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This year, we had 11 strong Hatchers attempt the 3-event Strength Challenge: bench press, chin-ups and squats. Members had to do 10 bench presses, 10 squats and 10 chin-ups using their body weight for the lifts.

We had 6 members complete the 100% Challenge: Keith Fujio, Warren Chaiko, Ron Heller, Ray Kamikawa, Jeff Keating and J. Stautzenberger. This year, we also had 5 extra, energetic Hatchers complete the Elite standards - 15 reps of each category: Joe Gronwald, Calvin Ota, Duane Seabolt, Jon Pang and Johnny Lam.

This year's outstanding athlete is Jon Pang. He did 24 bench presses, 26 chin-ups and 50 Paramount leg presses. Truly amazing!

Congratulations to all finishers, because this is definitely one of our hardest challenges to complete.

Hi, I'm Clark Hatch



What if there was a medicine that would do all of the following: lower blood pressure, blood sugar and weight; improve cholesterol, sleep, and bone and heart health, and decrease the risk for cancer, as well as improve your appearance and vitality.

Well, there is a prescription that really exists. You'll need 30 minutes or more almost daily to take it. The magic prescription that does all this is exercise... and exercise is our expertise here at Clark Hatch.

Women's Strength Challenge

This month we want all the ladies of Clark Hatch to put their muscles to the test! The purpose of this challenge is to encourage our female members to include strength training in their regular workouts. After all, being a strong woman never goes out of style! Below are the listed strength events and goal pounds to complete in the course of one month.



Events	Bronze	Silver	Gold
Leg Press	50,000 lbs.	75,000 lbs.	100,000 lbs.
Bench Press	40,000 lbs.	60,000 lbs.	80,000 lbs.
Lat Pulls	25,000 lbs.	50,000 lbs.	75,000 lbs.
Shoulder Press	15,000 lbs.	25,000 lbs.	35,000 lbs.
Arm Curls	10,000 lbs.	20,000 lbs.	30,000 lbs.
Push Ups	500 reps.	750 reps.	1000 reps.
Pull Ups	300 reps.	500 reps.	750 reps.

This month, keep in mind the mantra, "Steady as she goes". You will have from Friday, October 1st until Saturday, October 30th. This is not a race. Practice good form and go for quality over quantity to reap the most benefits. Instructors, as always, are available and would love to assist you with your technique and form. Good luck!

LEE MANSFIELD WINS THE 2011 AROUND THE WORLD CHALLENGE

One of our most popular challenges for the past 3 years has been the "Around the World Aerobics Challenge". You have to earn points by doing various exercises to make it around the world (24,902 miles) in 3 months or less. We had 32 members begin the challenge on June 1st and only 2 drop out.

This year, not only did **Lee Mansfield** win the Challenge but he also went around the world a good 1½ times. Just behind Lee were 11 more finishers: Karen Muraoka, Keith Fujio, Joe Gronwald, Sharyn Klafehn, Barry Marr, Laura Schlesinger, Tere Hunt, Lynda Takara, Loralyn Masuda, Cacia TanChico and Michael Coad.

Finishing 20,000 miles or more were: Barbara Sano, Terry Klafehn, Donna Coler, Wendy Kakogawa, Gary Yoshida, Grethchen Arnemann and Jim Walfish. Completing 15,000 miles were: Hunter Downs, Johnny Lam, Ron Heller, Michelle Tucker, Ann Tanaka and Miho Murasky. Kris Simon finished with over 10,000 miles and 4 members made it past 5,000 miles: Shelly Wang, Elaine Hammond, Scott Mackenzie and Eric Keawe.

Congratulations to all the members who attempted this 3-month challenge. It takes time and dedication to commit to this much exercise. Great job!

Ms. Fitness - Ladda Harris



One of the first things that **Ladda (Add) Harris** did when she moved to Hawaii with her active husband, Jim Harris, was to join Clark Hatch. Back in Thailand, she had played volleyball and badminton during her high school days and later she worked out at a local spa in her hometown to keep in shape.

Now, her husband (Mr. Fitness-August 2000) is her biggest fan and motivator and they can be seen exercising together and sweating after a good workout. Ladda will do 30 minutes aerobics on the stationary bike or one of the treadmills, followed by 30 minutes of training with the free weights or machines. Then, she will stretch and do abs for another 10-15 minutes... a good, thorough, whole-body workout.

Ms. Fitness and her husband eat about 80% of their diet with Thai foods - lots of veggies, noodles, rice, and lean meats and fish. Add has lost body fat and gained better muscle tone all around. Her results are especially good because she is working full time at Phuket Thai Restaurant on Queen Street and going to school part time. Long days!!

Back home in Thailand, she has 5 brothers and 4 sisters, but none of them are as active and busy as she is.

She says, "Exercise here at CH is nice and friendly and I always feel better after my workouts...but I still need to lose a few more pounds."

Congratulations Add, your days are very full and you always seem to make the best of it!!

Mr. Fitness - Shane Aiavao



As Chief of Security and Safety for the Topa Financial Center for the past 3 years, **Shane Aiavao** joined Clark Hatch 16 months ago for the convenience and because he liked the pool, hot tub and sauna after his workouts. You can be assured he does hard workouts! His arms grew from 20 to 21 inches, his chest/back grew from 45 to 49 inches and he lost

two inches off his waistline.

Shane was born in Western Samoa, but went to high school in New Zealand where he played rugby and basketball. Now, At CH, Shane enjoys the boot camp classes and swimming for his aerobics. Obviously, he works hard with the weights--pairing up chest/biceps, back/shoulders and legs/abs. In his free time he likes to go hiking and take boxing classes.

Good results also require changing past eating habits. "Thanks to Bill, I am now eating breakfast every morning, having a good, full healthy lunch and a lighter dinner. These days, I eat a wide variety of foods and in moderation."

Shane is very appreciative of the work of the CH staff: "Don is always cheerful and keeps me honest with my measurements, Cacia has helped me after my shoulder injury, and Jordan does great bootcamp classes."

"Exercise is part of me now," he says, "and I really love the strong, positive feelings after each workout. This is often the only time of day you have for yourself. This is your personal feel-good time so don't wait for others to get started. Just do it!"

Great words Shane and great results!!

Between The Parallel Bars

What a difference a year makes if you're active and watch your eating. **Doug Blagriff** went from 273 pounds to 223 pounds, from 34% body fat to 22.6% body fat and from a 47 inch waist to a lean 38 inch waist. Much better Doug!!

In the past few months, **Amanda Chang** has lost 8 pounds, 2 inches off her waistline and over 2% body fat. You are doing great Amanda!

Six-year member, **Claire Domdoma**, is still getting better. In the past 4 months, she has gotten to a lean 110 pounds (from 115 pounds) and she dropped 2½ % body fat. Plus, she has gotten leaner and stronger. Keep it up Claire!

It's a new body already for **Tom Farrell**. After only 2½ months, he is down nearly 14 pounds, 2½ inches off his waist, 4% body fat and has gained better strength and tone all around. Dedication wins again!

Since February 2011, **Johnny Lam** has kept the same body weight, but the rest of his body has changed--for the better. He's lost a good 2 inches off his waist and lost over 5% body fat. Johnny also gained 1 inch on his arms and 2½ inches on his chest/back. Looking very healthy Johnny!

Our very positive member, **Ron Martin**, has shown what can be done in just a few months when you set your mind and your attitude into it. He's lost 5 pounds, 5% body fat and 2½ inches off his waistline. Plus, he gained an inch on his arms and 1½ inches on his chest. Great start Ron!

This is not the same **Curtis Paleka** who joined Clark Hatch 6 months ago. Check out these results: weight from 232 to 201 pounds, waist from 43 to 37 inches, body fat from 38% to 27.9%...and he's gained nearly 2 inches on his chest expansion. Incredible!

Twenty-six year Hatcher, **Paul Tatsuguchi** has just shown what can be done when you get serious with your workouts. In the past 3½ months, he has gone from 225 pounds to 206 pounds and from 27% body fat to 23%. Excellent!!

Keeping an accurate food and exercise diary really does help! **Kevin Yim** has been logging his results for the past 5 years and it has helped keep him on track especially with salts and sugars in his diet. It also shows how important to keep exercise in your lifestyle and not just watching your eating habits. It's working Kevin, so keep it up!

Competitors Corner

One if by land, and two if by sea... great results to all of this month's athletes and competitors!

Norman Tamanaha 15 K

Ron Heller	1:21
Gary Yoshida	1:32

Waikiki Rough Water Swim (2.4 Miles)

Hunter Downs	1:17:06
Bill Monsen	1:26:05
Laughon Bryant	1:26:16
Lee Mansfield	1:33:50
Joel Criz	1:40:20
Johnny Lam	1:48:04
Elaine Jourdane	1:52:40
John Tapia	1:59:59
John Ball	2:07:14

BRING IN A FRIEND AND SAVE!

Associate Memberships Now Available!

See staff for a free guest pass!