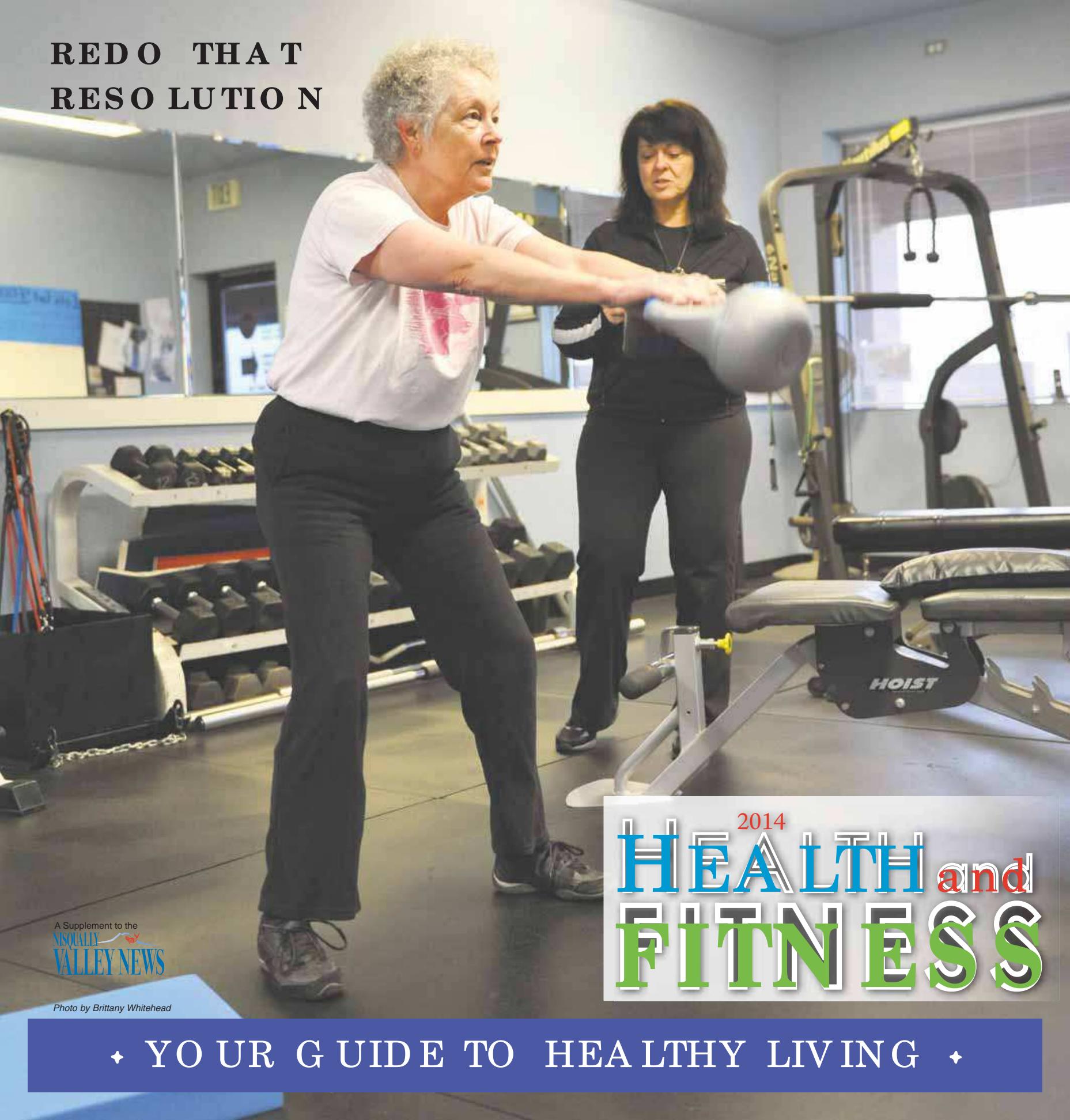


**REDO THAT
RESOLUTION**



A Supplement to the
**MISQUALLY
VALLEY NEWS**

Photo by Brittany Whitehead

²⁰¹⁴
**HEALTH and
FITNESS**

• YOUR GUIDE TO HEALTHY LIVING •

Photo by Brittany Whitehead
Janna Fowler, center, a certified trainer and instructor for Anytime Fitness in Yelm, leads members of the fitness center in a TRX Circuit Training class.



Redo That Resolution: Join One of the Many Area Fitness Centers

From Martial Arts to Gymnastics to Traditional Fitness Centers, the Yelm Area Has Plenty to Help Those Interested in Getting Fit

BY THE NISQUALLY VALLEY NEWS

The holidays came and went, depositing a few extra pounds from turkey, stuffing, mashed potatoes and gravy, and a slew of Christmas cookie offerings.

Then came the New Year with its resolutions to improve, one of which is to get in shape, lose a bit of weight and finally, start eating healthy.

The top resolutions in America

are losing weight at number one, and staying fit and healthy at number five. A total of about 45 percent of us make New Year's resolutions, with 64 percent sticking to it for a month. Overall, however, only 8 percent achieve their goal.

This getting fit and healthy isn't all that easy. It takes willpower and smart choices.

At the beginning of the year, the gyms and health centers filled up, and people vowed to hold onto their

personal promises.

But that was a month ago, and many either never signed up or started but did not stick with it.

So, we give you another reason, another nudge to just do it. It's time. You know it, now get to it.

This section highlights area fitness centers along with wise direction from area fitness directors who might give you the key advice to be one of the 8 percent who nails the fitness resolution.

This special health and fitness section by the Nisqually Valley News offers practical information on area centers that are just waiting for you to show up and take advantage of the many offerings to get healthy in 2014.

**ANYTIME
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1304 E Yelm Ave.

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360-400-3880

[**www.anytimehealth.com**](http://www.anytimehealth.com)

Open 24 hours for members; for non-members the gym is staffed Monday-Thursday 8 a.m. to 8 p.m., Friday 9 a.m. to 5 p.m., Saturday 9 a.m. to 3 p.m. and Sunday 11 a.m. to 3 p.m.

Continued on Page 3



Photo by Brittany Whitehead
First Step
Fitness owner and certified personal trainer Tammy Patton, left, works with client Diane Thomas at her studio facility in Yelm. The two are also pictured on the cover.

Continued from Page 2

Cost of membership varies depending on type of membership, but options include: unlimited classes, nationwide access to 2,400 Anytime Fitness locations 30 days after signup, free hour with trainer, use of all equipment, tanning, 24-hour access.

"It's all about diet and exercise, healthy eating — you've got to eat clean and you have to work out. It's not easy. You've got to change your lifestyle. Stay motivated, stay consistent and don't let yourself slack off. One thing that a lot of people do is write down their workouts and their progress — to keep recording all the benchmarks and celebrating success, not setting crazy, unrealistic goals for yourself that are unreachable that make you discouraged when you don't reach them. Set the small goals and celebrate the successes." — Carly Marshall, manager, Anytime Fitness

FIRST STEP FITNESS

A PRIVATE STUDIO GYM
10501 NE Creek St.
Yelm
360-400-0289
www.firststepfitnessyelm.com

Owner Tammy Patton is certified by the National Academy of Sports

Continued on Page 4

Medicine as a personal trainer and is senior certified.

Only open during appointments.

The first consultation is free, and after that the basic rate is \$25 per 30-minute session. The rate drops to \$20 per session when a block of at least eight sessions, or a month's worth, is purchased.

"It's like the name of my business — you have to take that first step. You have to make the decision to do it and then just keep taking those steps, just keep plugging along, and eventually you'll get where you want to be. It might not be fast but you'll get there."

"You've just got to start and then be consistent if you want to see results."

"It's never too late to start. I think a lot of people feel like, 'Well, I'm 65 now and I never did any exercise so it's too late for me.' But it's not. I really hope seniors see that."

"I can't compete with the big gyms for the classes available and all those other things. My niche is, you're the only one here and a lot of people really like that because they don't feel comfortable going into a big gym full of spandex-fit people. They have my total attention for 30 minutes, there's nobody else watching and I don't get distracted by people talking to me or phones ringing. That 30 minutes that we're in there, I'm all theirs." — Owner Tammy Patton

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SAUSAGE & PEPPER FRITTATA

INGREDIENTS:

- Extra-virgin olive oil
- 3 links hot Italian sausage, removed from the casing and crumbled
- 1 red bell pepper, 1/4-inch dice
- 1 yellow bell pepper, 1/4-inch dice
- 1 cup grated Parmigiano-Reggiano
- 12 eggs, beaten with 1/4 cup water
- Salt

DIRECTIONS:

- Preheat the oven to 350 degrees F.
- Coat a nonstick 10-inch saute pan with olive oil. Add the sausage and brown. Add the peppers and saute until they are soft.
- In a bowl, add the Parmigiano to the beaten eggs and season lightly with salt. Using a heat-proof rubber spatula, stir the eggs into

the pan with the sausage and peppers. Stir the eggs to evenly distribute the sausage and peppers throughout the eggs. Once the eggs set on the bottom and around the sides of the pan, place the pan in the preheated oven for 7 to 8 minutes or until the eggs are cooked through. Remove from the pan. Cut into wedges and serve hot or a room temperature.

Continued from Page 3

FIT STOP

24

16910 State Route 507**Yelm****360-400-4000****www.fitstop24.com**

Personal training, group fitness, empowerment, nutrition counseling, childcare, free weights, weight machines, cardio equipment, locker rooms, tanning and much more.

24/7 access to the facility for members.

Cost varies, with a basic membership costing about \$39 a month on a year-long contract. Call for more information.

Several Fit Stop 24 employees have a suggestion on how to get and stay in shape:

"Consistency!" said Fit Stop Manager Tonie Williams. "One day at a time."

"Set a goal, get an accountability partner, stay focused, schedule it into your daily tasks, and make it a lifestyle," said Debbie Hilliker, Zumba teacher and trainer.

Zumba instructor Ashley Randall, along with a few other co-workers, had a similar message.

"Eat clean, train mean (and) live lean!" Randall said.



Photo by Tyler Huey

Christine Ronquillo, far left, Carmen Ottley, Linda Stewart and others do a one-hour Zumba class at Fit Stop 24 in Yelm.



Photo Provided

Gayatri Yoga Center aims to return yoga to its traditional roots, making it part of a person's lifestyle.

"When you apply all those in sync, the human body heals itself," he said.

The center teaches many different forms of "asana," which is sanskrit for "exercise," Latimer said.

"We do very physical routines where you're sweating for sure, but all the while what's most important to us here at Gayatri Yoga is safety and alignment," he said.

The instructors at Gayatri believe human health lies in the spine, he said.

Continued on Page 5

GAYATRI YOGA CENTER

14524 Regal Lane SE,**Yelm****360-894-1141****www.gayatriyogalife.com**

are \$10 and private sessions are available upon request.

Gayatri Yoga Center in Yelm eschews watered-down, trendy versions of yoga and takes it back to its roots.

"Typically, people think of yoga as just something you do on a mat and it's actually more than that," Miguel Latimer said. "It's more of a healthy way to live, because it comes with a set of best practices."

Those best practices guide people on nutrition, exercise, lifestyle choices and meditation, he said.

Need Help With That Resolution?

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Continued from Page 4

He said the spine houses the nervous system, which is the gateway between a person and their conscious awareness.

"You have to take care of the spine while doing these exercises, so we focus on lengthening and strengthening the spine while you're getting the workout," he said.

Classes at Gayatri often involve lessons on anatomy to help people understand the instruction they receive.

"We teach a more holistic approach here, not just come in and make you sweat," Latimer said. "It's come in, make you sweat, get an education, learn to eat right and learn to live healthy from your heart. We live from our heart here at Gayatri Yoga. Really, it's about giving back and bringing love to yourself first and then to the rest of the world."



Photo by Steven Wyble

Students practice their judo technique at Oak Tree Judo Dojo in McKenna.

combines fostering a healthy spirit, mind and physical body, he said.

"You tie it all together where you can use it in daily life," he said.

They start with the physical, teaching what basically comes down to physical education, he said. It involves calisthenics, set-ups and stretching exercises.

Soon, they delve into matters pertaining to overall wellness, such as whether you should drink alcohol.

The dojo has competitions and tournaments. While it sounds like a rough sport, it's actually quite safe, Ogden said.

The dojo takes an approach that



Photo by Amy Honey

Justin Hickman, a certified personal trainer, uses a tire as a leg press for clients at Yelm Boot Camp.

"It sounds rough when you take someone and throw them on a mat, but ironically we have less injuries than, say, tennis," he said.

Ogden said judo comes from the martial art jujutsu, which was practiced by the Samurai in Japan. As Japan modernized, jujutsu became unpopular as it was used to harm people, he said.

Professor Jigoro Kano founded the sport in 1882 in Japan, he said.

"Getting fit is not just physical, it's also mental," Ogden said. "You have to form up habits in which to make it sustainable; you have to train in such a

matter that it's sustainable. And that's what we teach."

YELM BO T CAMP

106 Prairie Park St. #118

Ye lm

360-250-3577

www.yelmbootcamp.net

Continued on Page 6

OAK TREE JUDO DOJO

35617 State Route 507

Mc Kenna

253-208-2960

www.oaktreedojo.com

For the competitive at heart, Oak Tree Judo Dojo in McKenna has you covered.

Oak Tree Dojo teaches traditional judo, owner Fred Ogden said.

The dojo takes an approach that

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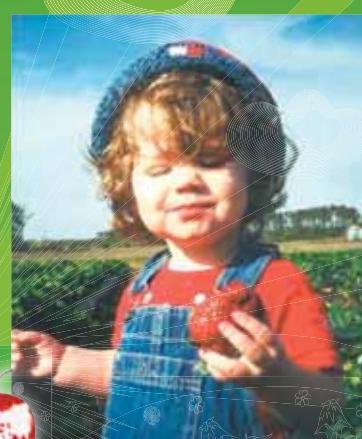
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Continued from Page 5

Located underneath the Yelm Timberland Library. Kickboxing, Zumba, boot camp, yoga, glute-camp and body sculpting classes are held all week, depending on the day, from 5:30 a.m. to past 7 p.m.

Cost is \$70 a month when you sign-up online (www.yelmbotcamp.net/bootcamp) for all the classes. You will be automatically billed each month, but can cancel anytime. There is no cancellation fees and contracts, and no 30-day cancellation policy. The only thing required is that you cancel your membership at least three days before being billed, or your payment will go through for the next month. Memberships cannot be canceled on the same day as your payment is coming out.

"I think the best way to get in shape is group classes, and find something you love and stick to it. Statistically, they've already proven that people get better results in a group, and that is with anything (such as) if they're going to learn a language or get better results in fitness." — Amy Honey, owner, Yelm Boot Camp



Photo by Michael Wagar

A youngster bounces down an elongated trampoline at Yelm Gymnastics Center. In the background, a class practices diving into headstands.

YELM GYMNASTICS CENTER

**307 Creek St. - Yelm
360-400-1988
www.yelmgymnastic.com**

School of the Living Arts is also located within the gym.

Classes include toddler program, preschool programs, gymnastics, tumble and trampoline, expressive tumbling, cheer classes, martial arts, Zumba and even birthday parties.

"Pick something you enjoy

Continued on Page 7



Photo by Brittany Whitehead

Patty Finch completes a rep of the "snatch" exercise during the routine for the workout at Yelm Crossfit.

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doing and stick with it." — Yelm Gymnastics co-owner Katrina Firmin

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303 Creek St. Unit 1
Yelm
206-914-6929
www.crossfit-yelm.com

All memberships are month-to-month with no signup fees. Cost is \$100 per month for unlimited classes and \$50 per month for each additional adult living in the same house. There is a 20 percent discount rate for military, group, law enforcement and first responders.

One-on-one coaching sessions are \$40 per session in blocks of four. When you receive one training session per week, all classes are included for one month.

\$15 for a drop-in rate and \$50 for

five drop-ins over a 45-day period.
\$75 per month for twice per week.

\$30 for the basic training program, which is required for all new athletes. It's a three-day requirement to join in on any class times.

Crossfit also offers kids and teen programs; the kids program is for ages 5-12 years old and the teen program is for 13- 17-year-olds. Both programs are \$40 per month with the second child rate being \$30 per month.

YELM MARTIAL ARTS — NORTHWEST TANG SOO DOO

404 1st Street South,
Yelm
360-458-4022
www.nwtansoodoo.com

Classes offer a wide range of classic and traditional martial arts disciplines



Photo by Michael Wagar

A class at Yelm Martial Arts Northwest Tang Soo Doo practices moves. Led by Master Instructor Bob Aubrey, participants work their way up to black belt level as they prepare for tournaments.

for all ages and experience.

"Consistency. You have to make up your mind you're going to do it. Don't put it off.

"Decide what you want and set your goal. Decide what you're willing

to give up to get what you want. "Associate with those who can help you achieve your goals.

"Plan your work and work your plan." — Master Instructor Bob Aubrey

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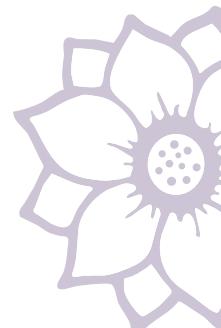


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