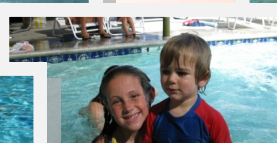
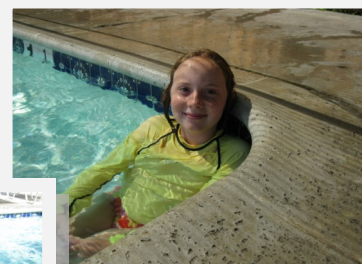
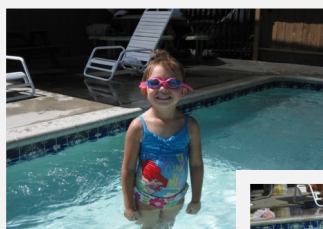


September 2011



OJAI VALLEY ATHLETIC CLUB



LABOR DAY HOURS

The club will be open from 8:00 am to 8:00 pm on Monday, September 5th.

We hope all our members will have a safe and enjoyable holiday.

NO ONE TRUSTS A FAT TRAINER

By Danielle Williams, PES, CES, CPT

As Fitness Director, I believe that it is important to offer a fat loss program here at OVAC. After all, about 80% of people join a gym with the goal of toning or losing fat. And, as a middle aged mother of three, fat loss is something I am personally very passionate about.

Being a fat loss expert is a role I take very seriously, meaning not only do I continually do a lot of research, but I also strive for a lean, fit body. And guess what I have learned? No matter how lean people get, they always want to be leaner. And personally, I keep dropping clothing sizes and losing body fat, but I still pretty much hate the parts of my body that I have always hated. Despite the misgivings I had about my own body, I decided to start a Dream Jeans Challenge Fat Loss Program for our members. Because of the self-doubts I had about my body, launching Dream Jeans was terrifying for me. I thought that I needed to have the body of a fitness model to lead a fat loss program. Then one day someone said to me in front of a group of people, "You are too fat to lead Dream Jeans. You need to look like Val or no one will listen" Those words were my worst fear realized.

Hopefully no one has ever publically called you fat, but we've all felt fat and yucky about our body. We are our own worst critic. And I realized that the words I heard hurt so much because I had said them to myself many times. My moment of reckoning had come – with those words the worst had happened. Now what? The answers were life changing.

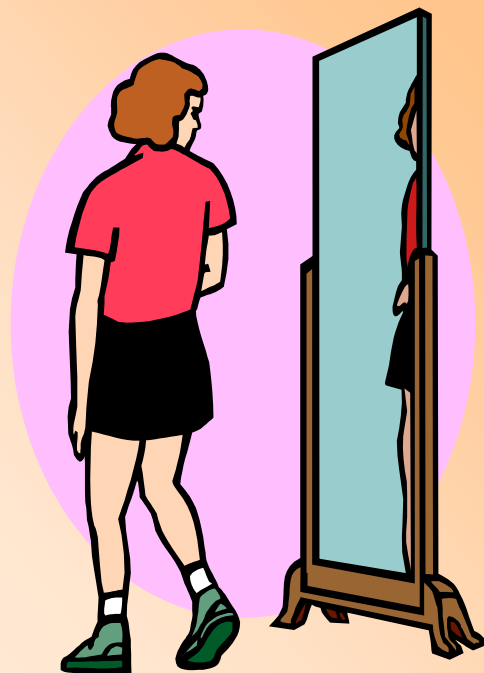
I can't help what other people say to me, but I now realize that I have to take daily responsibility for not being cruel to myself. Dream Jeans started shedding the inches off my body, but like I said, I still wasn't happy. I had reached my fat loss goal but didn't feel satisfied. It was then that I woke up to the fact that no matter how things look on the outside, it is useless unless we feel good on the inside. We need to make a conscious decision to simply change our internal thoughts about our body and EVERY DAY recommit to being kind and loving to ourselves. This mindset shift will result in our journey to a better body being pleasant as opposed to full of disappointment and perceived failures.

Don't accept your current state as being "as good as it gets" and don't hate yourself until you're different. Choose to just want more for yourself. It's great to want to be even better, but don't let yourself feel bad about the body you have now. Embrace that you may still have work to do, but remember that the self-loathing is optional. I was able to follow the Dream Jeans plan because I was doing it for me, not the image I felt I had to maintain as a personal trainer. I simply want the best for myself. It feels so good to say "Hey body, I love you and I want to help you improve" instead of "Hey thunder thighs, that cellulite is nasty and you better lay off the carbs until it's gone". Eating is so much easier when you say "I want my body to feel nourished and full of energy, so I'm going to opt for the grilled chicken instead of the pizza" instead of "I'm fat so I can't have pizza; instead I have to eat boring grilled chicken until I look better." We all deserve to be treated with more love, respect and kindness by our own thoughts and internal dialogues. Simply allow your fitness journey to embrace health and nourishment, not restriction and punishment.

Not sure how to start? Here are some tips to help you on your journey:

1. Make a list of the things you love about your body. When you catch yourself thinking negatively about the parts you don't like, shift your focus back to the things you love.
2. Make sure to congratulate yourself on the little goals. Feel great about being able to do one push-up if you couldn't do any before. 3 lbs. of weight loss may not be your end goal but is something to pat yourself on the back for. You accomplished that! While you brush your teeth in the morning, think about all your accomplishments, both small and large.
3. This one is SO important – Picture in your mind how you will look with your perfect body – your ideal weight and size. Pull up this image often. See yourself as that person. Thoughts do matter and the more clearly you see it, the easier it will be to get there.

Needless to say I shed many a tear after hearing those careless words spoken out loud. But I am so thankful for every one of those tears. The hurt I felt showed me that the real hurt comes from within my own mind about not being good enough. People can think whatever they want, but what I think is what truly matters. I have learned that I can be a fat loss expert and a real person with real fears and real body image hang-ups. Because of this, my nutrition and fitness advice is more effective and Dream Jeans has exceeded all my expectations with continual real results for real people.





MARGARITA MIXER OCTOBER 7TH 5:00PM

Time to get this event back on track! Always a great time when you get friends, tennis and margaritas and mix it together! If you are interested in some fun social doubles contact Ryan or sign up at the front desk. Play starts @ 5:00 and the cost is \$10 per player...free if you are not drinking!



TENNIS UPDATE

Fall is here and that means Tennis, Tennis, Tennis! Jim and I are very excited to get the Fall Season started. Our Junior Clinics are going great and we have added a Ladies Intro Clinic on Friday mornings. We want to wish both our USTA and Interclub Leagues the best luck as they start their season. If you have any questions please give us a call and hopefully we can get you started here at OVAC!!

See Ya on the Courts!

Ryan

OVAC TENNIS ON FACEBOOK!!

I decided to put up a Facebook page devoted to OVAC Tennis events and programs. It's a great way it find out what's going on here at OVAC. Look for pics and vids of players and clinics. Just search for Ojai Valley Athletic Club Tennis and you're on your way! Please check it out!



MARK YOUR CALENDARS!

October 2nd

POST • PLAY • PARTY

Ojai Tennis Marathon

2011

You won't want to miss this great event!

Post-Play-Party

following this year's Tennis Marathon!

*Tri-tip bar-b-que • music • ball toss
fabulous auction items • fun raffles & prizes*

benefiting the OJAI VALLEY YOUTH FOUNDATION.

All levels of players welcome • Post-Play-Party only tickets available, too!

Detailed flyers available at the Club desk or OVYF 640-9555

TennisMarathon2011@gmail.com

OJAI VALLEY ATHLETIC CLUB



OJAI VALLEY ATHLETIC CLUB'S

STUNNING SURROUNDINGS

Thanks to our member of the month, artist Jeff Sojka for creating the beautiful acrylic painting that now graces the wall by our outdoor café.

Stunning Surroundings is the title Jeff chose for this vibrant piece created especially for Ojai Valley Athletic Club. Jeff has always had an interest in art. He was encouraged by his teachers in high school and was awarded a scholarship to study in Europe. Jeff returned to California and earned a Bachelor of Arts degree from U.C. Santa Barbara, and later went on to receive his Masters degree through San Diego State University.

Jeff tells how his wife Kate encouraged him to continue painting by buying him a \$12.00 tabletop easel. So with his love of nature and his passion for art, Jeff combined vibrant color, light and texture into magical impressionistic landscapes. After completing a handful of paintings he decided to photograph them to promote his work. Needing good light and a blank wall to take the photographs, Jeff ended up next to a dumpster behind a Walmart to copy his paintings. A man approached Jeff and asked if he would be interested in displaying his work in his gallery. Talk about being in the right place at the right time! (Of course, doing great work doesn't hurt, either!) Jeff's paintings are now in galleries across the United States, including Trowbridge Gallery in downtown Ojai.

He has now been painting full time for 15 years. Jeff's work requires him to travel but he loves coming back to his routine in Ojai. We are so pleased that Jeff's routine includes the Ojai Valley Athletic Club.



Jeff, Kate and Natalie Sojka

WANT TO GET STRONGER AND LEANER AS FAST AS POSSIBLE?

After Your Workout...

- **Drink a "Recovery Drink"** within 10-45 minutes of exercising. This helps speed the recovery of the muscle tissue and rebalances blood sugar. Everyone needs to drink a recovery drink after any type of workout including cardio, swimming & tennis.
- **Foam Roll.** Everyone has heard to use a foam roller before a workout, but it is equally important to roll *after* exercising to help muscles recover for the next workout. Rolling will "get the knots out" that may have been created during the workout so you can continue the day with proper joint motion.
- **Stretch.** After foam rolling, stretch to restore the length of muscles and prevent loss of flexibility. Lack of flexibility may lead to injury.