



bodyguard

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*Other independently owned and separately operated Clark Hatch Centers
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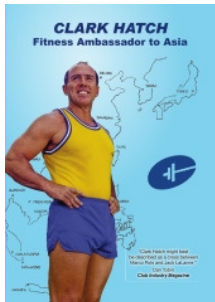
Facility Improvements

The women's locker room had a makeover this past month with new painted walls and shower ceiling. New shower curtains, signage upgrades and a spring-cleaning of lockers, floors, walls and fixtures added to the overall ambiance.

A long overdue ceiling leak repair to the cardio equipment area of the main gym appears to have been a success. Thank you to building management and member Richard Malmgren and his construction crew for the creative epoxy injection seal system...or as one member commented: "Botox for the ceiling".

Pool heating is still an ongoing challenge. Thank you to those responding to the survey. We have changed the heating schedule for the pool to two nights a week on Tuesdays and Thursdays in an attempt to achieve a consistent 80 degree water temp.

Clark Hatch Book Signing



Clark Hatch will be in the gym on Monday, May 17th for an official signing of his new book!

If you ordered your copy online, this is the perfect opportunity to bring it in and have it personally signed by Mr. Hatch himself. He will also have extra copies available for purchase. Please come down and show your support!

When: Monday, May 17th
 11:30AM - 1:30PM

Where: Clark Hatch Main Gym

FIT FOR LIFE!

Variety is the spice of life, especially when working out. With every challenge, our goal is to push your body to facilitate change. The purpose of this challenge is to encourage more cross training activities. This not only helps to keep your workouts exciting, but also helps in reducing injury potential and boredom from doing only one type of exercise.

The game plan and Prizes:

- Throughout the month of May you will need to do 25 hours of cardio and 500 crunches, 300 push ups, 200 pull ups.
 - * Cardio must not be the same activity two days in a row.
 - * Pull ups for ladies have to be at least half your body weight to count, using the assist machine.
 - * Push ups must be done with proper form to count. Chest must finish close to the ground, elbows need to be bent to 90° or less. (Ladies, you may use your knees.)
 - * Crunches may only be done in the incline, decline or bicycle style.
- Mark the daily exercise sheet after each workout.
- No more than 90 minutes of cardio per day, 6 days a week max!
- Only Power Pump, Cardio Blast, and Total Body Conditioning classes count for this challenge.
- First 5 finishers will receive a Carrot Patch gift certificate or 2 Red Bulls.

Have Fun!

March Madness Finishers

Each year at Clark Hatch, the **March Madness Challenge** gets more popular with the members. This year, we had 34 enthusiastic Hatchers attempt the challenge. One member made the quarter finals (600 points), three made the semi finals (1000 points), and 24 completed the full requirements for the finals (1500 points). Once again, this year, 6 phenomenal members were able to complete the challenge twice. Our members are getting more stamina, endurance and overall strength. Congratulations to all of our finishers !!

600 - 999 points	Scott Mackenzie		
1000 - 1499 points	Elaine Hammond	Bill Thomas	Del Tanaka
1500 points	Georgianne Senda	Lee Mansfield	Eric Keawe
	Bob Bruhl	Ron Heller	Alben Tanaka
	George Willoughby	Shelly Wang	Lynda Takara
	Joanne Hoe	Tere Hunt	Jon Pang
	Michelle McGuinness	Michelle Tucker	Jim Walfish
	Richard Malmgren	Miho Murasky	Barry Marr
	Christine Kurashige	Joe Gronwald	Chuck Suzuki
	Leo Asuncion	Jonna Wickesser	Kevin Yim
3000 + points	CherryAnn Slagel	Barbara Sano	Al Yamada
	Laura Schlesinger	Karen Muraoka	Loralyn Masuda

Ms. Fitness - Sara Young



Some exercisers prefer to sweat in solitude, while others thrive in the group environment. Miss Fitness Sara Young agrees with the latter, saying, "I love the CH family atmosphere, it gives you the mindset that we are a team working towards a common goal."

Sara loves to workout with friends around her, and has become an inspiration to others in the process. She joined our family in fall of '08 because her sister Katie invited her to try the challenging boot camp class. Since then she has gotten hooked with the way her body changes and her increased energy levels. She says, "I have learned through boot camp that while the workout may be grueling and you may want to give up, the satisfaction of completing a tough workout is the best feeling ever."

Sara has some fitness heavyweights in her corner cheering her on. Younger sister Katie trains with her after work and parents Calvin and Leslie are avid morning CH exercisers. Dad even sponsored the girls in training sessions with Cacia to learn proper form and effective stretching.

"Big Sister" Sara became pretty lethargic after college while working her desk jobs. Exercise was not a high priority before, but now has become a part of her healthy routine. She says that she is hooked on the stress reducing and endorphin rush that exercise gives her. She has not changed her eating habits too much since the start of this fitness journey, but she does eat smaller meals and has a balanced breakfast now. Her biggest accomplishment with eating is the fact that she gave up soda two months ago.

Great job Sara. Keep smiling and inspiring others!

Mr. Fitness - Dick Freitas



One of our active, long-time Hatchers since 1980, Dick Freitas is a partner with the firm of Freitas & Saito CPA's LLP. He joined us when his old gym downtown (Rex Revelle) closed and his wife, Kathy, gave him a CH membership...and he's been consistent ever since.

Even though he was active on his own in high school and college (Kailua High and UH Manoa), he is physically much more active overall now. Dick does the Stairmaster three times a week as well as a good conditioning routine with the weights and machines. Core exercises and stretching exercises are done with each workout to prevent and lessen injuries. On the weekends, when he has time, he enjoys hiking.

Over the years, his eating habits have been fairly good except for his mid-morning and afternoon snacks which are mostly cookies and candy. Also, his plate lunches have gone from regular to mini-size.

As a result, his body weight has remained the same but his body fat has dropped from 21% to 14%. His arms are up a good inch and his chest and back are over 2 inches bigger. Good changes!

"Especially this time of year, CH provides a positive escape and release during tax season. I always feel better when I finish a workout. Also, I couldn't ask for a more responsive and helpful group of people than here," said Mr. Fitness.

Congratulations Dick and Mahalo for your dedication to Clark Hatch for nearly 30 years!!

Between The Parallel Bars

In the past 10 years, **Richard Dole** has gone from 190 pounds to 174 pounds and his body fat had dropped from 16+% to 12 ½ %. Consistency wins again!

Changing his eating habits even further has helped **Kale Imua** to drop his weight from 205 to 189 pounds and his body fat from 25 ½ % to 21.7 % since last July. Oh, and by the way, Kale was 305 pounds in 2004. Congratulations!

Al Joaquin, head of the Secret Service, is requiring his agents to pass the CH 100% Strength Challenge in August. Al, who is down to 14 % body fat, has passed the Challenge for the past 15 years.

After only 1 year, not only did **Linden Joesting** drop 5 pounds and 2 ¼ inches off her waistline, but she increased her overall strength tremendously and added an inch plus to her arms and chest/back. Great progress!

What a difference a year makes! **Harry Kanehailua** is down 22 pounds, 4 inches off his waist and 8% body fat (23½ % to 15½ %). Amazing!

Tom Leland is living proof that keeping active really does help the body recover faster. In the past 12 years, he has dropped 20 pounds and 9 % body fat. His overall tone and conditioning are getting better again. Keep it going Tom!

Twenty nine year Hatcher, **Barry Marr**, has gone from 186 pounds and 22 % body fat to 177 pounds and 11 ¾ % body fat. His arms and chest are both up a good 2 inches. Consistent progress!

After 7 months, **Luanna McKenney** is down 1 ½ inches off her hips and 4 % body fat. She feels great and has better overall tone. Keep dancing Luanna!

Hi, I'm Clark Hatch



A resistance exercise routine lowers blood pressure, reduces body fat and increases muscle mass and metabolic rate.

Competitor's Corner

Ford Island 10 K

Bob Peterson 55:35

Please send us the results of your weekend races, challenges etc. *Reading about outside activities motivates members!*

YOUR BRAIN ON EXERCISE

We now know that exercise raises the level of all kinds of brain chemicals, such as serotonin and dopamine, which makes most people feel brighter and more alert. It also releases the neurotrophic-factor, a protein that world famous psychiatrist Dr. John Ratey calls "miracle-gro" for the brain, which helps build and maintain the connections between brain cells. Exercise pushes back cognitive decline and may cut the risk of Alzheimer's disease by up to 50%.

-Club Business International-
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