



**Winter 2010**

# NEWS

## BODY AGE TESTING

EXCLUSIVELY AT THE RAC

If you give yourself just one gift for the new year, give yourself this state-of-the-art Body Age health analysis.

The RAC is the only health club in Virginia offering Body Age testing. The 1-hour testing program results in a comprehensive evaluation of:

- 1 your current "body age,"
- 2 an estimated "achievable body age," and
- 3 a detailed fitness and nutrition plan for lowering your "body age."

Regularly priced at \$150 at the Center of Integrative Medicine, RAC members receive a 50% discount!

**Only \$75 for RAC members.**

rac<sup>4</sup>health.com

## New Partnership Announced

We are happy to announce that we have signed a partnership agreement with Yedda Stancil, president of the Center of Integrative Medicine and owner of Fantastically Fit!

Under our operating agreement, Yedda and her staff will provide a full array of health and wellness services at the RAC. These include Body Age testing, nutrition counseling, massage therapy, exercise therapy, educational lectures, weight management, and personal training.

Please join us in welcoming Yedda to the Richmond Athletic Club as we work together to create a unique health and wellness center for our members and the community.

## Introducing Yedda Stancil

Yedda Stancil is a former RAC member and is now bringing to the RAC many of the health and wellness services she has developed over the years. Determined to deliver an individualized, integrative approach to medicine because of a history of personal loss, her research and entrepreneurship led her to create a one-of-a-kind center. The Center of Integrative Medicine combines medical, fitness, nutrition, behavior modification, and relaxation therapies.

Stancil also owns a corporate fitness business, Fantastically Fit! that specializes in offering businesses the opportunity for employees to achieve optimal health. In addition, she serves as executive director for the Virginia Center of Healthy Communities, a statewide not-for-profit organization. She co-developed the state obesity plan for Virginia, CHAMPION, and she manages other initiatives promoting health throughout the state.

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## CLASS ACTION

Every month at the RAC, our instructors are working hard to make your classes fun so that you never get bored. Check out our calendar each month for a class that is similar to the one you're used to, but maybe bumped up just a little for a change of pace. For example, look for a **STEP & GLIDE** class instead of **CARDIO STEP INTERVAL**, or for **POWER PILATES** as an alternative to **PILATES**, a **KICK & PUMP** class as a change from **KICKBOXING**, a **CIRCUIT STRENGTH** class instead of **LIFT & LOSE**, a **YOGA** class that will introduce you to chakras and meditation, or a **CYCLING** class that has a theme or music that is different from what you enjoyed last week. We're always tweaking classes so that you don't plateau mentally or physically in your workout!

Don't miss **JANUARY BOOT CAMP** with Anna at 6:00 a.m. on Mondays and Fridays. Stay motivated through the winter months. Each class is different, but always a challenge – though there's no yelling and no pushing beyond your limits. Bootcamp at the RAC is safe and effective, yet innovative and motivating. Come give it a try!

## PERSONAL TRAINING

**Your first 3 sessions  
only \$99.**

## Introducing Yedda Stancil, *continued*

Stancil consults with several companies helping with implementation of health and fitness strategies: The Ken Blanchard Companies, Virginia Department of Health, Virginia Department of Education, CarMax, New Market, Advantis, Virginia Commonwealth University, The Council on Virginia's Future, The American Heart Association, The Red Cross, and other fitness facilities. She also conducts seminars and workshops on nutrition. She is a regular guest on the international television program, "The 700 Cub."

A nationally certified personal trainer through the American Council on Exercise, Stancil earned a degree in Kinesiology from the University of Texas, and a degree in Community Health Education at Virginia Commonwealth University. She is currently pursuing a PhD in Public Health.

## Refer A Friend /Try Our New Services

For every new RAC member you refer between now and March 31, 2010, you'll get a \$30 gift certificate you can use toward personal training, nutrition consultation, Body Age Testing, massage, or dues. Bring your friends and try something new!

## rac<sup>4</sup>health **SPEAKERS SERIES**

Check out the monthly calendar for upcoming RAC4HEALTH SPEAKERS SERIES events. Mark your calendar for **Monday, January 25, at 6:00 p.m.** to meet Yedda Stancil and learn more about Integrative Medicine and new services at the RAC.

## FREE NUTRITION CONSULTATION

Our nutritionist will review your nutritional goals, analyze your current meal plan, and make recommendations to help you optimize your nutrition for health and fitness.

Schedule your free 1/2-hour appointment at the Service Desk today.

**RICHMONDATHLETICCLUB.COM**  
**4700 THALBRO STREET, RICHMOND, VA 23230**  
**804-355-4311**