

Holiday Open House

From Our Family To Yours

Friday
December 9
6 - 9 PM

Free
For
Members!



OJAI VALLEY
ATHLETIC CLUB

409 S. Fox Street • 805-646-7213
www.ovac.caclubs.com

December 2011

Special Holiday Member Referral Rewards

A membership in our Club makes a great Holiday Season gift.
Encourage your friends to give themselves and their families
the gift of good health by becoming members of the Ojai Valley
Athletic Club and we will reward you with a \$75 dollar Club credit!
Call Kent, Corkey, or Bill today to get started 805.646.7213

THE CHRISTMAS GIFT

Donna Lechman fondly recalled the fun, companionship and support growing up with her eight siblings in a family neighborhood in Ventura. In high school and at university, Donna participated in track and cross-country. She always loved being outdoors and active, and enjoyed seasonal jobs with the State Parks.

Twenty-four years ago, Donna gave herself a very special Christmas gift: a membership to Ojai Valley Athletic Club. Donna had recently moved to Ojai from Ventura to accept a job with the City of Ojai Maintenance Department.

Over the years of sports, fitness, and her extremely physical job, Donna says she found it necessary to adapt her workouts. Donna has not let her limitations of knee surgery, arthritis, and asthma stop her from her fitness goals. She has found what she can do not what she cannot do. Donna explained that she prefers to do her physical therapy exercises and stretches at the club rather than at home because she is more focused. She also enjoys the social environment before and after working out, chatting with people in the Jacuzzi or watching the clouds and the birds.

Donna is not quite ready to get back to one of her favorite classes (Spinning), but she has adapted by swimming on Sunday mornings when she can hear the great music coming from the Spin room!

Donna's attitude toward fitness is that it is a great way to relieve stress, she enjoys how it makes her feel and that no matter what your limitations might be, you can find a way to adapt your exercise and your routine.

Christmas is one of Donna's favorite holidays because she loves making people happy. So this holiday season, if you see a Labrador-Whippet-mix dog, dressed in reindeer antlers and bells, wearing a Christmas kerchief and walking with her favorite person, that's Rosie, Donna's best friend. Rosie and Donna love walking around Ojai doing their favorite thing, making people happy!

Twenty four years ago when Donna gave herself the gift of a membership to our club, she didn't realize that she really gave OVAC and all it's members an even more special gift. Thank you, Donna, for the gift of happiness you bring to all of us every day.



BATTLE THE HOLIDAY BULGE

By Danielle Williams, Fitness Director

I have some good news and some bad news. The good news is that the research shows that the average person only gains a couple of pounds over the holidays. Big deal, huh? Well, the bad news is that studies also show that they never lose those pounds. Sadly, most people average a gain of 1-2 pounds per year over their lifespan. Even more depressing is the studies that show that if you are already overweight, or have recently lost weight, you are more likely to gain 5 lbs or more over the holidays.

This might not seem like a lot of weight gain, but 1-2 pounds between Thanksgiving and New Year (6 weeks) cannot be written off to temporary bloat – it is a layer of fat that will be much harder to lose than it was to add. And studies show that most will never lose it. Why not take 10 minutes right now and create a plan that will set you up for success in the battle of the bulge?

Here are some tips to include in your plan: Do not drop your workouts this time of year. Stay consistent and keep your workouts as a top priority. This will allow you to get away with a few holiday eating splurges. Commit to get to the gym at least twice a week, no matter what. Your best bet is to get your workout in early before “life” gets in the way. Another tip - plan your splurges with 90% of your food consumption being healthful. Between December 5th and January 1st, there are 28 days. With five meals a day, that is 140 meals. Allow yourself no more than 10% splurges, or 14 splurge meals. Look at your calendar, considering any social engagements, and decide when you will have these splurge meals. Then, stick to your plan. For the remaining meals, provide your body with fuel that offers both energy and vitality – lean protein, fruits and veggies.



JUNIOR TENNIS CLINICS

Future Stars Clinic

Ages 4-7 Tuesday/Thursday 4:00-4:45 Cost \$10

Intermediate Clinic

Ages 8 & up Tuesday/Thursday 4:00-5:00 Cost \$12

Advanced Clinic

Contact Ryan Monday/Wednesday 4:00-5:00 Cost \$12

Ladies Clinic Friday 10:00-11:00 Cost \$14



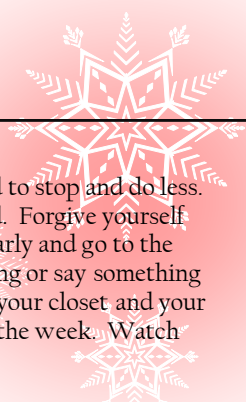
TENNIS UPDATE

The Holiday Season is upon us and what's a better way to burn off a few calories than playing some tennis! The weather has been just amazing and hopefully will continue through the New Year. The only hiccup was the rainy day we had for the annual Turkey Trot! I was bummed since we had a full house coming to play for the famous frozen turkey! Don't worry because I am going to have a sign up for a Holiday Mixer this month. Don't know exactly the date yet, but will be finalized the first week of December. I hope everyone has a great Holiday Season!!

See Ya on the Courts!

Ryan





TIPS FOR A HEALTHY HOLIDAY SEASON ~ 2012

Carol Janell: Drink water more; alcohol less. Breathe bigger, observe what is really working for you, where you need to stop and do less. Have lots of fresh celery and carrots always on reach. Don't spend more than you have, don't eat more than you need. Forgive yourself when you just blew the above! Smile at the people who look the saddest. Laugh with the people you love. Get up early and go to the CLUB, earlier than you ever thought you could because you know it is going to be busy later. Everyday...do something or say something kind to someone whether you know them or not. Give to the Thrift Shops, Salvation Army and kids in need. Clean your closet and your refrigerator. Ask your family to make a heart healthy snack for the holiday party. Go to bed early at least 2x during the week. Watch funny movies with people you love. Respect all choices people make for the holidays. Go to a yoga class

Maura Patrice: Since how we breathe affects the way that we feel, notice if you hold your breath in....and if that is the case, let your exhalations become longer and smoother. Smooth steady deep breathing can help to reduce stress and lower blood pressure. Enjoy the holiday season with conscious breathing!

Susan Bronstein: Take advantage of the outdoor activities available to us year round (hiking, running, swimming, tennis, etc) rather than sitting around in front of the TV while nibbling on snacks. Too much alcohol, sugar, refined flour, etc. put the body in an acidic state which is not conducive to good health. Keep up your current exercise plan!

Cece Yazadzhiev: Don't go to a party hungry. Eat an Apple or something healthy before you go so you won't fill up on junk food.

Kent Tidmore : Years ago I read an article by some doctor that recommended to stop doing your cardio workouts when you have a winter cold because they weaken the immune system and tend to force the cold into your chest causing bronchitis. I have followed this advice for years and I have not had a chest cold since. I still continue to do light weight workouts when I have a cold but I stop the cardio until the cold is gone.

Stephanie Hull: Take time to breathe deeply, every day. Carving out time to relax and reduce stress during the hectic holiday times with reduce your blood pressure and help keep you present so you can enjoy the moments more fully with family and friends.

Robert Evans: Eat wisely, remain slightly hungry, exercise often, stay hydrated, and wash your hands several times a day.

Rowan Lommel : Breathe!

Karen Watt: Take a walk after your meal.



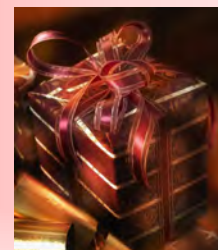
Our holiday gift to you...

Use this coupon
For a

20% Discount

On all regularly priced
Pro Shop items!

Expires December 31, 2011

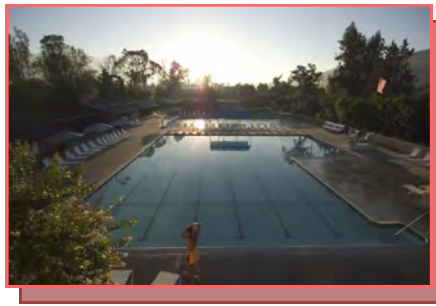




OJAI VALLEY
ATHLETIC CLUB

409 South Fox Street
Ojai, CA 93023

Phone 805.646.7213
Fax 805.640.1530



NO TIME FOR EXERCISE? DON'T GIVE UP

By Danielle Williams, Fitness Director

Does a hectic daily schedule interfere with your exercise time? Or is December going to be unusually busy and you are worried about getting in all your workouts? **A Minimalist Training Program is your answer.**

Now some of you are probably scratching your head and wondering how I can recommend a minimalist program, since I am always preaching that you probably need a good 5-6 hours of exercise a week to be truly happy with your body. Isn't a minimalist program a contradiction?

Not really. I still believe that if you have the time and the desire, the ideal is about 5-6 hours a week. For some people, the IF in the last sentence is a big IF. What if you don't have the time? Then it becomes an excuse for not working out. The truth is, you can still get in shape and stay in shape with minimalist exercise plans. Add in a flexible nutrition plan and you can even lose body fat! That's right, there is a plan that will keep you lean, healthy, strong and fit AND only requires minimal time in the gym.

How minimalist do I mean? Here's what a week might look like:

Day 1=20 minutes

Day 2=7 minutes

Day 3=Optional 30 minutes (or don't do anything)

Day 4=45 minutes

Day 5=7 minutes

Day 6=Optional 30 minutes (or don't do anything)

Day 7=REST

What about the nutrition guidelines I mentioned? Intense exercise often makes people hungry. This can result in overeating and no weight loss. For this reason, it is vitally important that you pay attention to your food intake to guarantee that you're not eating more than usual. Awareness=success. Your simple rules are:

1. Eat each meal slowly.
2. Eat about every 3-4 hours.
3. Eat lean protein, legumes and lots of vegetables every time you eat.
4. Avoid white, starchy carbs (bread, pasta, rice, chips, etc.)
5. Limit fruit to 2 servings or less.
6. Don't drink your calories (drink lots of water instead).

So, what exact exercises do you need to do to make a minimalist training program work? For a VERY limited time, you can purchase a complete gym-based Minimalist Training Program for **only \$17**. It will include 4 weeks of exercises with video descriptions that will be delivered to you via email. Simple enough? Good, because you are too busy to read anymore. Contact dwilliams@caclubs.com to purchase or with questions. Pricing only good until 12/31/2011.





DREAM JEANS CHALLENGE

8-WEEK FAT LOSS PROGRAM

Jan 10th-Mar 1st

Tu & Th 9:45-10:45am

Non Members Welcome

Questions? Call 818-219-4835

HERE'S HOW IT WORKS You will bring in a pair of jeans that you would like to fit into. You should be unable to button these jeans. We keep the jeans here at OVAC. In 8 weeks you WILL be wearing those jeans.

HERE'S WHAT IT INCLUDES

*2 group training sessions per week for 8 weeks led by a certified personal trainer. VALUE \$480.

*8 more solo workouts designed by a certified personal trainer (2 per week). VALUE \$240.

*Nutrition program and journal. VALUE \$149.

*Fitting into your dream jeans. VALUE priceless.

HOW IS THIS PROGRAM DIFFERENT? You will not rely on a scale. This is not a weight loss program. This is a REINVENT your body FAT LOSS program. You will learn the importance of strength training and metabolic training in the quest to lose fat. You will experience breakthrough moments and the feelings of empowerment that come along with such moments.

COST (non-refundable) Reserve your spot with a payment at the Front Desk. \$198.50 billed Jan + \$198.50 billed Feb for members and \$417 pre-pay for non-members.



VOTED 2011 BEST EXERCISE CLASS IN THE OJAI VALLEY

