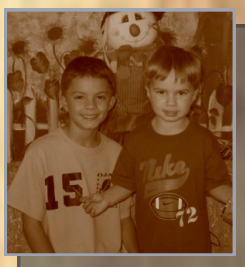


# October 2012



409 South Fox Street  
Ojai CA 93023  
805.646.7213

## WANTED



## WILD WILD WEST HAPPY HOUR & FAMILY FUN!

**Friday, October 19<sup>th</sup>  
6:00-8:00pm**

**LIVE MUSIC by the SHREIKS**

- ♦ Jolly jump and Face Painting!
- ♦ Free to members and guests of members
- ♦ Dinner will be served for \$10 per adult & \$5 for children under 10
- ♦ Happy hour prices will be offered at the Cafe
- ♦ Wear your costumes and have your picture taken in an old fashioned photo booth by Ajah Photography



# BAREFOOT SHOES...ARE YOU READY

-Danielle Williams, Fitness Director

Minimalist shoes? Shoes with toes? Oh yeah, we see it all in Ojai, but what is behind the trend for barefoot/minimalist fitness shoes?

The science for barefoot/minimalist shoes points out that our feet simply do not need shoes to stabilize the joints or keep our legs healthy (Rossi 1999, 2001; D'Aout et al. 2009). Shoes are a modern creation that is not needed in healthy human function.

Delving deeper though, we see that footwear can actually limit the natural motion of your joints during normal movement (Bergman et al. 1995). In fact, regular shoes actually increase development of knee osteoarthritis, back pain and hip degeneration. So this then begs the question, HOW?

The bottom of your foot is what interacts with the ground. Sensory nerves in the feet are attuned to temperature, pressure and terrain and constantly notice our changing environment. But wearing a traditional shoe negatively affects the nervous systems ability to process this type of information and our balance and locomotion skills suffer. This in turn leads to an increased risk of falls, ankle sprains and other leg injuries (Nurse et al. 2005).

Traditional shoes also limit full joint range of motion. It's like you are putting your limb in a cast. The foot muscles atrophy without regular use. The smaller, fine motor skills of the intrinsic foot muscles become weak (for example, the muscles that move your toes) and the larger, extrinsic muscles (the three muscles of the calves for example) start to take over to compensate and you are left with muscle imbalances.

Our body is designed to bear weight on a vertical axis. Wearing a heel of any height (and many athletic shoes have heels up to 2 inches high), shifts all of our joints above the ankle. As a result we move with more knee and hip flexion in a manner that causes friction and joint inflammation.

But before you jump into a minimalist/barefoot style shoe, please remember the basic exercise concept of appropriate progression. Feet that have been bound for years in a traditional shoe may not be ready to bear your weight without some training. Injuries from switching to minimalist shoes are probably a result of poor mechanics and deep foot muscle weakness.

How can you train your feet's natural motions? Remember, toes are designed to have as much dexterity as fingers and do basic motions like flex, extend, abduct and adduct. Sounds easy enough but you will be surprised. The following will help you to assess your feet's motor skills and build strength. Practice them until the movements are improved and fluid:



**TOE LIFT** - Check if the hallux (great toe) can be lifted on its own. Progress to lifting each toe one at a time till they are all in the air. Then, place them down in order, fifth metatarsal to hallux.

**TOE ABDUCTION** - The narrow toe space in footwear creates weak toe abductors and tight adductors, preventing the natural spread of toes. Standing barefoot, back hips up until weight is stacked over heels and toes are liftable. Work to spread toes away from each other, eliminating any toe joint extension.



**TOE FLEXORS** - Flip-flops, another common footwear choice, have been shown to increase gripping action, leading to buckling (hammer toes) of the foot phalanges. Chronic tension in the flexed position can reduce the foot's surface area, eventually leading to changes in balance. To stretch the toe flexors, stand and reach one leg behind you, placing the top of the foot on the ground. Slowly allow the ankle to plantar-flex. Toe cramping is normal—take a break when necessary and work up to holding 1 minute on each side.

I recommend that you try minimalist/barefoot shoes but please remember that they require using your body in an entirely different way and will affect every joint in the body. Make the switch but do it with awareness and know that it will take time plus a little work on your end.

Source: "Fit Feet: The Professional's Guide To Training South of the Ankles" by Katy Bowman, MS



Find us on  
**Facebook**

[Facebook.com/OjaiValleyAthleticClub](https://www.facebook.com/OjaiValleyAthleticClub)





## THIS IS WHAT YOU NEED TO GET THE BODY YOU WANT

*By Danielle Williams, Fitness Director*

**PAIN IS FLEETING, REGRET LASTS A LIFETIME.** Or as Lance Armstrong put it, "Pain is temporary. it may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever."

**And now I must also give you the HARSH truth about fat loss...** Losing fat is a game between you and the outside world. Everyone, from family to friends to co-workers to restaurant owners to TV advertisers are conspiring against you to make you eat more and exercise less. Like it or not, it's true. They might not be doing it on purpose, or even with bad intentions, but almost everyone in your life is happier when you are fed, full, and flat out on the couch.

**So what's the SOLUTION?** You must always know your options. You must have Plans A, B, C, D, and E. You must be prepared to counter-attack. When they say pizza, you say sushi. When they say take-out, you say, "I've already prepared my lunch". When they say, "Happy Hour", you say, "Workout first." Short term pain from discipline results in long-term gains and progress. On the other hand, long-term pain comes from lacking short-term discipline.

**"Life's easy when you live it the hard way...and hard if you try to live it the easy way."** - Kekich Credo #4. Surround yourself with people who are fitter and healthier than you. You've already started on this journey by joining the Ojai Valley Athletic Club to get the social support you've always needed to succeed. Research from all over the world proves that having accountability to others gives you better results.

**Put a little urgency in your life.** I believe that most people sell themselves short. Even I do this to myself. There are few people in the world that are doing all they are capable of doing.

**So here's what you need to do.** Dedicate yourself to getting better every day. This is a lifelong project. Keep going. Keep adding value. Keep learning. Keep connecting with other good people. The breakthroughs will come. Stay strong.

**Attack everything with the mindset that you're going to succeed. If it doesn't work out, the bottom line is that you can walk away and be sure that you gave it all you had. Figure out where your niche is in life, and go after it 100%. You only live once, so you might as well chase those dreams."** John Elway

Don't wait another minute to get started. Leverage the combined power of a proven program, social support, and the incentives you need to finally take action and **TRANSFORM** with...

### OVAC's DREAM JEAN CHALLENGE

**Oct 30<sup>th</sup> - Dec 20<sup>th</sup> Tues and Thurs 9:45-10:45am with DANIELLE**  
**Oct 29<sup>th</sup> - Dec 19<sup>th</sup> Mon and Weds 6:00-7:00am with BROOKE**

To join send an email to [dwilliams@caclubs.com](mailto:dwilliams@caclubs.com) stating that it is ok to charge your account.

Cost \$198.50 billed in November and \$198.50 billed in December.

**Save 10% if you email me by October 15<sup>th</sup>.**

And remember...the 8 Week Dream Jeans Challenge is only 0.2% of your life. You can handle that, right? You're the type of person who takes action, doesn't complain, finds a way to get it done, and never gives up, right? **The answer is yes, yes you are.**

Remember that during the tough times today.



### YOGA THERAPY WITH ROBERT

OVAC's Robert Evans recently graduated from Loyola Marymount University's prestigious Yoga Therapy Rx program and answers a few questions about the program for our members.

There are vast quantities of scientific studies showing that exercise enhances your health, prevents illness and when done correctly may help relieve or lessen chronic and acute pain.

In class we studied the anatomy, the bones, ligaments and tendons, muscles and the major nerves that control their movements. We learned how to read X-rays and do in-depth body assessments.

Using these assessments we learned how to set up a progressive program for clients that while still might include more traditional strength training, includes specific yoga poses that strengthen muscles, and makes them more supple without putting too much stress on the joints.

As a personal trainer and yoga teacher I've been using some yoga with my clients for several years now but this course has made me a better trainer and a better yoga teacher.

Please feel free to contact Robert at (805) 798-2810 for an educated and unique body analysis and intelligently designed training program.



### TENNIS NEWS

I remember it like it was yesterday...walking into the lounge and seeing JM Elizalde sitting, getting his rackets ready to play or drinking a beer... always asking the same thing..."What's going on? How's the family? When are you coming over to the house for a BBQ and swim?" He was always asking me and my family to come by for a swim...always giving and always happy. He was just an amazing person who made everyone feel like a best friend. It has been 5 years since we lost our dear friend. We held a fun Tennis Pot-luck in his honor on Saturday, September 25th. It was a blast and we shared great stories about our buddy. I wanted to take this time to tell all our members how much our tennis crew misses JM and that he will always be in our hearts!

We Miss You!

*Ryan*



J.M. ELIZALDE SOCIAL 2009



### FALL TENNIS CLINICS

Pee Wee Clinics (Ages 4-7) Tuesday and Thursday  
4:00-4:45

Futures Clinic (ages 8-11) Thursday 4:00-5:00

Tournament Players Clinic Monday 4:00-5:00 &  
Wednesday 5:00-6:00

High School Clinic Wednesday 4:00-5:00 &  
Saturday 10:00-11:00

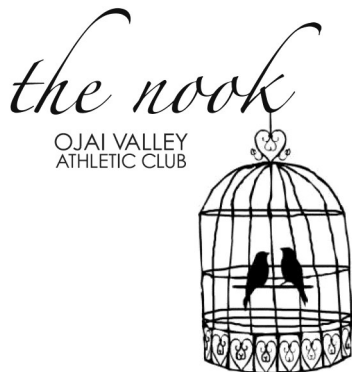
*Please contact Ryan to sign up for any fall clinics*



# BREEZE INTO FALL SAVINGS IN THE NOOK!

20% off  
Ojai Valley Athletic Club  
Logo Sweatshirts.

Be ready for fall &  
support your club at the same  
time





## CONGRATULATIONS DOLPHIN CLUB SWIMMERS!!!

OVAC's Dolphin Club's swimmers wrapped up their yearly accumulation of miles swum on August 31. They swam a tremendous amount of miles and will be celebrating with their annual Dolphin Club banquet dinner on October 11th at 6pm. Each participant will also receive a 2012 Dolphin Club t-shirt. Cost is \$15 per person for the Dolphin Club dinner.

*Are you interested in joining the Dolphin Club?* All you have to do is log your laps swum in the binders in the OVAC lobby from September 1<sup>st</sup> 2012 through August 31<sup>st</sup> 2013. At the end of the year you will receive a FREE t-shirt and enjoy a dinner with other motivated swimmers.



### UPCOMING SWIM MEETS

Ojai Heat Swim Team Members mark your calendars for the upcoming fall swim meets:

Oct 20th- Pumpkin Push

November 17th- Ojai Heat hosts Ventura Dolphins and Miller Manta Rays

December 1st- Channel Islands Swim League Championships



### DIVING BOARD OPEN

#### WEEKENDS DURING OCTOBER

Take advantage of the summer like weather and bring the family to the pool during October! OVAC lifeguards will remain on staff weekends from 1pm-5pm through October and diving board will remain open for use during these hours.

### DOLPHINS PRE-SWIM TEAM WITH MEG

Stroke development for swimmers who have completed swim lessons and want to continue on to Junior Swim Team. Swimmers will learn basic freestyle, backstroke and streamline push-offs.

SPACE AVAILABLE Tue and Thurs 4:00-4:45

MEMBERS \$60/mo. \$12.00/drop-in

NON-Member \$85/mo.