

October 2011



OJAI VALLEY
ATHLETIC CLUB

ATTENTION LADIES & GENTLEMEN (YES, GUYS TOO!) THE DREAM JEANS CHALLENGE 8 WEEK FAT LOSS PROGRAM

In the words of our members...

"I want to say thank you for everything you have done for me. You have given me the gift of health and confidence that no one else could give. Thank you for your support and inspiration. Words cannot express the gratitude I feel towards everything you have given me. Thank you for changing my life."

—OVAC Dream Jeans Participant

"I did not expect to lose weight, but I have lost one pound per week. The inches have come off as well - everywhere. I feel great! I have more energy; my back does not ache anymore and the bane of my existence - my right knee - is stronger than it has been in a decade. Best of all, I am eating the healthiest diet of my life and I'm never hungry. I even get my weekly splurges, if I want them. The trainers are very supportive and attentive to my form during exercise - always urging me to try something different when I appear hesitant. There is a real sense of camaraderie within the class. Don't think you are too old or out of shape to try this! You won't be sorry."

—OVAC Dream Jeans Participant

**Week of Oct 25th–Dec 15th
Tuesdays and Thursdays 9:45-10:45am**

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

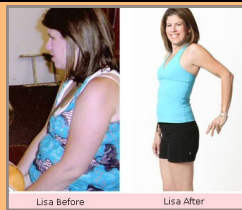
- *2 group training sessions per week for 8 weeks led by a certified personal trainer. VALUE \$480.
- *8 additional workouts with instructions designed by a certified personal trainer to be done by you (2 per week). VALUE \$240.
- *Nutrition program and journal. VALUE \$149.
- *Fitting into your dream 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) CAN BE SPLIT INTO TWO MONTHLY PAYMENTS

Reserve your spot with a payment at the Front Desk.
\$397 for members (**\$198.50 due Nov 1 and \$198.50 due Dec 1**) and
\$417 for non-members (full payment required before first class).
Contact Fitness Director Danielle Williams at 818-219-4835 or
dwilliams@caclubs.com to enroll.



MARGARITA MIXER

OCTOBER 7TH 5:00PM

This is always a great time. Come by the courts Friday,

October 7th @ 5:00pm and play some tennis and have a margarita! If you are drinking the cost is \$10...or just play a few sets with some friends for free! See you on the Courts!



LADIES BEG/INTERMEDIATE CLINIC

We are starting back up the Ladies Friday Clinic for those looking to get introduced to tennis or just brush up on your game. Drop by any Friday @ 10am and have a great hit with Ryan.

Cost \$14.00 per session.



X-FIT STRONG...BRAND NEW AT OVAC

Mon and/or Weds 6:00-7:00pm

\$30 per session - First session free

X-Fit Strong is an strength and conditioning system built on constantly varied, functional movement, executed at high intensity. We take functional movements like pushing, pulling, lifting, throwing, and sprinting and combine them in an endless variety of combinations. It is a deliberate attempt to optimize physical competence in cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy. OVAC specializes in manageable group training; meaning, you will get the specialized attention you signed up for! We also have TRX, kettlebells, dumbbells, and ropes, and a variety of other equipment. X-Fit Strong workouts support the natural primal movements of man. All workouts are scaled to each individuals ability and fitness level. No athlete or beginner is left behind in X-Fit Strong! Sessions start October 24th. All you need to do is show up in the downstairs gym ready to get X-Fit Strong! Contact Jeff Hoefling if you have any questions at 805-512-1880.



SICK HAPPENS

It's that time of year again – cold and flu season. Here is a quick list of tips to help get you back to the gym as soon as possible and back on track to your fitness goals:

- Avoid comfort foods that are not in line with a fit and lean lifestyle
- Eat only maintenance calories (factoring in reduced activity level)
- Normal protein intake
- Slightly reduced carb intake, consisting of low GI carbs only
- Normal healthy fat intake
- Regular Multivitamin
- 4-5g vitamin C in 500mg doses throughout the day
- 800-1200 IU vitamin E in 400 IU doses throughout the day
- 0.35-0.4g glutamine peptides/kg body weight in 3-5g doses throughout the day
- ZMA supplement (or zinc equivalent providing 25-100mg/day)
- No training until symptoms are gone
- R&R
- It might not sound as appetizing or heart-warming as a bowl of chicken soup, but it beats Nyquil.

Source: Eric Cressey. Eric is one of the most highly sought after coaches in the world at his facility, Cressey Performance, in Hudson, MA, Eric helps improve not only the fitness of his clients, but the general quality of fitness information in the industry as a whole. He is the author of Show [and Go: High Performance Training to Look, Feel, and Move Better.](#)





OCTOBER'S MEMBER OF THE MONTH...STEPHANI GALGANO

We met with our October member of the month Stephani Galgano by the pool as she watched her handsome sons, Matthew and Jay enjoying their swimming lesson. She was remembering the time that she stepped off the elliptical machine and discovered some surprising results.

In January of 2011 Stephani decided to join OVAC so she would have a place to work out while her older son Matthew was in school. At the time Stephani, her husband, Pete, and the boys lived in Santa Barbara and she was driving Matty to Ojai for school. The club seemed like a great place for her and her younger son, Jay, to be while they waited to pick up Matty from school. Stephani, a former massage therapist and esthetician and now a full time mom, planned to spend her time working out on the elliptical trainer and the weight machines. Jay would be able to play with other children in Kids Club. It seemed like the perfect plan.

On the first day of her new plan Stephani was headed for the elliptical machine when everything changed. Stephani happened to meet Danielle, OVAC's Fitness Director. Danielle was on her way to lead a Metabolic Mania group training that was just about to begin. She invited Stephani to join them. Stephani has not been back to the elliptical machine since!

Now Stephani is working out in a whole new way doing something she never thought she would want to do or that she even imagined she could do! Soon Stephani also began subscribing to OVAC's Remote Training. She meets with other like-minded gals to work out using the printable workouts that are part of the Remote Training packages. This has been a great way for Stephanie to keep her workouts fresh and new.

Since stepping off the elliptical machine and becoming a Metabolic Maniac, Stephani discovered some amazing results. She says she has more energy and strength. Losing weight was not necessarily one of Stephani's goals, so even she was surprised when she put on her jeans one day to discover they were way too big. Another unexpected phenomenon was that now she actually looks forward to her workouts.

We are also pleased to report that in June the Galgano family moved to Ojai. Thank you, Stephani! You were chosen as our member of the month because we appreciate your caring, passion, creativity and enthusiasm for life.



EVEN TRAINERS NEED A TRAINER

By Fitness Director Danielle Williams

At last count I hold 9 fitness certifications from world renowned organizations, I constantly attend continuing education seminars, and I have been working full-time as a personal trainer for over 7 years. I am proud to say that I am darn good at personal training and I know how to get results for people. So, maybe it would surprise you to know that I have a trainer. Actually I have 2 trainers. That's right – I pay 2 personal trainers for the same services that I provide to our members.

You may be wondering why someone who considers herself an expert and has written countless exercise programs would hire a trainer? I believe that EVERYONE can benefit from having a trainer! It is the most liberat-

ing and productive thing you can do, not to mention it is a fast track to results! It doesn't matter whether or not you NEED a trainer or what your fitness background is, you WILL improve if you have one.

Let me be more specific. The main reason to hire any trainer is for their knowledge and expertise. In fitness, as in most areas of life, there will always be more to learn. Hire someone you trust and that you believe in and then leverage their knowledge to your benefit. I have hired trainers who have something to teach me and I am soaking up knowledge as my body is getting in shape. If you are truly interested in being fit and healthy, learn all you can from an expert. The media should NOT be your source of fitness information.

Although you choose a trainer for their knowledge and expertise, I find that the extrinsic motivation that I get from meeting face to face with a trainer is invaluable. You will work harder and perform better when someone else is watching. And a trainer is great at actively motivating you to find within yourself your upper limits of strength. This combination of motivation and intensity naturally leads to better results. It doesn't mean I have to do all my sessions with a trainer (I exercise at least 10 times a week – I couldn't afford it), but a once a week "kick in the pants" workout with my trainer makes a huge difference. And my other trainer is invaluable at designing programs for me, without us ever meeting face to face. I just go to the gym and do the workouts on my own that he has written. I have to be honest and say that although I am familiar with the exercises he prescribes, I would NEVER choose to do some of them. Why? Because they are HARD! We humans are designed to avoid things that make us uncomfortable, even if it is something we need. I am fitter, stronger and leaner because I trust my trainer to prescribe what is best for me without my biases, fears and weakness clouding the exercise selection process. It is so liberating to not have to worry about designing my own program. I just show up and do what I'm told. All I have to focus on is working as hard as I can. I actually get to turn my brain off for awhile – PRICELESS!

Far and away the MOST beneficial aspect of having a trainer deals with accountability. When you know someone has expectations of you, you get your butt to the gym and you bring your A-game. You are less likely to skip your workout when you have a scheduled appointment with a trainer. Not to mention, you have paid for this, which brings in another level of commitment. Because a trainer is investing time in your success, you subconsciously become emotionally obligated to perform and achieve. Most of us like to please and a trainer becomes an authority figure that we are hard-wired to want to please. If you have ever played sports, you know how much it bums you out to let your coach down. This even works when you only hire a trainer to design a workout program for you, but don't actually meet face to face. If you know you have to report your actions, and those actions will be examined, you want to give your best.

Finally, in this crazy journey of life, the love and friendship of a trainer is priceless. When you invest in someone emotionally, and they invest in you, and you are both working towards your mutual success, it is impossible to not grow closer. Your goals are their goals, so their success is yours. Your trainer will share your ups and downs. The "personal" aspect of personal training is just as important as the "training" part. Knowing someone cares enhances motivation and accountability.

Like I said, I don't NEED a trainer, but I definitely benefit from a trainer, even though I have hit my fitness goals. If you are trying to get to the next level with your training, or need a motivational boost, or maybe you are just looking to learn something new, it is time to consider letting someone else take the reins. This may be by hiring a personal trainer for one-on-one or group training, or it may be simply signing up for OVAC's Remote Training Program to let someone else design your workouts for you. If you allow a trainer to leverage their knowledge, to motivate you, to hold you accountable, to bond with you for a common cause – consider what you can accomplish.

Contact me at dwilliams@caclubs.com or 818-219-4835 for more information on investing in yourself. Let's do this. Together.

One-on-One Personal Training: \$54 per session for 5, 10 or 20 sessions

Group Personal Training: \$30 per session for 5, 10, or 20 sessions

Remote Training: \$27 per month for 2 fully designed workouts

Inspiration: John Romaniello