

# WHETSTONE FITNESS MEMBER NEWS

OCCASIONAL NEWSLETTER

MARCH 2026

## UPCOMING EVENTS

Owners Diane & Donnie Whetstone



Thank you for choosing Whetstone Fitness!

**STAFFED HOURS**  
**M - Th:** 8am - 7pm  
**F:** 8am - 5:00pm  
**S & S:** 9am - 1pm

## LES MILLS™ & ZUMBA® LAUNCH WEEK

**APRIL 13 - 19, 2026**

- New music and moves
- Raffles and treats
- 2+ Instructors/class
- Friends & Family Free to classes **All Week!**
- A great time to be new to classes - it's new for everyone!



Longtime member Linda K. is competing again this year to get ready for Nationals! If you'd like to watch the live-stream, (there's a fee), go to <https://ribicproductions.com>



**COMING SAT JUNE 6<sup>TH</sup>**

**A Full-Body DEXA-Scan** - Learn where you stand and help improve your health going forward. Done in ~ 12 min.

- Get a Regional Assessment of Fat, Lean Tissue, and Bone Mineral Content.
- Find Muscle Imbalances; &
- Visceral (Bad) Fat Tissue

## HEALTH



## CORNER

### Why Muscle Matters

Muscle isn't just about looking good. It is about living better for longer, staying independent, preventing disease, and keeping our brain sharp. It's the closest thing we have to a true longevity organ. Cognitive health, cardiovascular health, metabolic health, fall prevention, immune function, and recovery from injury or illness are what our skeletal muscles provide. Read on to learn more about our amazing muscles!

### Did you know...?

- Muscle mass and strength are two of the strongest predictors of longevity and health span we have.
- We lose roughly 8% of our muscle per decade starting in our mid-30's if we don't actively work to maintain it.
- Muscle loss is largely reversible. **You can rebuild muscle at any age** with the right stimulus/training and enough protein to supply that building effort.

### Muscle Improves Brain Health

- Muscle also helps regulate systemic inflammation by secreting anti-inflammatory compounds called myokines when it contracts. Chronic low-grade inflammation is recognized as a driver for cognitive decline and dementia.
- Strength Training increases BDNF (Brain-Derived Neurotrophic Factor).
- More BDNF means better neural connections, memory, and improved learning capacity.

### Muscle Controls Blood Sugar

- When you eat, 70-80% of the glucose in your blood is absorbed directly by your muscle tissue for energy storage. Think of muscle as a sponge. A big sponge soaks up glucose easily. A small sponge overflows.
- Less glucose in the bloodstream protects your blood vessels, nerves, and ultimately all your organs.

### Muscle Directly Impacts Metabolism

- Muscle is metabolically active tissue packed with mitochondria that help regulate your entire energy system.
- Mitochondria are the powerhouses of your cells that generate energy. Mitochondrial function declines with age. Resistance training is one of the most effective ways to preserve mitochondrial function.
- Muscle determines how flexibly your metabolism works. It decides whether to burn glucose or fat.
- More muscle generally equates to more fat burning.

LOCALLY OWNED AND OPERATED



24-HOUR ACCESS



GYM & PERSONAL TRAINING CENTER

## FRONT DESK: Meet Sheka Finn

Sheka has been a valued member of our Whetstone team for nearly 9 years. She appreciates the supportive staff and welcoming community fostered by Donnie. Seeing our members make positive health improvements is something she finds truly rewarding. When she's not at work, she enjoys spending time with her husband, two kids, and two dogs. You may remember her daughter Zoey, who previously worked here? Sheka's passion for quilting shines through in the beautiful pieces she creates. Ask her to share some of her favorites!



## GROUP FITNESS: Meet Teal Bell

Teal's passion for BodyStep led her to become an instructor in 2015. After 3 years of participation in classes, she was inspired to share her love of the workout with others. She loves the connection with members and the collective energy of a fun group workout. When she's not teaching, she is busy! She is married, has one son, and also works full-time for the WA Dept. of Health. In her free time, she loves to garden, read, and knit. She loves Spring best, as she gets to cheer on her son during his little league season.



## PERSONAL TRAINING: Meet Pam McHugh

Pam is an ACE certified personal trainer. For the last 15 years, she's been dedicated to helping her clients achieve their goals (and she makes it fun!). Beyond physical training, Pam is a nutritional coach who believes in the power of whole foods to complement and enhance fitness journeys. Her commitment to a healthy lifestyle is evident in her competitive background, which includes figure competitions and running events. Currently, she also energizes Whetstone's community by teaching cycle classes. Outside of her fitness pursuits, Pam enjoys exploring new places, nurturing relationships, and savoring delicious meals.



Personal Trainer Donald Baker sends a HUGE message of gratitude for all the best wishes and caring sent his way when he needed it most. Thank you very much, Whetstone Community!



## Green Chile Egg Casserole

## Recipe Corner

**INGREDIENTS:** 10 large eggs  
16 oz cottage cheese  
4 oz mild diced green chiles  
1/2 cup shredded cheese  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/2 tsp salt  
1/4 tsp pepper

**DIRECTIONS:**  
1. Crack eggs into large bowl and thoroughly whisk/beat the eggs.  
2. Add the rest of the ingredients to the bowl and mix well.  
3. Spray a 9" x 9" baking dish with olive oil.  
4. Pour the mixture into the baking dish.  
5. Bake at 350°F for 45-50 minutes, or until done.  
6. Carefully remove it from the oven and let it sit for 20 minutes before slicing.

## NOTES:

Keep it simple by using a can of green chiles. Or try as many different substitutions with veggies and spices to suit your taste. Whole eggs are a nutritional powerhouse!

6 Servings. Cal: 174 / Carbs: 4.7g / Protein: 18.2g / Fat: 9g / Sodium: 607mg

## LOCAL / NEARBY HAPPENINGS

### Late MAR/early APR: Trillium watch

Head out to your favorite local trails, parks, or perhaps in a wooded area near your home to look for these gems of Spring. The flower petals change from white to pink to purple as they age.



### APR 24 & 25: Downtown Olympia

Arts Walk is a vibrant celebration of culture, community, and the arts. Artists, makers, and performers showcase a wide range of art forms.



The Luminary Procession is on Friday April 24<sup>th</sup> at 8:15pm-ish.

The Procession Parade starts at 4:30pm on Saturday the 25<sup>th</sup>. You can be part of it!

## BUILDING MUSCLE



### Q: How can I build muscle?

**A:** Resistance training can take many forms. You can use free weights such as dumbbells or kettlebells, Technogym and cable machines, resistance bands, and even bodyweight exercises like squats, lunges, planks, and push-ups. Make sure you feel challenged. Muscles need stress to change.

### Q: What should I focus on as a beginner or if I don't have a lot of time?

**A:** Focus on the big muscle groups in your legs, glutes, back, and chest. Compound movements like Squats, Deadlifts, Rows, and Presses give you the most return on your investment.

### Things to consider for strength training...

- Consistency is key. Aim for 3 strength training sessions per week with at least a day in between to allow your body to recover.
- Learning the correct technique is critical to avoid injury and build a strong foundation. Consider investing in a few sessions with a personal trainer to get started well or for a check-in on your form.
- Do 2-3 sets of work per exercise. Try 6-15 reps per set. Focus on slow, deliberate movement. Rest for 2-3 minutes between sets. The last few reps of each set should be challenging.
- When you are ready for more challenge, you can slowly increase the weight you use, add more reps at the same weight, or change the tempo.
- Don't forget to fuel your efforts with plenty of protein. This plays a critical role in muscle repair and growth. You need it to maintain muscle too!