

Banks Curves celebrates Gordon for completing 2,000 workouts



Banks Curves owner Kathy Douglas stands on left with Barthene Gordon who recently completed her 2,000th workout. Douglas holds a 'card' signed by other members.

What do you do after you have worked out 2,000 times at Banks Curves? If you are Barthene Gordon, you just keep working out six days a week, most weeks.

Gordon completed her 2,000th workout at Banks Curves on October 7, 2011. Banks Curves owner, Kathy Douglas, said only one other member of the club is even close to Gordon's record, having just reached 1,500 workouts. "Barthene has worked out

on average 21 times per month over the eight years she's been a member. She's such an inspiration", Douglas stated.

Gordon, 74, of Banks, says she had always been a yo-yo, with her weight going up and down as she tried a number of diets throughout her life. The yo-yo stopped when she and a friend walked into the Banks Curves a month after it opened in October 2003. Gordon started working out six days a week and hasn't slowed down yet.

Lest you think, however, that she was a couch potato prior to joining, not so. She has always worked hard on the blueberry farm she and her husband, Doug, own. On the other hand, Gordon never considered herself an athlete.

Gordon says working out at Curves makes her feel good and keeps her from becoming stiff from her arthritis. "The people here are so wonderful, it makes you want to keep coming. Owner Kathy Douglas and her staff are wonderful. Kathy just goes all out for each of her members — every one. I've made a lot of friends, too. I feel good. I never in my wildest dreams thought I'd still be doing this, as I've never been an exerciser."

Gordon has lost a total of 25.5 inches and gone down four pant sizes since she started. Douglas said that the weight is not the most important part, as a pound of fat has two times the bulk of muscle, so the inches lost don't always equal a weight loss because muscles weigh more. But muscle is more metabolically active and once activated, such as by the Curves workout, can continue to burn calories even while you sleep.

Gordon, according to Douglas, has lost inches in places that improve her health, such as her waist. The guidelines for health indicate that women should have a waist size below 35 inches and Gordon is now well below that. Gordon uses the CurvesSmart system, that uses a computer designed and tracked workout with immediate feedback on each machine.

Gordon's advice for new members, "Just come, the first two weeks are the hardest, then it becomes habit." Doug is her home support system, Gordon says, when she doesn't feel like going to Curves, he encourages her. Gordon's

membership at Curves is through Kaiser's Silver Sneaker program.

Gordon's goals for the future include losing more weight and keeping her muscles and joints moving by continuing her workouts at Banks Curves. "You make friends and become family, I know that for a fact," was Gordon's final statement.

Curves is a women's exercise program with a circuit of hydraulic weight machines that requires about 30 minutes for a complete weight and cardiovascular workout. For more information, contact Kathy Douglas at 672 S. Main St., Banks, or call 503-324-9262.

Volunteers sought as office help

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agency.

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Skills needed include knowledge of basic office practices and procedures, ability to alphabetize files correctly and efficiently, good organization and communication skills; ability to maintain confidentiality; reliable and able to work independently and efficiently; ability to establish and meet deadlines.

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