

Club News

New Trainer Joins VS&F Staff

Tristan Lanfear has attained her AFAA personal training certification and joins Fitness Director, Helen Strom-Olsen and Jen Smith in offering one-on-one personal training for club members and non-members. Tristan also teaches Body Pump and Strength Training classes and does Activtrax assessments. She also does metabolic and VO² testing and is trained as a Pilates instructor. You can make an appointment with Tristan by calling or stopping by our front desk.



Tristan Lanfear teaching a Body Pump class.

Don Abrahamsen In Member Spotlight



Don Abrahamsen with Front Desk & Member Services Manager Johnni Galbicsek.

Don had lost 70 pounds before he joined VS&F but he felt flabby and not very strong. Like almost all weight losers he had lost muscle along with fat. Don's goals when he joined were to tone his muscles and gain some strength and energy. He exceeded his goals. In a bit over a year he lost a lot more fat and put on plenty of muscle so he's looking pretty buff and feeling strong and energetic.

Don wasn't going to join VS&F last year. "I thought it had too many things to offer. Things I'd never use," he said, when we spoke in September. His boss encouraged him to join the best place he could

find though, and since his company pays half his dues he did decide to join VS&F.

As it turns out, Don's doing more different activities than he thought he would. He uses the VS&F Activtrax program which includes strength training and cardio activities and he's playing some tennis, too. He started tennis in Play Tennis Vermont, our beginner's program. "I get so much encouragement at the club," he said. "That really makes a difference."

Because of his new body and energy level, one of his friends asked if Don was having a mid-life crisis. Don doesn't think so but if having an active, healthy lifestyle is a crisis, then bring on the crisis!



VERMONT
Sport & Fitness
Club

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U.S. Citizens: Not as Healthy As We Think

U.S. citizens rank 43rd among the world's countries in life expectancy. A primary cause of this is high body fat caused by poor diet and too little exercise. These factors lead to higher rates of heart disease, diabetes and hypertension, all of which are killers.

So what's stopping us from doing better? Looking for an easier way? Short-term thinking? TV and computer games? Ill conceived priorities? All of these play a part but none offer adequate reason for living without health and energy, or dying too young.

There are some simple steps that can help us do better. First, set some reachable goals for your *outcomes* and also for a new *process* for getting healthy. Second, take a realistic look at barriers to living a healthier life: time constraints; travel; other family needs; bad influences; etc., and have a plan for when you encounter these challenges. Third, have a plan for slips. Don't let them throw you from your path to health. Finally, continually educate yourself about health and fitness. Those who know most do best.

Scholarships, And Specialized Mentoring Program Offered

Low income adults and teens in need of fitness activity for health or athletic training can call Johnni Galbicsek at VS&F to request a scholarship application. Applications are considered periodically throughout the year.

VS&F is also seeking a small number of club members to serve as sport or fitness mentors. Mentors will be matched with a mentee and trained by the Boys and Girls Club of Rutland or the Mentor Connector Program. Let Johnni know if you'd like to be a sport or fitness mentor.

Physical Activity Guidelines Updated: *More is Better*

New guidelines released by the American Heart Association (AHA) and the American College of Sports Medicine (ACSM) in August call for adults to do at least 30 minutes of moderate intensity aerobic exercise five days a week, or 20 minutes of vigorous aerobic exercise three days a week.

Adults should also spend at least two days a week working to maintain

*Here are two of our Activtrax success stories.
Go to www.activtrax.com to learn more.*

Lori Murphy

Age 45, Director of Accounting



*"I lost 35 pounds.
I'm in the best shape of my life."*

Matt Young

Age 32, Locomotive Engineer



*"I lost 5 pounds of body fat
and gained 8 pounds of muscle."*

or increase muscular strength and endurance. The guidelines recommend doing eight to ten exercises to strengthen all major muscle groups. For maximum strengthening according to these groups, a weight should be used that causes "willful" fatigue after 8 to 12 repetitions of each exercise.

Following these guidelines, according to AHA and ACSM will promote health and energy and reduce the risk of chronic disease and premature death.

The AHA and ACSM also released recommendations for people over age 65 or over 50 with chronic illness or physical limitations. These guidelines call for balance exercises and a physical activity plan in addition to the rec-

ommendations listed above. Use key words acsm/physical activity guidelines to learn more.

VS&F Offers Play Tennis Vermont for Beginners, Re-starters

Check for times and dates of this enjoyable program that introduces (or re-introduces) all the basic parts of this great game. You will learn to serve, hit backhands, forehands and volleys (hitting before the bounce), court position and more. Play Tennis Vermont keeps things simple so learning is easy and fun for all. See our schedule on page 3 for upcoming times and dates.

President's Council on Physical Fitness & Sports Challenges Businesses

The President's Council on Physical Fitness and Sports is challenging businesses to improve employee fitness. It's a fact, they say, that active people do better on the job. They are more alert, they get more done and they lead to healthier, more profitable companies.

VS&F offers well-priced corporate and small business memberships that make everyone a winner.

Employees grow their fitness and improve their health and quality of life. Employers have a more energetic and happier workplace and improve their bottom lines.

Go to www.presidentschallenge.org/corporate to learn about programs that help both employees and companies to be their very best or call VS&F to learn about how we can help your business.

Small Business Memberships

Healthy employees are happy employees and happy employees tend to be faithful, long-term assets to their companies. VS&F can help you develop a program that works for your business while considering your budget, your schedules and the age and nature of your employees. Call us at (802) 775-9916 to learn about our variety of corporate programs.

Tennis

Ryan Cassidy Gains USPTA Certification

Ryan Cassidy has attained his USPTA certification and joins long-time Head Pro Rob Purdy as a full-time VS&F teaching professional. Rob and Ryan teach both individual and group lessons, including Play Tennis Vermont for beginners and re-starters. Ryan will be especially helpful with our junior programs and with special weekend events and tournaments.



Tennis pros Ryan Cassidy and Rob Purdy.

Tennis Tip— Watching the Ball

“Watch the ball!” You hear parents and little league coaches screaming these words but usually to no avail since watching the ball is actually a somewhat complicated set of skills. Here are some tips that might help coaches and players.

First of all, watching the ball requires keeping your upper body and your head steady. This is, in part, a technical issue. **Keep upper body steady**

If your head and shoulders jump up or bounce around your eyes bounce, too, and seeing the ball clearly is impossible. The excessive upper body movement affects your stroke and your eyes, making a successful strike a matter of good luck rather than skill.

There is also a mental aspect to watching the ball. **Relax, quiet your mind** If you are tense or lacking in confidence (jumpy) your tendency to lift up early will be strong. The ability to relax and quiet your mind aids ball watching immeasurably. High energy is also important to maintaining your focus. Think of a bright and focused light that holds your eyes just where they belong.

So, to watch the ball: keep your head and shoulders steady, work on relaxing your body and your mind (this can be practiced) and keep your energy high and positive.

To learn how you can practice these and other skills, contact our tennis professionals, Rob Purdy or Ryan Cassidy.

Play Tennis Vermont

(for beginners, intermediates, and re-starters, ages 14 to adult)

First Session: November 16 – December 21, Fridays, 4–5:30 pm.

Second Session: January 5 – February 9, Saturdays, 12–1 pm.

Third Session: February 15 – March 7, Fridays, 4–5:30 pm.

Fourth Session: March 29 – May 3, Saturdays, 12–1 pm.

Adult Clinics: Intermediate & Advanced

Mon, Thurs, Sat, 10:30 am – Noon. Tues, 7–8:30 pm.

Adult Tennis Leagues

Winter/Spring: January 21 – May 18. Register by January 9.

Monthly Round Robins—Call for info

Junior Tennis Program

(for beginners and intermediates, ages 5–14)

First Session: January 4 – February 8, Fridays, 4–5 pm.

Second Session: March 14 – April 18, Fridays, 4–5 pm.

Junior Team—Call for info

High School Prep

First Session: November 16 – December 21, Fridays, 4–5:30 pm.

Second Session: January 5 – February 9, Saturdays, 12–1:30 pm.

Third Session: February 16 – March 22, Saturdays, 12–1:30 pm.

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

**Call us at (802) 775-9916
or visit online @ www.vermontsportandfitness.com**

Strength Training Class, Perfect for Beginners

Every Monday, Wednesday and Friday at 11 a.m. and Friday at 4:30 p.m. our *Strength Training* Class helps seniors, beginners, and de-conditioned adults gain strength, bone density, muscle tone and friends. Classes are free for members, easy as pie to follow and you don't need to sign up. Everything you'll need is provided including professional guidance, encouragement and support.

Another great spot for beginners is *Body Vive*, Mondays and Wednesdays at 4:30 p.m. (go to www.bodyvive.com). It's just a bit more challenging than *Strength Training* but very easy for most beginners.

ActivTrax — Personalized Workouts For Every Session

Designed to meet your goals within your schedule and to overcome plateaus and boredom. FREE for all EFT and annual members. Check out www.activtrax.com.

Classes for Healthy Living Offered

Health Councilor, Janet Dunn-Davenport will be offering a series of classes for healthy living at VS&F. Classes are scheduled for Tuesday evenings at 6:30 and are free for both club members and non-members. The classes are *Healthy Food Shopping*, Oct. 30; *Eating for Energy*, Nov. 13; *Weigh Less and Live More*, Nov. 27; *Sugar Blues*, Dec. 11; and *Emotional Eating*, Jan. 8. Learn more about these classes at www.vermontsportandfitness.com.

Fall/Winter 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

Group Fitness and Body-Mind Classes

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.

	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	Sport & Fitness Conditioning	*Pilates	*Spinning	*Body Pump	*Gentle Pilates	Total Body Blast	Flow Yoga	*Spinning	*Body Pump
9:30									
9:45									
10:00									
10:15									
10:30									
10:45									
11:00	Strength Training		Strength Training		Strength Training	Brazilian Jiu-Jitsu (call for info) (\$)			
11:15									
11:30									
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12:00	*Spinning		*Spinning						
12:15									
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4:45	Body Vive	*Pilates	Body Vive	*Pilates	Strength Training				
5:00									
5:15									
5:30									
5:45	*Spinning	*Body Pump	Gentle Yoga	Total Body Blast	Fitness Yoga	*Body Pump	*Spinning		
6:00									
6:15									
6:30	Karate								
6:45									
7:00									
7:15									
7:30			Brazilian Jiu-Jitsu (call for info) (\$)		Karate				
7:45									
8:00									

Complimentary Fitness Orientations
Cardio Training: Saturdays 9:00 am & Wednesdays 5:30 pm.
Strength Training: Saturdays 9:45 am Mon & Thurs 5:30 pm
Nutrition consultation by appointment.
All Classes Free for Members*
 \$14 for Non-Members
 *Except Jiu Jitsu, inquire at front desk

Go to vsandf.com for class descriptions.