



# Region 7 Review

A monthly publication for the members of IPSSA, Inc. – Region 7

June 2007

## IPSSA, INC. REGION 7

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## DIRECTOR'S CORNER

Picnic -- If anybody has any suggestions for a new location for our picnic, let Juhli Selby or me know.

Water Safety -- Water Watcher tags and safety brochures are available to IPSSA members free of charge for the first 50 sets on a first-come-first-served basis. Additional pieces can be purchased at the cost of \$35/pkg of 50 tags and \$10/pkg of 50 brochures, plus shipping and handling. Order from Vicki Lester through the IPSSA executive office ([ipssamail@aol.com](mailto:ipssamail@aol.com) or 888-360-9595). With swimming weather here, now is the time to promote water safety to your customers and throughout the community. As IPSSA members, we are in a unique position. We know who has kids, and we can give safety tips to our customers.

## Water workouts are cool, effective

By: **Michelle Rotell** - For the North County Times

There are many ways to exercise in water. You can do your

cardiovascular training as well as your strength training by using the resistance of the water. The best part of exercising in the water is that there is no impact on your knees and shins, so anyone can do it.

Contact certified personal trainer and fitness instructor **Michelle Rotell** at [info@30minexpressworkout.com](mailto:info@30minexpressworkout.com) or [mrotell@adelphia.net](mailto:mrotell@adelphia.net) or visit her Web site at [30minexpressworkout.com](http://30minexpressworkout.com). The Fitness column appears every other Saturday.

### AT A GLANCE

#### Upper-Body Exercises

Do each exercise 15 to 20 times for two to three sets.

#### **Chest and back**

- Standing breaststroke: Starting with palms facing in and arms wide, bring them together. Then turn palms out when going back out. Use webbed gloves for added resistance.

- Rows: Hold a noodle in front of you, slightly in the water. Pull in toward you then push it forward again.

#### **Biceps and triceps**

- Curls and presses: Using water dumbbells or a resistance band, do biceps curls underwater and press back down for the triceps extension.

#### Lower-Body Exercise

- Kicking off the wall is great. Turn around and hold onto two kick boards or the wall. Kick forward to feel the front of your thighs.

#### Outer/Inner Thigh Exercise

- Hold onto the wall or a noodle around your back. Start with your legs wide open and bring them together. Open them back up for outer thigh work.

#### Personal Challenge

Get in the water at least once this weekend and test your endurance. Swim as many laps as you can. Take a break. Try to add one more lap on your next set.

#### Fit Tip

Make sure to stay hydrated while exercising in water. Your body still sweats in the water. You just cannot tell because you are already wet.

*Excerpt from North County Times, Sun., June 3, 2007, p.H-6.*

<http://www.nctimes.com/articles/2005/05/28/news/columnists/fitness/0293052805.txt>

## Calendar of Events

- **R7 Board Meeting**, Tues., July 10 (2<sup>nd</sup> Tues. of the month), 7:00 p.m., SCP Conference Room, 5648 Copley Drive, San Diego (858-467-9495).
- **B.O.R.D. Mtg.**, Sat., Aug. 4, Sheraton Yankee Trader Hotel, Ft. Lauderdale, FL. Contact IPSSA executive office, [ipssamail@aol.com](mailto:ipssamail@aol.com) or 888-360-9505.
- **R7 Annual Picnic**, August. Further details to follow.
- **Pool Industry Expo**, Sept. 27-29, Monterey Conference Center, Monterey, CA. [www.poolindustryexpo.com](http://www.poolindustryexpo.com)
- **B.O.R.D. Mtg.**, Sat., Nov. 3, location TBA, Region 1. Contact IPSSA executive office, [ipssamail@aol.com](mailto:ipssamail@aol.com) or 888-360-9505.

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