



OJAI VALLEY
ATHLETIC CLUB

April Newsletter



OVAC Dolphin Pre-Swim Team

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GUEST WAIVER REMINDER

As you know, OVAC requires all guests to sign a liability waiver, regardless of how the guest fee is paid. Children under the age of 18 must have their **parent** sign a waiver for them (Grandparents and other relatives cannot sign this waiver). The good news is waivers only have to be signed **once each calendar year**. If you plan to bring in someone under age 18, please have their parent sign the waiver before you come to the club. You can download blank waivers from our website, or you can pick up copies from the front desk. Thanks for helping us with waivers!

CAFÉ OPENS AT 9AM!

In order to meet the needs of our morning exercisers, our Cafe is now open at 9am Monday through Friday. We always offer hard boiled eggs and breakfast burritos plus we're working on a new breakfast menu. In addition to our breakfast items, we offer **Recovery Shakes** starting at 9am. So if you'd like one of our delicious sugar-free Recovery Shakes after your morning class or workout, stop by the Cafe. Coming Attractions: Ask us about our new veggie shakes coming later this month!

April's Member of the Month, Isabella Broida



What Isabella has achieved and continues to achieve is nothing short of a miraculous transformation. Gone is the young lady who had to wear a painful and uncomfortable back brace. Her idea of working out was watching basketball on the couch with her dad. It was previously believed to be impossible to change the curvature of the spine to the degree that she has without manipulation and usually ending with surgery to implant rods in the back. Isabella has become an inspiration and motivator for her whole family and for me too. -

Robert Evans, Personal Trainer

Isabella Broida is a freshman at Nordhoff High School and lived in constant pain. At age five Isabella was diagnosed with Scoliosis, an excessive sideways curvature of the spine. Since her diagnosis Isabella has had three different types of braces. She was only allowed to take the braces off to swim or shower. In the 8th grade her scoliosis had progressed and she was fitted for a new brace, but it was so painful that Isabella refused to wear it.

Isabella attended one of Robert's Yoga classes with her mother and shortly after began taking personal training sessions with Robert. She says that with the exercises that Robert has shown her she can actually feel her spine moving into more correct alignment. With Robert's guidance and encouragement and Isabella's determination and hard work the curvature of her spine has corrected into the normal range. She is now pain free, no longer needs to wear any sort of brace and is excited knowing that nothing can stop her now from following her dreams. Isabella has always been surrounded by role models caring for the sick or injured. Her father is an EMT, her grandmother is a nurse, her brother a firefighter and her mother is a mental health professional. Isabella's big dream is to become an ER Flight Nurse.

After talking with this delightful, confident, intelligent and beautiful young woman, there is no doubt that she will be successful in what ever she chooses to do. But for right now she is for the first time just enjoying being a normal high school girl - dancing, hanging out with her family and friends, playing with her three dogs and her cat, all without pain. Her successes motivate Isabella to continue working out on her own as well as with her trainer, Robert.

Congratulations on your accomplishments, Isabella. OVAC thanks you for sharing your inspiring story.

APRIL IS TIME TO GET IN THE WATER!



NEW! OJAI MASTERS SWIM TEAM T-SHIRTS!

The Ojai Masters are putting together a t-shirt order. The above logo will be printed on the left breast. T-shirts are \$10.00 for short sleeve and \$15.00 for long sleeve. **To order:** Leave your name and size on t-shirt order clipboard by the lap pool, leave a check made out to JO O'CONNEL in the payment box. **ORDERS MUST BE RECEIVED BY APRIL 5.** Questions? Call Elin Cheverez 805-448-0577



OJAI HEAT YOUTH SWIMMERS COMPETE AT SPRING CHAMPIONSHIP

OVAC's Ojai Heat youth swim team took 20 swimmers ages 7-14 to the Channel Island's YMCA Swim League Spring Championship in Goleta. Many Ojai Heat swimmers placed in the top three earning gold, silver and bronze. All of the Ojai Heat relays placed gold, silver, or bronze. Congratulations Swimmers!



8 & under Relay Team Quin Seider, Colley Ochoa, Ela Ruf and Erik Hatelly

Ela Ruf, Erik Hatelly, Colley Ochoa, Jet Ochoa, Blaize Cheverez



DOLPHINS PRE-SWIM TEAM

Dolphins is a stroke development clinic for swimmers who have completed swim lessons and want to continue to develop their stroke and join Junior Swim Team. Swimmers will learn basic freestyle, backstroke and streamline push-offs. Meets Tuesday and Thursday 4:00-4:45 in the Rec Pool. Please see ovac.caclubs.com and click on Aquatics for more information. **As Spring attendance grows, Dolphins will add a 3:15-4:00 session starting in May.**

Reserve your spot now and sign up at the front desk.

Questions? Call Aquatics Director Elin Cheverez 805-448-0577



Spring has sprung and the weather is getting warmer! Don't wait until summer, get a head start on swim lessons now.

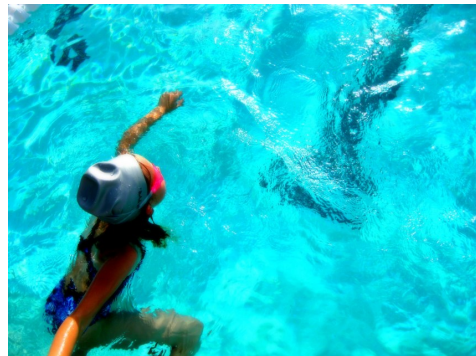
Call or text Meg at 805.421.9572

PARENT & CHILD WITH MEG

- ♦ Water introduction
- ♦ Water safety
- ♦ Water awareness through games and water skills.

Children 3 mo. - 5 years.

Reserve your spot now and sign up at the front desk. Questions? Call Aquatics Director Elin Cheverez 805-448-0577



4 Friday Mornings during May 10:30-11:00

MEMBERS \$ 45/4 weeks \$12.00/drop-in

NON-Member \$50.00/4 weeks



REC POOL SCHEDULE

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
OPEN- 8:30am	LAP Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap swim	Lap Swim
8:30- 9:30am	Aqua Fit	Lap Swim	Aqua Zumba	Lap Swim	Water Splash 8:00-9:00am	Lap swim	Lap swim
9:30am- 4:15pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:00- 4:45pm	Lap Swim	Dolphins Pre-Swim Team	Lap Swim	Dolphins Pre-Swim Team	Lap Swim	Lap Swim	Lap Swim
5:00- Close	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

REC POOL LAP SWIMMING

Many lap swimmers are enjoying the new lanes in the rec pool. The front desk will have the lanes installed upon request for your swim, don't hesitate to ask. ENJOY!

TENNIS NEWS

Well it's that time of the year....The Ojai Tournament! I love this month! USTA Spring season, warmer weather and of course my favorite tournament. If you are looking for great tennis during the Ojai, look no further than OVAC. Qualifier for the open tournament along with the PAC-12 ladies makes OVAC a very busy place! I hope everyone gets a chance to watch some fun tennis this month. We are also bringing back our Club Championship towards the end of the USTA Spring season. Look for posters and sign ups In the near future. Have a great April!

See ya on the courts!

Ryan



BEER AND BRATS

APRIL 19TH

5:00PM

This is always a great time for our tennis members! Come with your racquet and have fun. We provide the Beer and the Brats!

Cost \$15.00 per Tennis Member
 \$25.00 per non tennis member



BALL MACHINE

FREE

TRIAL!!

If you are an OVAC Tennis member and would like to use the ball machine, we are offering a free trial to check it out. It's a great tool to help your game and also gives you a great workout.

Call Ryan at 805-746-5094 to sign up!

THE #1 REASON YOU ARE NOT LOSING WEIGHT

Losing weight is about having a plan. You can't just arrive at the gym and wing it. But unfortunately, winging it is exactly what most people do. Members wander around the fitness center scoping things out and eventually settle on what is most comfortable – seated exercises or the cardio machines. Sometimes a member will grab some weights, but they often end up using the same weight or doing the same exercises week after week, month after month. The results are less than stellar.

This is not the case for participants in the **8-Week Dream Jeans Challenge**. Fast, impressive results are the rule rather than the exception, and winging it is never an option. Everyone in the **Dream Jeans Challenge** trains on a plan that is part of an evidence based training philosophy. The cornerstone of that training philosophy is to build strength. Experts and scientists in the fitness industry have proven time and time again that whether the goal is to lose fat, perform better, or just look and feel great, building strength must be a priority. And the **Dream Jeans Challenge** delivers this in record time.

The **Dream Jeans Challenge** is aimed toward beginning exercisers, but even a gym vet will find it challenging. And best of all, you'll know exactly what to do from the moment you set foot in the gym to the moment you leave. Not only will you be leaner, stronger and more toned, you'll have a lot of fun, stay safe and feel great.

After all, life is about right NOW. It's about you, about family and it is about happiness. Life is about committing to those you care for and showing them you are willing to work hard to provide for them and to be a good example. Live your life with a positive purpose by signing up for the **Dream Jeans Challenge** today. Remember, this is your life, don't waste a moment of it.

The next **DREAM JEANS CHALLENGE** starts in March. Please see below for full details or email me at dwilliams@caclubs.com.

May 6th-June 26th

M & W 6:00-7:00am with Brooke

May 7th-June 27th

Tu & Th 9:45-10:45am with Danielle

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.

*8 more solo workouts designed by a certified personal trainer (2 per week).

*Nutrition program and journal.

*Fitting into your dream jeans.

COST (non-refundable) Reserve your spot with an email to dwilliams@caclubs.com.

\$198.50 billed May + \$198.50 billed June for members and \$417 pre-pay for non-members.

MEET ERIC LEIJA

Hello members and friends, my name is Eric Leija, I'm a personal trainer and spinning instructor here at the Ojai Valley Athletic Club. I'm here to share my knowledge, skills, and abilities as a trainer to anybody that wants to improve their fitness. I have personally lost 70 lbs, have my B.S. degree in Kinesiology, have professional experience of over 10 years in the health & fitness industry, and am primed to help others make fitness a part of their lifestyle.

I feel the best I've ever felt in my life. I'm eating healthy, exercising daily, have a positive mindset, and continue to get better each and every day. I'm not perfect, but I'm better than I was yesterday. I practice, study and continue to learn as I strive to be the best I can be as a trainer and athlete.

My philosophy as a trainer... You don't have to be the best, but you can always train to be better, strive to reach your potential, and give 100% effort.

I've worked with children as young as 1st grade, and adults well into their golden years. My ideal client is someone that wants to better themselves, NO matter what their age, gender or fitness level.

Please allow me to share my knowledge and passion with a complimentary one-on-one personal training session, as well as a complimentary small group training session. I can be reached at 805-216-4331 to schedule appointments. Thank you and I look forward to seeing you at the Club!



YOGA ETIQUETTE

∞ No fragrances

Don't wear perfume or other fragrances when coming to class. These scents can cause your fellow students to have an allergic reaction, or just make it hard for them to breathe.

∞ Turn off your phone

Or better yet just leave it in the car.

∞ If you're sick, stay home

We want you to get better! And your fellow students like you... but going home with your cold, not so much.

∞ Use your inside voice

While you're waiting for your class to begin, it is the quietest part of the preceding class. Please keep your voice down.

∞ Shoes off

Take your shoes off before entering the studio. This helps keep the floor clean for everyone.

∞ Arrive on time

Give yourself time to park and arrive a few minutes before the scheduled time of your class. You'll enjoy your class more if you don't arrive stressed from rushing.

∞ If you arrive late

If you must arrive late, enter the studio as quietly as possible. If the class is in meditation, just set your stuff down and join the meditation. Only when meditation is over should you go ahead and set yourself up. Practice being quiet and unobtrusive.

∞ If you need to leave early

Position yourself near an exit, and let your teacher know ahead of time.

∞ Share your space

If your class is getting crowded, first congratulate yourself for being cool, and then make room for your fellow yogis!

∞ Let the next class in

There never seems to be enough time between classes. As you are finishing class, please be aware that there might be another class entering the studio. Socializing after yoga is great – but do it in the lobby, lounge or at the café.

∞ Respect the props

Props are provided for your use during class. Return them neatly when done. If you doubled your mat, please re-roll them each one at a time. Fold blankets into eighths and stack neatly.

∞ Be kind

Everybody screws up at some point, so don't get too annoyed if a fellow student is not following proper yoga etiquette! Chances are that eventually that ringing cell phone in savasana will be yours.

SIX REASONS TO DITCH AEROBIC WORK

By Danielle Williams, NASM-CPT, CES, PES

As a Personal Trainer for over 9 years, I've had a chance to see many members workout here at OVAC. The amazing thing is a lot of these people continue to look the same or they are actually look worse aesthetically. This is especially true for the cardio machine addicts doing continuous aerobic work.

What's sad is that I know they feel like they are doing everything necessary to get the result they are looking for. If you were to ask them what results they would like to get out of their workout, the number 1 answer is "losing weight or getting thinner."

When I ask members who are frustrated with their results about the type of workouts they're doing, the answer is invariably, 30 – 60 minutes of continuous aerobic work 3 to 5 times per week.

As a Personal Trainer and weight loss expert, I know that this is not a good approach to take when seeking improving results over time. World renowned strength guru Charles Poliquin has identified 6 reasons why aerobic training is counterproductive to fat loss:

- 1. Continuous aerobic work plateaus after 8 weeks of training so anything more is counterproductive.** This is quite an "eye opener" for most people who immediately recognize that they may have been wasting their time for such an extended period.
- 2. Aerobic training worsens power locally and systemically – in other words, it can make you slower.** If you are hoping to improve your speed or jumping ability, this is the last thing you want from a cardiovascular training program. Coach Poliquin adds that "the more lower body aerobic work you do, the more your vertical jump worsens. The more upper body aerobic work you do, the more your medicine ball throws worsen."
- 3. Aerobic training increases oxidative stress which can accelerate aging.** According to Endocrinologist Dr. Diana Schwarzbein (author of *The Schwarzbein Principle II*) "oxidation" is a process that forms free radicals in the body. Normally the body can neutralize free radicals with substances known as antioxidants. It is only when there is an excessive build-up of free radicals that the body cannot neutralize all of the free radicals. This leads to changes to your metabolism which can accelerate aging.
- 4. Aerobic training increases adrenal stress which can make you fatter and produce other undesirable health consequences** According to Dr. James Wilson (author of *Adrenal Fatigue – The 21st Century Stress Syndrome*), "normally functioning adrenal glands secrete minute, yet precise and balanced, amounts of steroid hormones". When one does too much continuous aerobic exercise, the adrenal glands are stressed in a way that can upset this delicate balance which could lead to adrenal fatigue. Adrenal fatigue is associated with such symptoms as: tiredness, fearfulness, allergies, frequent influenza, arthritis, anxiety, depression, reduced memory, and difficulties in concentrating, insomnia, feeling worn-out, and most importantly- with respect to this article - the inability to lose weight after extensive efforts."
- 5. Aerobic training increases body fat in stressed individuals by contributing additional stress.** If you are already going through a lot of stress in your life then adding more "stress" by doing too much continuous aerobic work will actually add more body fat thus making it hard to reach a weight-loss/body fat goal.
- 6. Aerobic training worsens the testosterone to cortisol ratio which impedes your ability to add fat burning lean muscle.** When the testosterone/cortisol ratio is lowered your ability to add lean muscle tissue, which helps to increase caloric expenditure, is again hampered making weight loss much more difficult. Coach Poliquin notes that "continuous aerobic work is basically exercise induced castration."

So what's the answer for training the cardiovascular system? OVAC's small group training sessions are a great way to improve both aerobic and anaerobic fitness. It is more effective and, best of all, caloric expenditure is increased for 24-48 hours post workout. Sessions are geared for all fitness levels, so why not try a free session? Times and instructors can be found in the Group Fitness Schedule or you can contact me for more information at 818-219-4835.

Source: Keith Alpert