

# Ojai Valley Athletic Club



## DRINK A RECOVERY SHAKE AFTER EVERY WORKOUT!

Research shows drinking a Recovery Shake within 30-45 minutes of exercising can enhance the benefits of exercise.

- ♦ The key element of Recovery Shakes is they quickly add glycogen (which is depleted during exercise) to your body. This helps burn fat and create energy.
- ♦ By drinking a high glycemic Recovery Shake after your workout, sugars are pulled into your muscle fibers, not onto your hips or stomach.
- ♦ Protein, which is included in all Recovery Shakes, is essential to muscle recovery, growth and strength.

Check out our new Recovery Shakes in the Café! They make a delicious and nutritious addition to your workout.



## February 2012

409 South Fox Street  
Ojai CA 93023  
(p) 805.646.7213  
(f) 805.640.1530



## THE TENACIOUS MAGGIE VAUGHN

Maggie Vaughn, our February Member of the Month, has some advice we could all use. "Don't take things for granted!"

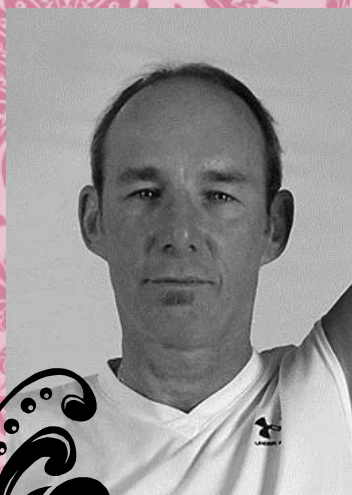
Maggie and her family have been members of Ojai Valley Athletic Club for four years but Maggie confessed that she took the membership for granted for three of those years. A year ago Maggie had an epiphany about her health and fitness and since then she has not missed a day at the club except for when she had her wisdom teeth out. Oh, did we mention Maggie is only 17! Congratulations Maggie!

Maggie is a junior at Villanova. She spent last summer in New York in a theater program (one of her passions). She had to quickly adapt to the New York City lifestyle of walking everywhere. She found that she was feeling better and better with all the walking she was doing. When she returned to Ojai she knew she had to continue to be active and the club seemed like the perfect answer. "It was convenient, I could keep a routine by coming after school, and it has everything" she said.

Maggie has also noticed that her fitness base has continued to improve, she has more self-confidence and she has not gotten sick. She loves how exercising allows her to "blow off steam" and she finds she even sleeps better.

We wanted to know what Maggie's dreams for the future include. Her answer: after graduation, she hopes to go to school back east majoring in theater or economics.

We think Maggie is one determined, tenacious, young woman and we are so very proud to have her as our Member of the Month.



## HALF HOUR PERSONALIZED ONE-ON-ONE EFFICIENCY TRAINING

Are you looking to improve your health and fitness but have trouble scheduling time to work out? Maybe you're not sure the best exercises for you or how to even get started with a training program? With a Half Hour Personalized Efficiency Training Program, exercises will be specifically for you based upon a physical assessment of where you are right now and your goals of where you'd like to be. Your work out plan will enable you to meet your goals in the most efficient way possible. Your individualized training program will consist of twelve ½ hour sessions, including a body assessment session. An individualized homework plan will also be created for you. A special introductory price of \$270 is being offered only in the month of February. There are only 4 spaces left in this program so contact certified personal trainer Robert Evans at (805)798-2810 to reserve your spot before they run out.

## 2011 TEAM 100

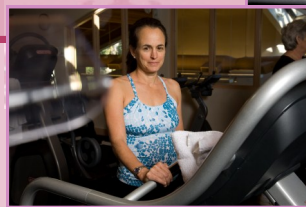
### *Congratulations!*

Would you like to join these esteemed members and be a part of the 2012 Team 100? All you need to do is record at least 100 workouts in the Team 100 binder located in the upstairs gym to qualify as a member of this elite group. It's that simple!

Jeff Kustal 361  
Jack Bertsch 347  
Bob Boschan 341  
Mike Caldwell 276  
Jim Christiansen 236  
Gerry Banahan 235  
Diane Zusman 233  
Paul Garth 227  
Rick Moore 206  
Fran Christiansen 200  
Peggy Wood 198  
Anne Helson 197  
Gail Moore 193  
Dennis Wood 183  
Dan Sommer 179  
Richard Parsons 169  
Dan Grimm 167

Nancy Kochevar 166  
Tina Thomas 166  
Frank Finck 165  
Phil Moncharsh 160  
Jenny Owen 160  
Terry Tallent 158  
Ann Charlesworth 154  
Rose Grimm 147  
Maralisa Long 145  
Ruby Cossairt 142  
Rod Owen 141  
Donna Lechman 136  
Buddy Houchin 135  
Carla Stern 126  
Dan Singer 119  
Lori Collins 115  
Robin Johnston 115

Ing-Marie Currie 113  
Christine Denney 112  
Jan Rains 111  
Tim Peddicord 109  
Elisabeth Tellegen 107  
Amy Denton 106  
Anna Thomas 104  
Leonora Defterios 104  
Liz Cossairt 103  
Bill May 103  
Bob May 101  
Josh Singer 101  
Susan Brunkhurst 100  
Corkey Solow 100  
Mike Urbanek 100  
Gale Lefkowitz 98



### **Future Stars Clinic (Ages 5-7)**

Tuesday and Thursday 4:00-4:45

Cost \$10

### **Beg/Intermediate Clinic (Ages 8&up)**

Tuesday and Thursday 4:00-5:00

Cost \$12

### **Tournament Players Clinic (contact Ryan)**

Monday and Wednesday 4:00-5:00

Cost \$12

### **Ladies Beg/Intermediate Clinic**

Friday 10:00-11:00

Cost \$14

## **JUNIOR TENNIS CLINICS**





## YOGA FOR THE HEART

### YOGA BASICS

#### WEDNESDAY MORNINGS AT 10:45

Here's another great reason to try Yoga...  
it's good for your heart.

Yoga helps to lower heart rate and blood pressure and relaxes your blood vessels. Yoga works on the "emotional heart" as well, giving a sense of wellbeing. And as many Yoga students will tell you, Yoga reduce stress. Stress levels play an important part in heart health. The breathing exercises and relaxation techniques can change our reactions to the pressures of everyday living.

If you have been saying to yourself, "I'd really like to try Yoga someday," then our Wednesday morning class at 10:45 is a great place to start. We focus on developing a yoga practice using the foundation poses with emphasis on the breath and deep relaxation.

Perhaps you're a continuing yoga student that would like a more gentle approach to your practice now and then...so come try this class...to get back to the basics, to the heart of Yoga.

The balance of floor work and standing postures develop strength and flexibility. The mindful attention to the breath brings a sense of contentment and wellbeing into your day.



### TENNIS TIP OF THE MONTH

I had a very good question that was asked by one of our awesome interclub ladies. What do you do when one of your balls lands on another court and that court is in the middle of a point? Should you say something? Should you call a let for that court's point? The answer is no, you should not say anything that would interfere the point in progress. You should let the players on the court decide whether a let needs to be called. I thought it was a great question because I have even been guilty of saying something when I should shut my mouth and let them play their point.

Enjoy your tennis!!

*Ryan*



### TENNIS NEWS

We had a great January with dry and warm weather for most the month. That meant busy tennis courts! I am very excited to see all the active players, especially the Mixed Doubles crowd! It's great to see the USTA Mixed Doubles Teams out practicing during the week and playing their matches on the weekends. Hope you guys finish the season strong! It was also great to see such an amazing turnout for the Mixed Doubles Social last month. It was one of our biggest events we've had in a long time. Congrats to Holly Robert, Vim Jonker, Karen Mathews and Patrick Henderson for winning their divisions along with a nice bottle of wine!

Hope everyone has a great February!

See Ya on the Courts!

*Ryan*





## PERSONAL TRAINERS ARE OCD WEIRDOS

*By Danielle Williams, Fitness Director*

Wouldn't you agree? I mean a personal trainer doesn't think twice about working out multiple times in a day, six days a week, for fun. And they easily eat squeaky clean, day in and day out. Personal trainers spend a lot of time focused on exercise and nutrition. It is our way of life, our passion, and our job 24 hours a day, 7 days a week.

But, good personal trainers also understand that most members don't want to be OCD weirdos. You may say your goal is to lose weight or get healthy or get stronger. But, these may be goals someone else has imposed on you – society tells you that you need to be skinny and strong or your doctor tells you that you need to exercise for your health. If we peel back the layers of people's goals, most of us belong to OVAC because we are looking for a way to be happy and feel good. That's the root of it all when we step into the gym.

I love the quote, "It's not who you are that holds you back; it's who you think you're not." Remember that it's not about fitting a mold. Instead, seek happiness within yourself. Learn to feel empowered by your workouts.

How you may be asking? Find the fun in fitness. Try a Zumba class or a Spinning class or a small group training session with one of those OCD weirdos – you might like it. Or maybe not. Then, try something else. No matter what, you will meet new people and start to make new connections. Life is about relationships and connections – this is where we find joy. And in joy we can find motivation. Joy and motivation will in turn lead to confidence. Now, a true metamorphosis will begin to take place in your life. Personal trainers or fitness instructors maybe OCD weirdo's, but we don't expect you to be like us. Give us a try though, because we do want to connect with you and inspire you.





# POST WORKOUT RECOVERY SHAKES NOW AVAILABLE AT OVAC

Working out with weight, doing cardio, playing tennis, swimming, or doing any other strenuous exercise depletes the glycogen in the muscles. Post workout recovery shakes are superior to water because the body needs more than just water after exercise to replenish energy stores. During recovery, the body is busy removing lactic acid and replacing depleted glycogen supply. A recovery shake improves the quality and rate of recovery after strenuous exercise, according to John M Berardi, reporting in a 2008 "Journal of the International Society of Sports Nutrition."

## KEY BENEFITS OF POST WORKOUT RECOVERY SHAKE:

- Helps minimize muscle soreness
- Optimizes muscle recovery
- Supports muscle metabolic processes
- Enhances physical performance and endurance
- Helps maintain and restore energy supplies during and after physical activity
- Supplies essential components for muscle repair
- Contains high-quality protein to support muscle gain
- Provides antioxidants to help fight free radicals
- Assists with fat loss

Glycogen consists of glucose molecules, which the muscles use for energy. After exercise, the muscles are depleted of glycogen and insulin levels are frequently reduced, notes Jessica Seaton, D.C., chiropractic orthopedist with the USMS Sports Medicine Committee. Carbohydrates are the main source of glucose in the body, and drinks with carbohydrates are designed to rapidly replenish glucose and increase the body's insulin concentration. Another advantage of drinking a post workout recovery shake is it also replenishes fluid lost during exercise. Fluids are easier to ingest after a vigorous workout than solid food. Adding protein to your recovery shake can speed recovery time while helping to rebuild damaged muscle tissue. John M. Berardi's study found that adding protein to carbohydrates in a recovery drink increases fat oxidation, increases recovery and improves same-day exercise performance. Protein recovery shakes stimulate muscle recovery and performance. A study by Anssi H. Manninen published in the September 2009 issue of "Nutrition & Metabolism" found protein drinks used for recovery stimulate skeletal muscle protein synthesis.

Simply put, anyone who has ever exercise knows that one of the biggest challenges to overcome is soreness. During exercise, you deplete glycogen and raise cortisol, putting your body in a catabolic (break down) state. You work out to push your body to a new level of physical performance, but that can lead to sore and aching muscles. The fact is our muscles grow the most after we work out, while they repair torn tissue that makes for greater muscle mass. Sometimes this soreness causes people to stop exercising. Why not just prevent the soreness so you can continue on your path to success?

During increased physical activity, the body must be provided with the essential fuels and supporting nutrients to help build tissue, support our muscles during a workout, and assist in speeding and enhancing the muscle recovery process. The faster and more effectively you can recover, the more potential you have for muscle growth. By facilitating the recovery process, the growth of lean muscle mass is supported, and workouts become more effective because the soreness has been limited, leading to increased endurance.

It is recommended that you eat or drink the proper recovery foods soon after cooling down. Even if you don't feel hungry immediately after exercise, your body pleads, "feed me nutrition" to recharge, recover and renew muscle fiber and balance body chemistry. OVAC's delicious recovery shakes benefit your body, your spirit and should an essential part of your overall fitness plan. What you choose to put in your body is as important as what you do with your body.

**SO YUMMY-THEY ARE WORTH A WORK-OUT**

**PUNCH CARDS  
AVAILABLE!  
BUY 10  
GET 1 FREE**



**OJAI VALLEY ATHLETIC CLUB**

RECOVERY SHAKES	ADD-INS
Strawberry Blast	Protein - Whey or Soy
Berry Berry Good	Granola or L-Glutamine
Havocell Harvest	Daily Essential
Mango Crusher	Fiber Blend
Tropical Trough	EnergyGel
Green Machine	Ultimate Recovery
Peanut Butter Cup	Burn Fat Burn
Chocolate Thirsty Mix	Joint Blend
LOW-CAL SHAKES	Pre-Postbiotic Blend
Skinny Minky	Flax Seed Oil
Mocha Malt	Vegete Blend for Real
Lean Machine	
Recovery Blend	





# THE 30-DAY MUFFIN TOP MELTDOWN IT WAS SO POPULAR, WE ARE BRINGING IT BACK

Are you ready to challenge yourself?

How about a do-it-at-your-own-pace workout system delivered to your e-mail in-box?

**METABOLIC WORKOUTS** – You will receive 4 weeks of bodyweight workouts via e-mail that can be done in the gym or at home. The workouts will contain video links with demonstrations of how to perform each exercise. You will be doing these workouts on your own, not with a trainer. (Note: These are also great travel workouts to have if you will be away for the holidays).

**NUTRITION GUIDELINES** – You will also receive via email the basic principles you need to know to lose fat.

**MELTDOWN MENU** – A menu is spelled out for you consisting of five meals per day for 7 days, as designed by weight loss expert and best-selling author Rachel Cosgrove. You will follow this meal plan for each week of the Challenge. Note that this menu contains meat.

**MEASUREMENT SHEET** – For you to track your waist, hips, thigh, arm and calf measurements.

**ACCELERATED FAT LOSS REPORT** – Inside this content rich report, you will read: How the right training can help you burn fat for 48 hours straight; one thing you should NEVER eat with carbs; and when it is safe to eat carbs if you care about rapid fat burning. This is cutting edge information may be the missing ingredients that you need for successful fat loss.

**TOP 3 GLUTE EXERCISES** – A report with pictures and great description of how to really work the largest, most powerful muscle in the human body (which means the muscle with the ability to burn A LOT of calories).

**EXERCISE BASICS GUIDE** – A guide written to help you understand exercise lingo and concepts.

**SUPPLEMENTATION BASICS GUIDE** – A guide explaining how targeted supplements can accelerate your progress even faster.

**GOAL SETTING REPORT** – Learn to create a successful fat loss plan. With the right plan, your potential becomes limitless.

**COUPONS** – You will receive a coupon good for one free OVAC Post Workout Recovery Shake. and a coupon good for \$47 off the next Dream Jeans Challenge which starts in March.

## 2012 ONE HOUR SWIM RESULTS

Name	Distance				
Wenke Seider	4400	Cammy Denton	3400	Nan Bese	2550
Marc Whitman	4050	Jeep Thatcher	3400	William Campana	2525
Mario Delnagro	4025	Kayley Cox	3350	Caroline Delvecchio	2500
Kerry Ellison	3900	Sheri Ann Cate	3175	Cheyen Cole	2450
Bryan Tally	3875	Emmett Johnsen	3125	Mitnee Duque	2425
Leroy Thomas	3825	Jo O'Connell	3075	Summer Williams	2400
Dane Whitman	3750	Andre Christou	3025	Randy Roth	2325
Elin Cheverez	3700	Lucy Brewer	3000	Bryce Brewer	2250
Pete Christl	3625	Rowan Lommel	3000	Jet Ochoa	2200
Alec Kruse	3600	Celeste Cheverez	2825	Maya Cohen	2200
Brian Hunt	3600	Brooke Atkins	2775	Sophia Ehrlich	2050
Christl Rogero	3575	Jennifer Thorpe	2775	Annika St. George	2025
Sarah Delvecchio	3550	Thomas LaPlante	2750	Sayre Johnston	2000
Ashley Wachtell	3525	Gena Collins	2675	Christina St. George	1950
McKay Johnsen	3525	Liz Dautch	2675	Liah Cohen	1925
Wayne Tate	3525	Ashley Welte	2650	Jory Cheldin	1825
Kathy Wachtell	3500	Bill Mussman	2650	Zela Henderson	1750
Liz Mahoney	3500	Lori Volk	2650	Nancy Voyer	1675
Harry Delatre	3450	Arley Sakai	2575	Ellis Delvecchio	1500
Ben Cohen	3400	Pam Johnsen	2575	Blaize Cheverez	1250
		Joy Golbere	2550	Jeremiah Welte	700