

MARCH 2012



OJAI VALLEY ATHLETIC CLUB

OVAC HAS TALLENT!

Terry Tallent has been an OVAC member for ten years. He says, "I would much rather pay gym dues than doctor bills. Plus, I really enjoy my membership. The facility and staff are super. Not only do regular visits to the gym help keep me healthy and fit, but they really help my game. I play left field on a local Senior Softball team. We're playing Winter League right now against teams from all over Ventura County. Consistent workouts help me do all the things you wouldn't think a 67 year-old could still do: run, catch, throw, and hit. Regular workouts, along with swimming, also help me avoid injury on the ball field. I owe a lot of that to my membership in the Athletic Club."

Along with his wife, Hildegard, Terry Tallent owns *Kava Home, Garden & Gifts* in the Arcade in Ojai. He is also a part-time librarian at the Ojai and Meiners Oaks Libraries.

Terry is a writer as well. In January his historical novel "Making The Reata" was published by Silver Spur Publishing. Set in 1832 in Ventura, Ojai, and environs, his novel explores the impact of Spanish colonization on the indigenous Chumash Indians. It also gives a vivid picture of what Ojai was like 180 years ago.

Thank you, Terry, for being our March Member of the Month and for sharing with us how fitness has helped you maintain the lifestyle that you love.



OH MY-LOOK AT THE GROUP FITNESS SCHEDULE!

We are pleased to announce the launch of the ALL NEW SPRING GROUP FITNESS SCHEDULE beginning March 5th. Stop by and see what exciting things we have planned for you for the next 13 weeks.

ADVANCED BODY FAT TESTING

The only way to know if your fitness program is effective is to track your progress. Let's get ready for summer by dropping that little extra that crept on over the holidays. Make an appointment today to find out your segmental body fat percentages (total body, left arm, right arm, left leg, right leg, and trunk) and whether you are in a healthy body fat percentage range. In addition, the test will inform you of your weight, body water percentage, muscle mass (total body, left arm, right arm, left leg, right leg, and trunk), rate your physique, provide a bone mass reading, a visceral fat score, your metabolic age, and a daily caloric intake number that can be used to lose or gain weight. The test only takes 5 minutes and costs \$17.

Contact Fitness Director Danielle Williams at 818-219-4835 or dwilliams@caclubs.com.

FREE RETIRED LOUNGE CHAIRS

If you've been out to the pool deck lately you've seen our beautiful new lounge chairs! There are still a few of our old, "more loved" chaise lounge chairs here at the club that we would like to donate to good homes. If you are interested in taking one, please ask the front desk for more details.



409 South Fox Street
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(f) 805.640.1530

NEW WILSON ITEMS!!

Most people don't know but we sell most all things Wilson here at OVAC. This month we will be getting some new Wilson Demo's for those that are looking for a new racket. We also can order Wilson shoes and accessories. It only takes a few days to get in and we have great prices. We will match Tennis Warehouse's prices on rackets and shoes. If you want more information please contact Ryan Gaston.



JUNIOR CLINICS

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

TENNIS NEWS

Well, I don't know how the weather could get any better but I am excited about Spring and what's in store for OVAC this month. I am excited about the new ball machine we purchased. It's very user friendly and a great way to stay fit or work on your game. I also want to encourage folks to walk up and check out the upper clay courts. They are playing great and the views are amazing. I want to wish our USTA Team's the best luck as they start the exciting Spring League this month. We have some great teams and look forward to seeing the matches over the weekend. Enjoy!

See Ya on the Courts!

Ryan





SMALL GROUP TRAINING TRY IT FOR FREE!!!

Are you ready for something **different**? Are you ready to get fitter **faster**? Experience the **cutting edge** of fitness with our popular group training sessions.

How do we explain it? **Dynamic, invigorating, full body, an amazing calorie burn experience.** But, you really do need to try it to understand. Try a class on us to see how combining the benefits of strength training and cardio into one session will get you stronger, sky rocket your fitness level, and change your body rapidly. Best of all, these **FUN** workouts **can be done by anyone.**

\$30 for a 45-minutes session in a group setting.

Members receive **1-FREE GROUP TRAINING SESSION.**

Drop in and let us exceed your expectations during one of these times:

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|-----------------|-----------------|-----------------|-----------------|
| 6:00am Brooke | 6:15am Val | 6:00am Brooke | 6:15am Val | 6:00am Brooke |
| 9:45am Danielle | 8:30am Danielle | 9:45am Danielle | 8:45am Val | 8:30am Danielle |
| 4:00pm Danielle | 9:45am Danielle | 2:45pm Val | 9:45am Danielle | 9:45am Val |
| 6:00pm Jeff | 11:00am Val | 4:00pm Danielle | 6:00pm Jeff | |

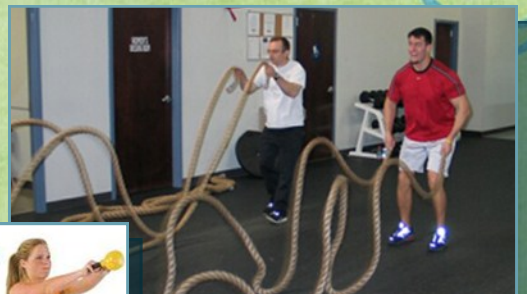
Questions? Contact Fitness Director
Danielle Williams at 818-219-4835

Val.....805-218-1499

Jeff.....805-512-1880

Brooke....805-798-4047

Danielle...818-219-4835





EXERCISES THAT MAY DO MORE HARM THAN GOOD

By Danielle J. Williams, PES, CES, CPT

Biceps Preacher Curls-An Artificial Movement in an Abnormal Position

The forward shoulder position of this exercise leads to increased stretch on the rotator cuff and biceps tendon and may lead to rotator cuff tendonitis, biceps tendonitis, and increase risk of tears. Also, many people who perform this exercise place too much pressure into your armpit, injuring the bundle of nerves that controls your arms. The preacher curl position also leads to increased pressure on the front and back capsules of the shoulder. Any pain signal or pressure will reduce the recruitment of your shoulders and shoulder stabilizers (i.e., it will hurt and/or you won't be able to lift as much). In this position, the biceps are being shortened in an over-shortened position for your chest, reinforcing a common muscle imbalance that could lead to injury. The elbow is only safe when all of its flexors are balanced in their strength. You need to train your brachioradialis (try hammer curls), biceps (try regular curls), and brachialis (try reverse curls) in order to hit all the elbow flexors. In addition to the biceps being an elbow flexor, it's also a supinator (meaning it turns your palm up). Preacher curls only work on elbow flexion, which means you're missing 50% of the muscle's action!

Smith Machine Squats

This exercise is almost completely dominant as your hamstrings basically are turned off. Plus, the glutes can't do their intended job as the weight is not directly loading your spine. This means your core is not able to take advantage of support from the glutes so you are risking injury.

Overhead Tricep Extensions With Dumbbells

In this position there is increased tension on the triceps tendon by the elbow putting the tendon at greater risk for injury. The internally rotated position of the shoulder can lead to shoulder impingement. Some may arch their back while doing this exercise, which could cause a lot of strain.

