

## Use it or Lose it: Maintaining Your Fitness



Even the most dedicated athletes take an occasional break from exercising due to illness, injury, holidays, work, travel and social commitments. Whatever the reason, when you stop exercising you start losing your fitness, a very real condition called detraining. Your body goes into shutdown mode and muscles begin to deteriorate (atrophy).

But how quickly you lose fitness depends on how fit you are, how long you have been exercising, and on how long you stop. If you stop exercise completely for several months, it's difficult to predict exactly how long it will take you to return to your former fitness level. It all depends on how fit you were to begin with, and how long your break from exercise is.

If you need to take an exercise break, don't despair! Follow these tips to help maintain your fitness:

- Don't quit completely. Try to exercise at least once a week.

- Cross train using different muscles if injured.
- Practice equipment-free workouts such as push-ups, squat-thrusts and jumping jacks when traveling.
- Try circuit training for fast, high intensity exercise two or three times a week. This is a structured workout that consists of a series of exercises or stations completed in succession with minimal rest in between.
- Add 30-second sprints to your cycling, swimming or running. Studies show that short, high-intensity efforts are an effective means of improving aerobic capacity and endurance. Short, high intensity exercise is also effective for burning calories if you're pressed for time.

For additional tips and ideas on how to maintain and improve your fitness level, contact a PJCC personal trainer at 650.378.2775.

*Adapted from About.com: Elizabeth Quinn, Your Guide to Sports Medicine.*



## Member Profile: *Martin Feldbrill*

*Left:* PJCC Center Member Martin Feldbrill (4<sup>th</sup> from the right) poses with fellow Holocaust survivors in this soccer team photo taken in Germany, 1948.

*Inset:* Today, Martin and his wife Mary visit the PJCC three times a week. They are often accompanied by their son, who is also a member, and their granddaughter when she's home from college. Martin remains robust and healthy, thanks in part to weekly workouts. "I enjoy the treadmill and bicycle," he says, "and I'm a pretty good ping-pong player, too."

# Tisha B'Av

A Holiday of Mourning & Memory  
Av 9 • August 10



Sometimes referred to as “the saddest day in Jewish history,” this solemn holiday commemorates the destruction of the ancient Temple in Jerusalem in 586 BCE and again in 70 CE. It is marked with a day of fasting and concludes with an evening candlelight service.

# Tu B'Av

A Holiday of Love  
Av 15 • August 16



Six days after Tisha B'Av, the mood swings from somber to jubilant as Jews around the world celebrate Tu B'Av, the Jewish holiday of love and affection. During ancient times women wishing to marry would dress in white and dance through vineyards, hoping that potential mates would dance after them. Today this holiday is marked with the exchange of roses, chocolate and romantic gestures.

## Celebrate at the Center!

Love Makes a Family: A Tu B'Av Family Festival • Sunday, August 17 • 2:00 – 5:00 pm

Celebrate Tu B'Av with a love-filled afternoon of karaoke, chocolate-making, family portraits and Israeli dancing!

*This program is partially supported by generous grants from the Koret Foundation and the Richard and Rhoda Goldman Fund.*

Executive Director  
Deborah Pinsky



In the six months since joining the PJCC community, I've traveled from Marin County to San Jose, meeting Jewish community leaders, city officials and staff from recreational clubs and cultural arts institutions. One of the PJCC's goals is for the Center to become a hub for collaborative community efforts, and I'm excited to have met so

many willing partners. Additionally, the PJCC Board, the North Peninsula Jewish Campus and the Ronald C. Wornick Jewish Day School have been working hard to finalize plans for our new cultural arts center. We're excited to announce that ground is breaking in 2009 with the goal to complete our beautiful new facility by 2011.

Also, plans for the empty lot across from the PJCC include senior housing,

## From the Executive Director

retail and a city square with a walkway leading directly to our Center. We're working in close partnership with Foster City developers toward these goals.

Above all else, meeting all of you, our PJCC members, and working with our PJCC Board of Directors and PJCC President, **Scott Hartley** has been most fulfilling of all. I look forward to an exciting and meaningful future here at the PJCC.



## Hooray for Hollywood a Rousing Success

We say this every year, but this time it's never been more true: our 2008 Annual Benefit was the most successful ever! Featuring a special tribute to two retiring and beloved Early Childhood Education directors, **Ellie Rosenberg** and **Cathy Brown**, the more than 500+ guest list helped raise an unprecedented amount that will benefit newly established funds in their honor: the Ellie Rosenberg ECE Campership Fund is an endowment for summer and holiday camp tuitions. And the Cathy F. Brown ECE Staff Development Fund will support continued education for the PJCC Preschool staff.

Additionally, proceeds from Fund-a-Need auctions will benefit Get Up & Go, the PJCC's senior outreach program.

Many thanks to our generous individual sponsors for making Hooray for Hollywood such a great success.

And a special thank you for the invaluable support of our Corporate Sponsors:

- Wells Fargo
- Club One
- Union Bank of California

*For a detailed list of all generous sponsors and donors, please see the May/June Program Guide.*



*Exclusive - ONLY for Center Members!*

### Fun in the Sun Pool Party Sunday, June 29 • 1:00 – 4:00 pm

From beach blanket bingo, swimming and ice cream to Kid's Jump House and family favorite, Andy Z, Center Members will have a fab time at our 60's-beach-theme shindig. Did we mention groovy gifts for the first 200 members? Burn rubber and make your FREE reservations today! Call 650.212.PJCC (7522).



### In Concert: The Sippy Cups

**Sunday, July 27 • 4:00 pm, Turf Field**

Pack a picnic and bring the entire family to enjoy this high-energy musical sensation! Babies under age one FREE! \$12 Members, \$15 Non-Members\* Day of show: \$17.

## Preschool Educator, Lisa Elliott Wins Prestigious Award

Heartly congratulations to Camp Yeladim Director, **Lisa Elliott**, who has been selected as a winner of the 2008 Helen Diller Family Awards.

Sponsored by The Jewish Community Endowment Fund, the prestigious annual award recognizes outstanding teachers that imbue youth with a strong sense of Jewish identity, heritage and values.

Just a few of Lisa's accomplishments include organizing a preschool *shuk* (an Israeli marketplace), setting up a Biblical preschool garden, and spearheading camp and scouting programs. Currently, the 12-year PJCC teaching veteran is leading a special project between the PJCC preschool and a sister school outside of Tel Aviv. Congratulations, Lisa!



### Preschool Campers Learn to Go Green

This summer, PJCC preschool's "green camp" features environmentally-themed entertainers, specialists, and arts and crafts projects. **Lisa Elliott**, PJCC Camp Yeladim Director, explained, "It's important to teach kids while they're young, so they grow up understanding recycling and conserving."



### The Peninsula Humane Society Adoption Mobile

**Tuesday, July 22 • 11:00 – 2:00 pm**

Visit the PJCC and fall in love with a four-legged bundle of joy!

**Peninsula Jewish  
Community Center**  
800 Foster City Blvd.  
Foster City, CA 94404



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## For Your Information

### **Bring-a-Friend Friday** *For Center Members Only* **July 18 • August 15**

Get fit with a friend! Bring your guest to the Membership office for their FREE guest pass. For more information, call 650.378.2701.

### **Love the PJCC? Tell the World!**

Use our lobby marquee to share what the PJCC means to you. Tell us about a favorite PJCC accomplishment, activity or class. Keep it to 80 words or less and email [editor@pjcc.com](mailto:editor@pjcc.com) for consideration in the July/August Lobby Marquee. Photos welcome.

### **Summer Memberships @ the Center**

Center Members may purchase 3-month summer memberships for their children. Restrictions apply, call or visit the Membership office for details. 650.378.2701.

### **Blood Drive**

**Monday, July 21 • 3:30 – 7:30 pm**

Drop in, give blood, save lives!

### **Fee Information**

*\*Discount on Non-Member rates available to Foster City residents for most programs. Quantities are limited.*

## BAC Holiday Hours July/August 2008

### **Byer Athletic Center**

Friday, July 4 Independence Day 8:00 am – 5:00 pm

*\*Note: Pools close 30 minutes prior to the close of the Byer Athletic Center.*

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### **Peninsula Jewish Community Center**

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*A beneficiary agency of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties.*



**Family Favorites!**  
*Fitness Center and  
Swim School*

