

February 2011



Ladies

Interclub

*Beautiful women
playing tennis...
who could ask for
anything more?*

Mary Burright turns 90! Pg. 2

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OJAI VALLEY
ATHLETIC CLUB



On behalf of everyone here at the Ojai Valley Athletic Club, we would like to wish our long time member, Mary Burright the happiest of birthdays! Mary recently turned 90 years old and celebrated with us here at the club. Mary exercises five days a week. She takes our *Water Aerobics* classes Monday, Wednesday, and Fridays, and cross trains doing our *Basics* class Tuesdays and Thursdays. You are truly an example to all of us Mary! Here's to many, many more happy birthdays!



Elisabeth and John Tellegen used to connect with each other at the end of their workday by soaking in the tub, talking. Then along came Olive! Elisabeth recognized the advantages of changing from her career as an advertising project manager to full time C.E.O. and project manager of Olive. John is a screenwriter and designs video games. Relaxing in the tub was no longer an option so with Olive in tow Elisabeth and John started walking together in the evenings while they shared the events of their day. They were not necessarily looking for fitness results but they soon started to notice a difference in how they felt.

Our Members of the Month for February, the Tellegen's moved to Ojai and became members of the Ojai Valley Athletic Club about a year and a half ago. They say it was luck that brought them here. John says they came to Ojai for the place and stayed for the people. (Love that!)

I met up with Olive Tellegen in Kid's Club. She was happy to tell me about herself, her family and the things she enjoys her at OVAC. Not many women share her age but Olive offered that she is "one, two". She has "my house" and two dogs, "Numi Big and Buffy". Shortly before I arrived for our interview Olive was working on a painting. Blue was the theme and she told me "Wash my shirt. All clean now" and "My mom comes back. Daddy comes back. Go home."



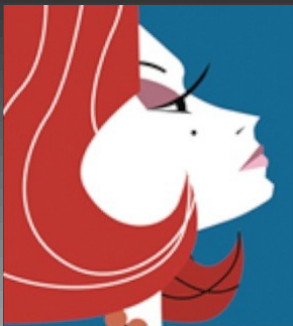
Elisabeth and John said that Kids Club was the first place they had ever left Olive. Regina and her staff have provided the Tellegen family a safe, happy, fun place for Olive and an opportunity for Elisabeth and John to exercise knowing Olive is having a blast in Kid's Club. The Club and fitness have become an integral part of the Tellegen's lifestyle. Olive has a great time playing with all her new friends in Kid's Club while mom and dad get some exercise. Then the three hook up for some family time in the pool. The Club has become a place for the Tellegen family to exercise as well as socialize individually, and as a family.



John likes strength training, the cardio machines and hitting the bag in the boxing room. Elisabeth enjoys all the classes. One of her favorite classes is Zumba. When she heard about the new dance class for kids, *Boomerang*, she and Olive were the first ones to show up. Dancing and laughing together, it doesn't get much better than that!

John and Elisabeth say it was luck that brought them here. I say Olive is your lucky charm. And Ojai Valley Athletic Club is the luckiest of all to have the Tellegen family as part of our family.

Thank you Elisabeth, John and Olive!



TUESDAY, MARCH 8, 2011 FROM 6-8 PM

No More Nylons is sponsoring the Women's Business Socials to promote vibrant, worthwhile conversations between women in business. The intention for the Socials is to create a free, professional network, to bring the AMAZING women together to talk, connect and promote the work they love doing. That's what No More Nylons is all about. Doing the work you love... and being who you are. If you're new to town or even visiting, this is a great way to soak up the local flavor and get to know the women that make this town purr...

Free. No RSVP required. Life is complicated enough... this doesn't have to be.



THE WEATHERS WARMING UP! BRING THE WHOLE FAMILY AND JOIN US FOR SOME FUN IN THE POOL!!

New session of Junior Swim Team and Stroke Development

Monday Wednesday and Fridays 3:30 to 4:30pm

Cost \$60.00/month or \$10.00 drop in

Private- Semi Private- Small Group Swim Lessons available (max 4 students) all ages and all levels welcome!

Parent/Child Lessons available (max 8 students/parents)

Group rates and multiple lesson discounts!

Program highlights: WSI learn to swim program, novice to Masters swim programs, Water Aerobic and Strength Training Classes

Call our Aquatic Director Jen Scarminach at 646-7213 ext. 106 to hear about all the outdoor water programs we have to help you meet your families fitness goals.

SWEETHEART CPR

At the Ojai Valley Athletic Club
Bring your loved ones and learn the important life skill of CPR

Tuesday, February 15

6:00pm – 7:00pm

IN THE LOUNGE

Cost: Participation only... Free Certification...\$25.00

Non Members welcome (ages 12yrs and up)
BE PART OF HEALTHY HEART MONTH!

Any questions call instructor

Jen Scarminach at

805-646-7213 ext. 106

DATE NIGHT

Friday February 11th AND Saturday February 12th

5:00-7:30pm

Register in advance to claim your spot for this fun filled evening including Pizza and crafts. Let the kids play while you treat yourselves to a romantic evening out.



Cost:

One Child \$20.00

Two Children \$30.00

Three Children \$40.00



TENNIS TIP OF THE MONTH

SERVES AND RETURNS

It is very interesting to see how many people take so much time to practice their ground strokes and volleys yet take only minutes to practice their serve and return. As most people play doubles, these two strokes are essential to successful play. One drill that I enjoy implementing in our clinics is the "7 in a Roll" drill. The players must make the serve and make a return cross court 7 times in a roll. It's a great way to apply pressure and add focus to a certain area in your game. See how long it takes you to get to 7. Good Luck and Have Fun!!

Ryan

Pee Wee Clinic

Ages 5-7

Thursdays 4:00-4:30pm

Cost: \$8.00



Futures Clinic

Ages 8 & Up

Tuesdays 4:00-5:00pm

Cost: \$14.00



Advanced Clinic

Contact Ryan

Mondays & Wednesdays 4:00-5:00pm

Cost: \$14.00



TENNIS NEWS

Did we have the best tennis weather in the country last month or what? Nothing better than playing in January in shorts and a t-shirt! I am very happy to report that two of our four Interclub teams are currently in first place. Congrats to the B and A2 team who are the leaders of the pack. The C team is not that far behind as well! We are very happy to see our ladies kick butt this season! I hope everyone has a great February and is able to get out on the courts.

See Ya on the Courts!

Ryan



OJAI VALLEY
ATHLETIC CLUB

CARDIO IS NOT THE WAY TO LOSE FAT

-Danielle J. Williams, NASM-PES/CPT/CES

Although there are many reasons members join our wonderful Club, the biggest goal remains fat loss. If fat loss is your goal, you need to focus on strength training and not cardio. As a matter of fact, if you are working out 4 hours or less per week, strength training or metabolic resistance training (basically, higher intensity strength training) should be the ONLY workouts you do – no cardio at all. As a matter of fact, your weight loss arsenal can consist solely of the following:

1. **Eat Right.** Sorry, but you cannot-out train bad eating habits. You have to dial in your diet.
2. **See #1.** Nutrition really is that important!

3. **Strength Training and/or Metabolic Resistance Training** because it burns calories, maintains/promotes muscle mass, and elevates metabolism. Why is this important? The more muscle you have on your body, the more calories your body will burn each day because your resting metabolic rate is largely a function of the amount of muscle on your body and how hard it works. The intensity of strength training and metabolic resistance training also lead to elevated EPOC (Exercise Post Oxygen Consumption) times. In other words, your metabolism stays elevated a lot longer after these types of workouts than after a cardio session. If you can keep your metabolism elevated after a workout, you will obviously burn more calories. The extra calorie burn as a result of EPOC may last several minutes for light exercise and several hours for hard intervals.

But don't take my word for out, check out these studies:

Three Month Study: The addition of 45 minutes of aerobic exercise at 78% Max Heart Rate 5 days a week for 12 weeks had NO EFFECT over dieting alone. –Utter et al., Intl. J Sport Nutr. 1998 Sep;8(3):213-22.

Six Month Study: Two groups-one did diet only and one did diet plus 50 mins of aerobic exercise 5 days per week. The aerobic exercise had no additional effect on body composition. –Redman et al, J Clin Endocrinol Metab. 2007 Jan.

Twelve Month Study: People did 6 hours of aerobic training a week for a year. The average weight loss after one years was only 3.5 lbs.-McTiernan et al. Obesity 2007 June-15:1496-1512.

25 Year Meta-Analysis of past 25 years of weight loss research, looking at over 400 studies, concluded that aerobic exercise does not provide a significant advantage over dieting alone.-Miller et al Int J Obes Relat Metab Disord 1997 Oct; 21(10):941-7.

Overweight Subjects Put in Three Groups: Diet Only, Diet Plus Aerobics, Diet Plus Aerobics Plus Strength Training: Diet group lost 14.6 lbs of fat in 12 weeks. Diet Plus Aerobics group lost only one more pound (15.6) that the diet group (aerobics were 3 times a week for 30-50 minutes for 12 weeks). The Diet Plus Aerobics Plus Strength Training Group lost 21.1 lbs. of fat (44% and 35% more than diet and aerobic only groups respectively).-Kramer et al Med Sci Sports Exerc Vol 31 No 9 pp 1320-1329, 1999.

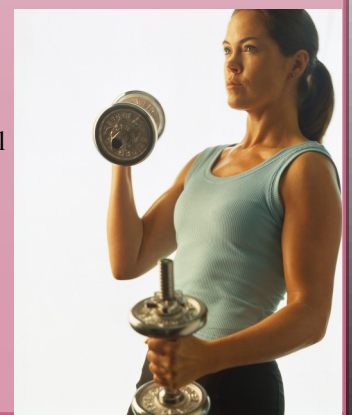
Aerobic Group (4 hours per week) vs Strength Training Group (2-4 sets of 8-15 reps of 10 exercises three times per week): The strength training group lost significantly more fat and did not lose any lean body mass, even at only 800 calories per day. The strength training group increased metabolism compared to the aerobic group which decreased metabolism.-Bryner et al Effects of resistance vs. aerobic training combined with an 800 calorie liquid diet on lean body mass and resting metabolic rate J Am Coll Nutr 1999 Apr;18(2):115-21.

Aerobic vs Anaerobic: Compared 3 ½ minutes aerobic exercise with three 15 second sprints. When accounting for EPOC and anaerobic measures, the aerobic session burned 39 calories and the sprint s burned 65 calories.-Scott CB Misconceptions about Aerobic and Anaerobic Energy Expenditure J Int Soc Sports Nutr 2005 Dec 9; 2:32-7.

8 Minutes Strength Training Burns Between 159-231 calories.- Scott CB Contribution of anaerobic energy expenditure to whole body thermogenesis. Nutr Metab (Lond) 2005 Jun 15; 2(1):14.

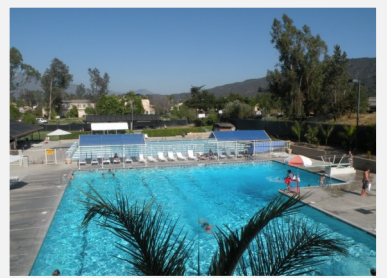
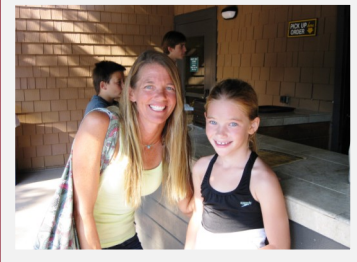
So if your goal is fat loss, get off the cardio equipment, and get ready to do some serious strength training, working every muscle group hard, frequently, and with an intensity that creates a massive “afterburn” that will leave your metabolism elevated for several hours post-workout. Don't be intimidated, everyone CAN do these workouts – just watch an episode of “The Biggest Loser” if you think you are too unfit or too overweight to try it. If you need help getting started, OVAC's Small Group Training (SGT) program offers metabolic resistance training for all fitness levels at an affordable price.

-Source: “The Hierarchy of Fat Loss” and “The Complete Action Guide to Fat Loss Programming & Coaching” by Alwyn Cosgrove



2011 ONE HOUR SWIM RESULTS

Name	Distance		
Wenke Seider	*4400	Maria Halvorson	2925
Bob Ward	4150	Kristen Clawson	2900
Alexis Wachtell	4075	Ben Cohen	2875
Marc Whitman	4050	Andy Holguin	2850
Laura Rearwin	3875	Callie Little	2825
Kirstin Dressler	3725	Quinn Wilson	2825
Elin Cheverez	3675	Anne McCauley	2800
Alec Kruse	3650	Jo O'Connell	2775
Riley Schreiner	3650	Lori Volk	2700
Andrew Holland	3600	Emmett Johnsen	2625
Liz Tally	3550	Carol McCormick	2550
Ashley Wachtell	3525	Camille Schutze	2525
Brian Hunt	3525	Diana Rossetti	2475
John Christie	3500	Caroline Delvecchio	2450
Kathy Wachtell	3425	Lucy Brewer	2450
Alex Tally	3375	Shelby Chase	2450
Pete Christl	3375	Ian Dautch	2300
Juliana Sproles	3300	Celeste Cheverez	2275
Kayley Cox	3225	Jim Becket	2275
Paige Small	3225	Ashley Welte	2200
Gina Berry	3200	Bob May	2200
McKay Johnsen	3200	Bryce Brewer	1975
Jeep Thatcher	3175	Pia Zonic	1850
Andre Christou	3150	Nancy Voyer	1800
Brian Monsour	3125	Jory Cheldin	1575
Sheri Ann Cate	3075	Georgia Schreiner	1525
Laura Welte	3050	Randy Roth	1000
Lu Setnicka	3000	Jane Spiller	950
Sierra Gesselman	2975		



****New Women's Record:**
Wenke Seider – 4400
Old record was held by
Michelle Bailey, of 4250,
set in 2005

