



Harvard Psychiatrist: “Exercise is the single best thing you can do for your brain.”

Renowned Psychiatrist and author of the book, *Spark: The Revolutionary New Science of Exercise and the Brain*, John J. Ratey, MD, wrote the above line in 2008. Since then studies confirm that exercise reduces the detrimental effects of stress, lifts depression, improves learning, builds self-esteem and makes people happier. To learn more about exercise and the functions of the brain, search the web for “effects of exercise on the brain, scholarly articles.” You can also go to vsandf.com for a link to a 2013 U.S. News & World Report article about this subject.

**Former Members:
See back page.**

Nervous About Going to a Gym?

If you are inexperienced, a little anxiety about getting started at a fitness center is understandable. You don't know what to expect or what the people will be like. Here's our advice about what to do: “Take a deep breath and come on in.” It's our job, not yours, to help you feel comfort-

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Four of Our Successful Members

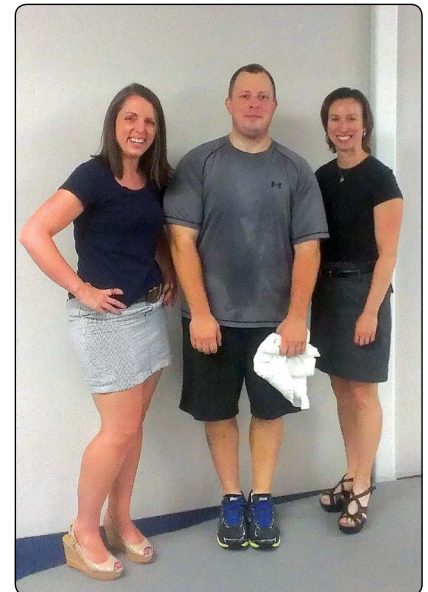


Angela Marechaux—Down Two Dress Sizes, With Muscle

“If I'd give any advice it would be this: don't give up.” Like others, Angela has struggled with her weight and body image. She came to VS&F three years ago but early progress was slow. She did not believe she could have the body she dreamed of. Angela found her inspiration from a VS&F friend who had similar issues but changed her lifestyle and achieved her goals. Angela reset her own goals, and with increased motivation began to make the progress she sought. She's down two dress sizes, her muscles are toned and we see her smiling most of the time. She looks fabulous and she, too, has changed her lifestyle.

Josh Notte—Lost 100 Pounds

When 37-year-old Josh Notte does something, he does it with care. When he decided to lose weight in March, 2012, he focused on nutrition and exercise, recording both aspects carefully. Josh's first inclination was to lift weights, but when he added cardio exercise he really began to lose—100 pounds as of July, 2013.



Josh Notte with staff members
Samantha Loso and Julie Lukaskiewicz

“It's easy to come (to VS&F), everyone is friendly,” Josh said when we talked in late July. “Exercise is part of my life now. It was hard to fit into my schedule at first. Now it is my schedule.”

more successful members on pg. 2

Nervous About Going to the Gym? Continued:

able and to create an environment that is relaxing, enjoyable and motivating. The secret of your success will be showing up. We can help with the rest.

A Few Words About Weight Maintenance

It's challenging. It requires almost as much calorie control as weight loss (just a 150–300 calorie a day net increase.) It requires commitment to a new lifestyle, not a return to your old ways.

Most people who lose more than 10 or 15% of their body weight and succeed in keeping the weight off make regular exercise a key part of their new lifestyle. We want all of our weight losers to have this long-term success.

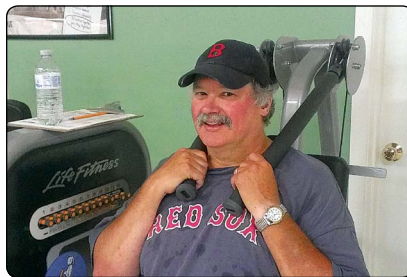
Ask at the front desk for material about weight maintenance after significant weight-loss.

Importance of Breathing When Lifting Weights

Holding your breath during heavy exertion is common but it can be dangerous. This behavior, called the Valsalva maneuver, involves forcibly exhaling against a closed glottis (the entrance to your throat) which increases pressure in your chest. This causes your blood pressure to rise, sometimes to extremely high levels. Such high levels can cause dizziness or fainting, especially when standing. More seriously, they can cause cerebral or retinal hemorrhage.

Many trainers recommend exhaling as you push the weight against gravity but modern research suggests that, as far as blood pressure is concerned, it doesn't matter when you exhale as long as you don't hold your breath—even for a moment.

More of Our Successful Members



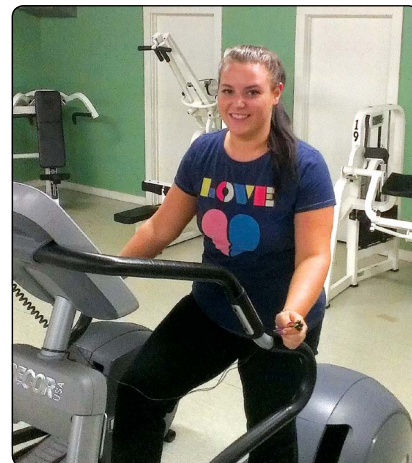
Nelson Gee—Lost 56 Pounds

Nelson is a man who stays the course. After a 37-year career at General Electric he took early retirement. Soon after, at a weight of 344 pounds, he joined VS&F. Nelson gradually lost some weight and improved his overall fitness and energy, but skimped on his cardio and did not make nutritional changes. In March of 2013 he had a mild heart attack (it might have been worse if he hadn't been exercising) that scared him into a well-rounded program with good nutrition and regular cardio exercise. He's lost over 50 pounds, improved his blood pressure, and reduced his diabetes medication. Good work, Nelson!

Miranda Stoutes—New Year's Resolution Pays Off

Miranda, age 21, decided on January 1 that this would be the year she would be successful. She succeeded

in spades. Miranda has lost 89 pounds and looks and feels superb. She's changed her lifestyle, controls her portions and tries to exercise at least



three times a week. "I've worked so hard to lose (the weight). I'm very proud. I know I can accomplish things and that I'm worthy of good things happening to me. I know now I have it in me to achieve the things that matter to me."

The next step for Miranda (and for all our successful weight losers) is to find an even keel where she can maintain her new weight and her healthy lifestyle. This will require discipline of eating and exercise as her body gets used to its new weight.

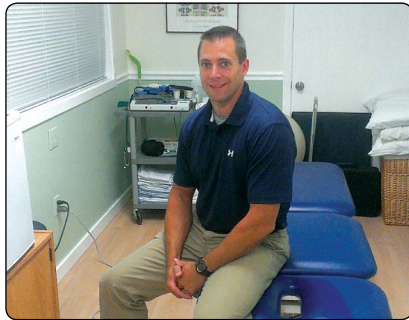
Mid-Day Exercise Club

Moderate guided exercise for people with health or strength challenges.

**Now Available
Five Times a Week**

Mon, Wed, Fri 1–3
Tues & Thurs 11:15–Noon
\$39 a Month





Physical Therapist At VS&F, Offers Free Screenings for Members

Physical therapist Scott Tommola has relocated his practice to offices at Vermont Sport & Fitness Club. Scott accepts most insurances and also offers personal training (not covered by insurance) with a special interest in working with athletes and people with complex physical issues. He offers complementary injury screening for VS&F members.

Tennis Tip—Breathing to Reach Your Peak

Improving tennis technique can be challenging. So can improving tennis fitness and on-court poise. Improving on-court breathing, on the other hand, is easy. And it pays huge dividends by creating optimal muscle relaxation and clearing the mind. Despite these facts, it is hard to get players to work on their breathing.

The reason might be that it's just too easy. Something that simple can't be worth much, can it? Well, Freddy, it can. Good breathing will make your tennis feel much easier, your performance will be smoother, your game will add grace, and you'll have more on-court energy, too. You'll win more points without excessive effort. Here are some on-court breathing guidelines.

Yoga & Bodywork—Better Than Ever at VS&F

Three great instructors, Jess Lucas, Jody Keefe and Stephanie Jones offer high level yoga, each with their own personal touch. They all love beginners but can challenge advanced practitioners, too.

A fall workshop series that includes massage (Jodi), Thai bodywork (Jess), and yoga (all three) starts October 4th. Sessions will help practitioners improve posture, reduce pain, and add grace and strength. Details about each session can be found at vsandf.com.

Private sessions to improve posture and reduce chronic pain are also available. Modalities include massage, Thai bodywork and fascia release through yoga.

Groundstrokes: exhale smoothly as your swing approaches the ball and continue to exhale through a full finish of your stroke.

Volleys: since you have less time, start to exhale just after opponent's contact and exhale through your contact point.

Serves: start to exhale as you get to the trophy position and exhale through your follow through.

Return of Serve: start to exhale as your opponent contacts the ball and exhale through your contact point.

Experiment with these guidelines whenever you can and try to make well-timed breathing automatic. Good breathing may help your game more than a series of technical lessons.

Cardio Yoga for Heart and Mind

Finally, a group activity that offers a butt kicking cardio workout plus the breath and awareness work of traditional yoga. This class, created by Jess Lucas, is truly a mind *and* body workout and it's something new, so tell us what you think.

Learn to Play Tennis!

Beginners, Intermediates & Re-starters; Ages 14 – Adult

\$59 Members, \$69 Non-members
First series is free for members!

For scheduling call
tennis pro Dan Doenges
at (802) 775-9916.



Quickstart Junior Tennis

October 25th – Dec 20th (8 Weeks)

January 3rd – Feb 7th (6 weeks)

Feb 14th – March 21st (6 weeks)

Fridays 4:00–5:00 pm

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

\$14 Drop in. Ages 5 to 14.

Former Members Save \$70 through October 15, 2013

Adult former members pay no initiation fee and receive our lowest monthly rate.

Call (802) 775-9916
to learn more.



Save even more by joining for a year.

Midday Exercise Club Now Five Days a Week

For those needing guided, moderate exercise, the Midday Exercise Club is now available every weekday. Mondays, Wednesdays, and Fridays between 1:00 and 3:00 p.m. are available for personalized, supervised, exercise. Tuesdays and Thursdays between 11:15 a.m. and Noon, Midday Clubbers can attend a moderately paced group activity, designed around their needs.

Members can attend once or twice a week or as many days as they like. Exercises are designed for de-conditioned adults, adults with chronic health issues, adults looking for social interaction, beginners looking for help getting started, and those wanting a light exercise program. Professional

guidance is always available. Midday Exercise Club costs are low—almost 40% below our regular dues.

Former VS&F Members Get Special Offer

We enjoy seeing former members return to VS&F. Often they have continued to be active and they look and feel terrific. Sometimes they haven't stayed in shape and have paid a price for their inactivity. Either way we are glad to see them and ready to be of help.

Through October 15th, 2013 adult former members pay no initiation fee and receive our lowest monthly rate, a savings of \$70 or more. They can save even more by joining for a year.

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



All Classes Included with Membership

Effective October 10, 2013. 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	Sat/Sun
6:15 a.m.		Laurie *	(6:00 a.m.) Samantha *	Laurie *		Saturday (8:15 a.m.) Jen *
9:15 a.m.	(9:00 a.m.) Julie *	Cara *	(9:00 a.m.) Jen *	Cara *	Peg	(9:30 a.m.) Jen *
10:15 a.m.	Cardio Yoga 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.		Moderate Guided Strength Training Melissa Crossman		Moderate Guided Strength Training Chrissy		
4:30 p.m.	Sandy *	Pilates Jess	Peg	Pilates Jess	Melissa Cox *	
5:30 p.m.	Melissa Cox	Samantha *	Gentle Yoga Jess (body-mind room)	Melissa Crossman *	Samantha *	Sunday (9:15 a.m.) Samantha *
evening	6:30 p.m. Karate Jim (body-mind room)	6:30 p.m. 		6:30 p.m. Karate Jim (body-mind room)		

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