to find, says Gomer