

Club News—Fall/Winter 2012/13



The Weight Loss Club—Professional Guidance for Your Perfect Body

The Weight Loss Club has simple concepts: structure, accountability and guidance. For \$49 a month, Weight Loss Club members burn calories and tone muscles four times a week. They also set goals and practice healthy eating habits. Best of all, there is no need to diet. Members can attend Tuesdays and Thursdays between 1 and 3 p.m., and Saturdays and Sundays between noon and 6 p.m. Tuesday and Thursday sessions offer ongoing professional support.

You don't need to be a VS&F member to be part of the Weight Loss Club but VS&F members can participate for only \$9.95 a month. Call to learn more about this exciting new approach to finding your perfect body.

A New Way to Think About Weight Loss—Add, Don't Subtract

What do we mean by this? Add exercise. Add fruits and vegetables. Add more water. Add whole grains. Add a good breakfast. Eat so you are never too hungry. If you make additions like these you will naturally make better choices about your nutrition all day,

continued on pg. 2

Some of Our Success Stories



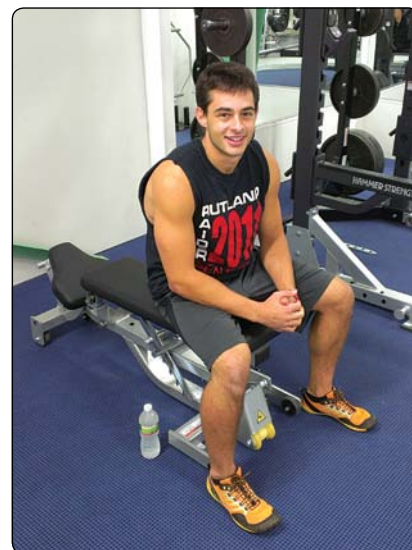
Julie Carp—Lost 45 lbs and Learning Tennis

Julie Carp was very active until she started law school but when studies became the priority she gained 70 pounds before she knew it.

By controlling her portions, Julie lost 20 pounds last year and then joined VS&F so she could keep losing and add some muscle. Since becoming a member she has lost another 45 pounds. Working with one of our personal trainers and also on her own, Julie is adding the muscle she wants.

In April, Julie enrolled in Play Tennis Vermont, our beginner and re-starter tennis program. It was love at first strike. "I just love to hit the ball," she said. "My job (at Vermont Legal Aid) is demanding. The tennis relaxes me. When I'm playing I don't think of anything else." Julie also likes the

idea of learning something new, especially new tennis skills. Next on her list is improving the quality of what she eats. "I still eat too much junk food," she said.



Anthony Prozzo—On a Mission

Anthony Prozzo is a thoughtful young man who smiles easily. He's only 19 but he has a clear goal and purpose for his exercise at VS&F. His objective is to become a member of one of the Army's elite combat forces. To reach it he needs the highest level of fitness. He says he's ready after nine months of intense workouts. He leaves in November to begin his military career. Good luck, Anthony. We know you will represent our country well.

more success stories on pg. 2

A New Way to Think About Weight Loss, Continued:

reduce consumption of less healthy foods and lose weight naturally. You may never need to utter the dreaded “D” word again.

Exercise Fights Fatigue—Even for Chronic Fatigue Syndrome

If you are feeling tired, exercise may be better than a nap. A recent review of 70 different studies that quantified the effects of exercise on fatigue showed very consistent findings. In 90% of the studies exercise reduced fatigue compared to non-exercisers and also compared to those using stimulants, including medicines prescribed by a physician. Nearly every

“In 90% of the studies exercise reduced fatigue compared to non-exercisers and also compared to those using stimulants.”

group studied, including those with diabetes and heart disease, showed a benefit from exercise.

Chronic Fatigue Syndrome (CFS) makes exercise especially difficult. Sufferers are generally inactive and undergo significant deconditioning that leads to even more fatigue. CFS sufferers should start exercise very slowly and maintain modest goals. The first objective is to prevent more deconditioning. Progression of exercise should focus primarily on increasing the duration of low and moderate intensity activities in preference to increasing intensity.

Despite these limitations and the fact that progress may be slow, appropriate exercise can have a significant impact on the physical abilities and quality of life of people with CFS.

Learn more about exercise and CFS at www.vsandf.com.

More Member Successes



Jen Picard—Sometimes the Late Blooms are the Best

Jen has had her ups and downs over her first 28 years, with her weight and life in general. She was a high school athlete (track and swimming) but has moved forward inconsistently since high school. Part of what has been in her way was a predilection to help others (to save others?) when she needed to strengthen herself. She sees that now and is focused on her own personal growth.

Jen joined in early 2011 and has been exercising regularly at VS&F since that time. Other healthy choices were more of a struggle, but she has stayed the course and now is making real progress. Over the past 6 months she has lost 20 pounds and she says she has learned to say no to beckoning fast food restaurants and other unhealthy choices.

The most important point that Jen wanted to get across about her efforts at VS&F was this: “It’s a challenge.

You don’t gain or lose 20 pounds overnight and you’ve got to keep at it.”

Jen is dealing with her challenges every day and we are starting to see her bloom.



Beth and Bart Eaton, Members of the Midday Exercise Club

“We’ve disciplined ourselves to exercise,” Bart Eaton said and his wife Beth agreed. The Eatons joined in April and both are feeling a real difference. Bart, age 69, has lost 10 pounds and Beth, age 70, has lost 7. “It’s a miracle,” she said. “I don’t lose weight easily at all—and my clothes fit better.” Having specific times to come in (one of the features of the Midday Exercise Club) seems to help a lot and so does the supportive atmosphere. “It’s encouraging, not regimented,” said Beth.

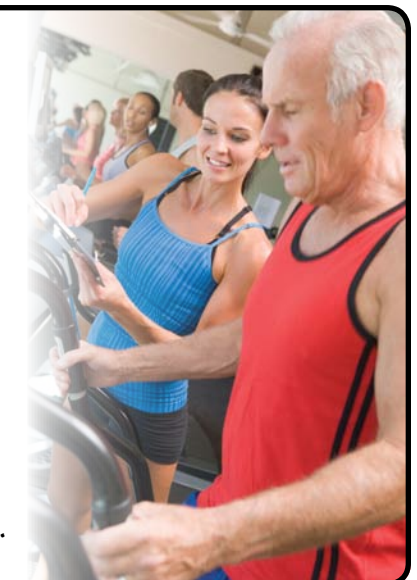
Like many of our Midday Exercise Club members, the Eaton’s seem like they are getting younger, not older—and that’s what we like to see.

Mid-Day Exercise Club

Moderate Guided Exercise

Especially for people with health or strength challenges.

Mon, Wed, Fri 1–3 • \$39 a Month
Call or see front desk to learn more.





Exercise Order & Post-Exercise Calorie Burn

Excess post-exercise oxygen consumption (EPOC) is of increasing interest to exercisers and fitness professionals. A 2011 study tested whether it was better to do weight lifting or aerobic exercise first to maximize EPOC. In their research, exercisers burned the same number of extra calories no matter which they did first. Therefore, the best advice remains unchanged: Do the one that's most important to you first.

The number of calories burned after exercise depends on several factors

and experts appear to differ about how many calories and how long they are burned. There is agreement, however, that the most important factor is exercise intensity. The more intense your exercise, the greater your EPOC. Until more precise information is available, you might estimate 40 to 120 post-exercise calories after a one-hour workout.

Still, don't get carried away with your intensity. Injury is no fun and it can bring your fitness activity to a standstill.

Use the VS&F Track to Circuit Train

Circuit training is a form of exercise that combines strength training and aerobics with little or no rest between exercises, with the goal of keeping heart rate elevated. The VS&F downstairs weight room is an excellent place to circuit train using the small track to briskly walk or jog a lap or two between strength training activities. The simple act of walking rather than sitting between strength training sets will add 30 to 50% to your calories burned and also increase your EPOC (see article on this page).

Tennis Tip—Consistency vs Power And the Role of Placement

First, the physical factors to consider: If you are big and strong or blessed with explosive fast-twitch muscles, a power game may be best for you. If you have muscles better suited for endurance and steady strength, placement and consistency may be your best game.

But there is a mental side, too. What if your personality is aggressive but your body is built for endurance and consistency? Or you are strong and explosive but you long to express the artistic and tactical aspects of tennis?

Finding the style that is best for you requires consideration of your mental and physical characteristics with some need for finding your own personal balance between aggressive and steady styles.

Another factor to consider: Unless you can hit extremely hard, good placement is harder to play against than hard shots. A medium-hard ball

that is not well placed is the easiest ball for most opponents. Whatever your style, good placement is the key to becoming a better player. So, even if power is your game, don't hit harder than you can control.



Like us on Facebook

The Weight Loss Club At Vermont Sport & Fitness

Exercise up to four times a week with a detailed plan for every visit. Set goals and measure results for healthy eating and exercise.

Only \$49 a Month

(\$9.95 for current members)

Call (802) 775-9916 to learn more.



Sat & Sun
Noon-6 pm
Tues & Thurs
1-3:00 pm

Quickstart Junior Tennis



October 19th – Dec 14th

(No Nov 23rd) (8 Weeks)

January 4th – Feb 8th (6 weeks)

Feb 15th – March 22nd (6 weeks)

Fridays 4:00–5:00 pm

\$80 for 8 Weeks, \$60 for 6 Weeks

\$14 Drop in. Ages 5 to 14.

*New Class Launching
January, 2013:*

Group Active— For All Ages and Fitness Levels

Group Active is part of an international program that creates world class group fitness protocols. Instructors are trained, approved and certified, and they regularly receive new releases to keep classes fresh and members coming back.

Group Active incorporates cardio, strength, balance, and flexibility. The environment is supportive, the music is motivating, and the instructors are caring. What else could you need? And for those who have missed

it, step aerobics is back! Step is the *Group Active* cardio component.

Sneak preview classes will be available in November and December with a full *Group Active* launch scheduled for the beginning of the new year. See a *Group Active* video at vsandf.com.

New Fitness Equipment Adds Variety/Convenience

We've added a lot this fall: new treadmills, a recumbent bike, a functional trainer, a half-rack for free weight users, and TRX. TRX is total body resistance exercise and offers a new way to strength train. Go to vsandf.com to see a TRX group training session.

Fall/Winter Memberships

\$66* a month
with **ZERO** initiation

OR **\$56*** a month
with a **\$70** initiation

*Special rates for families
and qualified students.*

*prorated first month, last month,
tax, and \$5 registration due on joining

ActivTrax
Personalized workouts
for every session.

All Classes Included with Membership

Schedules subject to change. Go to vsandf.com for up-to-the-minute availability.

Classes held upstairs unless the Body-Mind Room is indicated. Please sign up for starred (*) classes in advance.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 a.m.		 SPINNING Laurie *		 SPINNING Laurie *		 SPINNING (8:15 a.m.) Jen *
9:15 a.m.	 GROUP POWER (9:00 a.m.) Julie *	 SPINNING Cara *	 GROUP POWER (9:00 a.m.) Jen *	 SPINNING Cara *	 ZUMBA Peg	 GROUP POWER (9:30 a.m.) Jen *
10:15 a.m.	 ZUMBA Jess	Flow Yoga Jess (body-mind room)	Gentle Pilates* Jess	Integrative Yoga Stephanie (body-mind room)	Flow Yoga Jody (body-mind room)	Karate (10:15 a.m.) Jim (body-mind room)
11:15 a.m.	Strength Training 101 Melissa Crossman		Strength Training 101 Melissa Crossman		Strength Training 101 Chrissy	
4:30 p.m.	Strength Training 101 Chrissy	Pilates* Jess	 ZUMBA GOLD Peg	Pilates* Jess	Strength Training 101 Chrissy	
5:30 p.m.	 ZUMBA Melissa Cox	 GROUP POWER Sam *	Gentle Yoga Jess (body-mind room)	 SPINNING Melissa Crossman *	 GROUP POWER Sam *	 ZUMBA Melissa Cox
evening	6:30 p.m. Karate Jim (body-mind room)	6:30 p.m.  ZUMBA Jess		6:30 p.m. Karate Jim (body-mind room)		All Classes Free for Members \$14 for Non-Members

Go to vsandf.com for class descriptions and current schedule.