

Club News

Accounting Firm, Siliski & Buzzell, P.C., in Member Spotlight

Since 1995, the accounting firm, Siliski & Buzzell, P.C. has offered membership privileges to their employees. Siliski & Buzzell employees (as well as the company's president and vice president) have varied fitness goals and different interests. They have included athletes and beginners, fit and de-conditioned; and younger and older. Despite their differences, a high percentage have found programs that work for them.

"Over time more and more of our employees use (the club)," according to company president, Bob Buzzell. "It helps our energy and everyone seems to feel better



Anthony Baccei, Russell North, Lisa Adamsen, Christine Messer, Susan Notte, Jacquie Czachor, and Robert Buzzell, Jr.

about themselves." Vice President Russell North also said the club helped with energy and added, "it helps with stress, especially in tax

season." Both Bob and Russ are athletic although Russ had gone 20 years without much exercise while building a family and professional career. Russ began using VS&F soon after he joined Siliski & Buzzell, because it was a benefit and because Bob and many other employees were using the club. It has done him a world of good.

Congratulations to Bob and Russ for their leadership in investing in the health and well-being of their employees. It has been a win-win-win decision for Siliski & Buzzell employees, for VS&F, and for Russ and Bob themselves.

Guide Children to Healthy Choices

According to the American College of Sports Medicine (Health & Fitness Journal, July/Aug, 2006) more children are becoming overweight and obese which has led to an alarming increase in children's chronic diseases. Two important ACSM recommendations for parents were these:

Encourage regular physical activity with words and deeds. Children spend an average of 5.5 hours a day in sedentary activity, mostly TV and computers. Parents are advised to help children replace some of these hours with physical activity. Options include school or community-based sports programs like soccer or baseball, and individual activities like bicycling, skateboarding or dance. The key is to find activities that your children enjoy. Parents are also advised to be active themselves. Active parents

are more likely to have active kids.

Discourage sedentary behaviors and poor food choices. Children need help with making healthy choices, including access to healthy foods and education about healthy versus unhealthy eating. Engaging young children in shopping, meal planning and healthy cooking techniques are recommended ways to teach good habits.



VERMONT
Sport & Fitness
Club

40 Curtis Avenue, Rutland, VT 05701
802-775-9916

RAP Coalition Keeps Working For Kids



Marge Bloomer, Johnni Galbicsek, and Jessica Hellyer at VS&F.

The Rutland Area Prevention Coalition helps youngsters find safe and healthy paths to growing up in Rutland County. VS&F helps with these efforts in small ways and we have received one of RAP's 2006 "Wind Beneath Our Wings" awards. Thanks for this award and thanks for all you do in our community.

*Success means different things to different people.
Here are a few of our members' recent achievements.*

Steve Spalding

Age 50,

Customer Service Associate



Lost 30 lbs.
since September, 2005.

Comment: "I feel good."

Chris Lee

Store Manager



Lost 80 lbs, 40 since joining VS&F;
gained strength and confidence

Comment: "My goal was to pass
the physical to become a police officer.
I passed it May 1st."

Kurt and Debbie Krupnik

Ages 39 and 40,

Physician and Nurse Practitioner



Completed the Vermont City
Marathon together this May,
Debbie's first marathon.

Comment: "I set the goal to run a
marathon with Kurt for my 40th
birthday—and I did it," said Debbie.

Getting Fit Can Be Easier Than You Think

Common sense can often be our best tool, but not always. Here are some ideas that may not seem intuitive but might help.

Don't skip breakfast or lunch to have a big dinner—you won't be able to make good decisions when you do eat and you'll slow your metabolism. A healthy breakfast and lunch will give you the best chance to eat a moderate dinner and achieve the healthy weight you want.

Don't exercise specifically so you can eat that piece of pie. You should not feel you must pay a penance for eating. Keeping track of exercise calories so you can eat extra food can create an unhealthy relationship with exercise, with food or both. Best to eat a healthy diet but allow flexibility, *and* to engage in healthy exercise (also flexibly), valuing each for its own sake.

Many dieters eat too little! This slows metabolism, sometimes so much that weight loss is impossible. Also, a diet too rigorous may cause you to lose muscle while reserving fat. It is important to eat enough for

health, strength and an active metabolism. Metabolic testing, available at VS&F, is one way to determine how much is too little.

When trying to shape, tone and define muscles it's easy to do too much. Over-training slows muscle development and when paired with eating too little, slows metabolism.

Professionally designed programs teach the best ways to achieve your goals. At VS&F we help people to find the ways that will work for them with nutrition and personal training consultations, with metabolic and VO2 testing, and with ActivTrax.



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Brazilian Jiu Jitsu Offered

Instructor Craig Willey is offering Brazilian Jiu Jitsu and Women's self-defense classes at VS&F. Participants train at their own intensity level so all levels are welcome. On the physical side, training increases strength, flexibility and balance. On the mental side, participants gain self-confidence, resiliency and courage. Six-week sessions are \$29 for members and \$59 for non-members. The next Jiu Jitsu class starts Wednesday, September 20 at 7 p.m.

Nutrition Workshop To Encourage Healthy Relationship with Food, Exercise

VS&F is offering a free two-session program designed to help participants better understand their own relationships with food and exercise and learn techniques to improve these relationships. Program dates are October 10 and 17 from 7:00 to 8:15 p.m. VS&F Fitness Director Helen Strom-Olsen will lead the workshop.

Tennis

Tennis Tip— Building New Skills

It can seem difficult for experienced tennis players to change habits they've had for years. When competition starts most players go on automatic pilot and the same old patterns recur. When players try to change their game while trying to win, performance sometimes gets worse rather than better. But with professional guidance, change is not so hard. For those who want to change something about their game, here are some tips on how to succeed.

First, the time to work on new skills is as far as possible from your competitive season, when winning is least important.

Second, don't spend all your time competing. Your game will improve most if, about half the time, you find

partners to practice with, without playing games. Your tennis pro can give you fun, active drills designed with your needs in mind.

Third, take some individual or group lessons from a qualified pro far from your competitive season. A good pro will understand the changes you can reasonably make within the time you have available to practice.

Finally, remember the more you put into learning, the more fun and exercise your tennis will become.

2006 USTA League Tennis Participants

Sandy Abatiell	Paul Fielder	Lorraine Kimble	Linda Senesky
Lori Abelman	Dan Foley	Sibyl Kirby	Carolyn Shattuck
Laurie Arnado	Lorilee Foley	Blanche Lenser	Ted Shattuck
Evelyn Belden	Johnni Galbicsek	Eric Lenser	James Sheren
Lenore Bianchi	Anne Gallivan	John Lenser	Andy Shinn
Suana Bicek	Barbara Ghia	Matt Levandowski	Peggy Shinn
Rick Bjorn	Sue Gibault	Julie Louras	Sue Shouldice
Tom Boswell	Sandy Gonzalez	Carol Macaluso	Carolyn Sloane
Lynn Boynton	Betsy Gray	John MacHardy	Alicia Smith
Taina Boynton	Peter Gray	Kim Matheson-Shedrick	Jim Smith
Mireille Brettell	Inge Guggenberger	Sheila McCullough	Kent Smith
Sandy Brutkoski	Pepe Guggenberger	Katie Meisinger	Megan Smith
Wayne Carlson	Joan Gustafson	Celeste Michel	Caroline Spiridakis
Jayson Casavant	Noha Hajj	Cheryl Miller	Tony Spiridakis
Maureen Casella	Mark Harmon	Jim Montoro	Brett Stickney
Meghan Charlebois	Caroline Hill	Gail Moore	Susan Stoutes
Sybil Cioffi	Lew Hoffman	Roy Morgan	Autumn Sullivan
Mary Cohen	Colleen Holigan	John Newman	Hathi Sullivan
Marty Coulter	Sandy Hotchkiss	Michelle Opsahl	Margie Sullivan
Gale Courcelle	Dave Hotter	Dale Pfeifenberger	Scot Sullivan
Sarah DeCandio	Hans Huessy	Betty Phelps	Aricia Symes-Elmer
Kathy Domenicucci	Barry Isaacs	Louise Phelps	Maria Trumpler
Andrew Donovan	Laura Johnson	Doris Reiser	Bettina Tuttle
Harold Doolittle	Bob Johnson	Chris Reynolds	Jackie Vero
Mike Elmer	Tim Jones	John Riter	Deb Weaver
Marie-France Eloi	Normandie Keller	Ann Robertello	Howard Weaver
Jack Facey	Patrick Keller	Jeff Rosen	Dawn White
Sandy Farbman	Kristen Kenosh	Jill Russo	Kate Wyslomerski

Adult Tennis Programs

Tennis 1, 2, 3 (for beginners and re-starters)
And 4, 5, 6 (for advanced beginners and re-starters)

First Session: September 8–29, Fridays, 4–5:30 pm.
Second Session: December 1–22, Fridays, 4–5:30 pm.
Third Session: February 16 – March 9, Fridays, 4–5:30 pm.

Junior Tennis Programs

First Session: October 6 – November 10, Fridays, 4–5 pm.
Second Session: January 5 – February 9, Fridays, 4–5 pm.
Third Session: March 23 – April 27, Fridays, 4–5 pm.

Adult Tennis Leagues

Fall: September 18 – January 15. *To save money, register by Sept. 8.*
Winter/Spring: January 16 – May 7. *To save money, register by Jan. 10.*

Early registration recommended for all programs. Call (802) 775-9916.

Call us at (802) 775-9916

or visit online @ www.vermontsportandfitness.com

New Circuit Arrives in October

VS&F has just purchased a fitness circuit that we think represents the world's best. The equipment is the new Cybex line, called Eagle, and offers surprising improvements. Easy to use, with simple to follow directions, this equipment makes a difference in your body, quickly. The Cybex circuit can be used alone or as part of an ActivTrax program. Either way you will get results in as little as thirty minutes, two or three times a week.

ActivTrax.com

Hold your interest—bust through plateaus.
Free with most memberships.

Complimentary

New Member Fitness Orientations

Cardiovascular Training:

Saturdays 9:00 am & Wednesdays 5:30 pm.

Strength Training: Sat 9:45 am, Thurs 5:30 pm, Tues 5:30 pm.

Nutrition consultation by appointment.

Fall Memberships

NO Long-Term Commitment

\$62* a month with **ZERO** initiation **OR** **\$52*** a month with a **\$69** initiation

Special rates for families and qualified students.

All classes FREE

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

Body-Mind Class Schedule

Gentle Yoga
Tuesdays—5:30 pm

Fitness Yoga
Wednesdays—5:30 pm

Flow Yoga
Thursdays—10:30 am

Gentle Pilates
Tuesday—10:30 am

Qigong
8-week sessions
Thursdays—5:30 pm
call for dates



Pilates
Mondays—9:15 am
Tuesdays—4:30 pm
Thursdays—4:30 pm

Free for Members. \$14 guest fee for Non-Members.

Visit our website at www.vermontsportandfitness.com for class descriptions and lots of other club info.

Group Fitness and Body-Mind Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00								
6:15								
6:30		*Spinning		*Spinning				
6:45								
7:00								
7:15								
7:30								
7:45								
8:00								
8:15								
8:30						*Spinning		
8:45								
9:00								
9:15		*Spinning	*Body Pump		*Spinning			
9:30	*Pilates					*Body Pump		
9:45								
10:00								
10:15								
10:30		*Gentle Pilates		Flow Yoga				
10:45								
11:00	Strength Training		Strength Training		Strength Training			
11:15								
11:30								
11:45								
12:00	*Spinning		*Spinning					
12:15								
12:30								
12:45								
1:00								
1:15								
1:30								
1:45								
2:00								
2:15								
2:30								
2:45								
3:00								
3:15								
3:30	Strength Training	*Pilates	Strength Training	*Pilates	Strength Training			
3:45								
4:00								
4:15								
4:30								
4:45								
5:00								
5:15								
5:30		*Body Pump	Gentle Yoga	Kick Boxing	Fitness Yoga	*Body Pump	Qigong (call)	*Spinning
5:45	Kick Boxing							
6:00								
6:15								
6:30								
6:45								
7:00								

Now Available by Appointment:
Metabolism Tests
Cardio Fitness (VO2) Tests
Call for Member and Non-Member costs
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All Classes
Free for Members
\$14.00 for Non-Members

Schedules subject to change. Go to www.vermontsportandfitness.com for up-to-the-minute availability.
Classes in red are held in the Body-Mind Room. Please sign up for starred (*) classes in advance.