

# Club News—Indoor/Outdoor Edition



We are awake for 16 hours every day. The more we move during those hours the healthier we will be. The more we sit the more tired we get.

To lose weight, a mind-set to move more can make all the difference. It's easy to burn an extra 10 or 20 calories an hour. That's up to 320 calories a day, as much as 40 minutes of cardio exercise or an hour of tennis.

It's best to be active indoors and out, with structure and on the spur of the moment, and most of all, in ways that are enjoyable.

VS&F offers activities indoors in air-conditioned comfort and outside in fresh air and sunshine that will keep you moving in ways that are especially valuable and enjoyable. Consider our club as part of your overall health and fitness plan.

## Prolonged Sitting Has Adverse Health Consequences

There is growing evidence that prolonged sedentary behavior is associated with cardiovascular disease and shortened life expectancy. Brad Roy, Ph.D., in the Spring, 2012 edition of the ACSM's Health & Fitness Journal, points out that non-exercise energy expenditure plays a significant role in fostering health. Even simple activities like standing while talking on the phone cause muscle contractions that improve fat metabolism, increase caloric expenditure and minimize long-term weight gain accord-

ing to Dr. Roy. Too much sedentary activity, on the other hand, negatively affects fat metabolism, and can contribute to insulin resistance, diabetes, metabolic syndrome and obesity.

## Be Fit—Be Ready For Anything

Lots of things go right in life but problems come up, too. To get the most out of the good times and to be ready for the curve balls, you need to be prepared. It's best, for example to have some money in the bank but it's also best to have made a strong investment in your strength, health and general fitness. If you've made that

*cont. pg 2*

## Some of Our Success Stories



Bob and Sandy Wetherby are in their early fifties. They had several reasons for wanting to join, including concern about a history of diabetes in Bob's family. Bob also wanted to start playing tennis. Sandy was thinking more of group activities and general exercise. As it turned out both have become avid tennis players and both use our fitness equipment, too.

Bob has lost 15 pounds and his blood sugar is back to normal, both seem to be feeling great, and both are enjoying VS&F. Sandy summed things up by saying "I absolutely love the tennis. It's exercise without knowing you're doing it and it's social. You meet nice people." Bob added, "everybody here is just nice. It's a welcoming feeling."

*more success stories. pg 2*

## Be Fit, Continued:

investment you can fight off illness, recover more quickly if you do get sick, and withstand the rigors of surgery, if that unhappy need comes up. You will also have more confidence to face mental challenges and more energy in cases of emergency. And when great opportunities arise you will have what it takes to reach your dreams.

## For Those Wanting to Start Slowly and Carefully

The Midday Exercise Club offers guided, moderate exercise for people who are de-conditioned or suffering from a challenging chronic condition. The club truly is offering exercise as medicine and is making a real difference for members who lacked confidence in their ability to regain lost fitness.

## Arthritis Sufferers: Fear of Pain Can Cause More Pain

Physical activity is important for joint health and overall health even during acute bouts of inflammation, according to the American College of Sports Medicine's latest guidelines

for arthritis sufferers. Fear of pain and further joint damage causes many individuals with arthritis to avoid physical activity. This can lead to a cycle of increasing impairment and pain.

When inflammation is high, ex-

ercise should be gentle but it is beneficial to continue to move joints through their full range of motion. Exercise will help keep bone and cartilage healthy and strong, keep joints from getting too stiff, enhance muscle fitness around the joints, and improve overall level of fitness. In short, exercise is as essential for people with arthritis as for anyone else.

If you suffer from disabling arthritis the Midday Exercise Club might be just right for you.

## More Member Successes



Joanne Huntley, age 63, joined the Midday Exercise Club to gain strength and muscle tone. Over the years she had lost both strength and physical confidence. She needed to start slowly. At first she was anxious but she found the trainers helpful and encouraging. "I'm doing much better than I thought I would," Joanne said. "I thought it would be real expensive to come to a place like this, but the price is right and I'm having lots of fun. I plan on coming quite regularly."

At that point in our interview (in the club lobby) another member, Chuck Clarino, stopped to say hello. He and Joanne had been high school classmates and as they ban-

tered I could see the high school girl that was still alive, well and getting stronger in Joanne.

## A Good Influence



Kristen, Mary Anne, and Katelyn Seager

Mary Anne Seager (age 56) has been exercising at VS&F for 16 years. She also eats healthy food and encourages her daughters, also club members, to do the same. Kristen, age 27, and Katelyn, age 22, have learned well from their mother and all three are excellent examples of the benefits of an active, healthy lifestyle. "We're trying to get Dad, here," said Katelyn, and Mary Anne added, "He's getting closer."

## Mid-Day Exercise Club

Moderate Guided Exercise

*Especially for people with health or strength challenges.*

40 Curtis Ave., Rutland, VT  
802-775-9916 • vsandf.com



**Six Times a Week!**

All of our fitness classes are free for members. See back page for full schedule.



# Tennis

## Tennis: Indoors Or Out

There are many wonderful things about tennis at VS&F. One is that you will develop lasting friendships. Another is that you can play either out in the sun, on one of our four new Har-Tru courts, or inside, away from wind, rain or snow. A third great thing is that you can get all the exercise you need while playing a game. How great is that?

At VS&F only a quarter of our members play tennis—the others concentrate on fitness activities—but we are bringing new people to this “sport for a lifetime” every week.

We'd love you to join the movement. Now is the perfect time to start. Days are getting longer, the outdoor courts are being groomed and low-cost programs to get you going are all in place. The time is now—you'll love the game and love the way you feel.

## Vermont Five Star Tennis Camp Starts June 11—Better than Ever in our 16th year

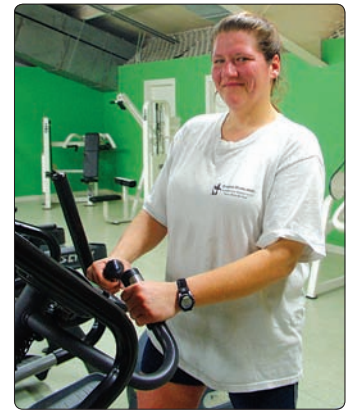
With new approaches to teaching children, we've made it easy to learn to play. Special balls and smaller courts help younger children develop quickly, and older children progress naturally to a full adult sized court. Children learn from tennis pros and also get a chance to swim or play water games. You can download registration forms and find camp information at [www.vsandf.com/tennis](http://www.vsandf.com/tennis).

## A Great Way to Get Back into Tennis

Spring is a time of renewal—a perfect time to learn or restart your tennis game. Play Tennis Vermont will get you playing even if you've never touched a racket. We have an easier way to teach that gets you play-

ing sooner and more successfully. A 5-session Play Tennis Vermont program is free for club members and only \$69 for non-members. Programs are available throughout the spring and summer so it's easy to find a time that's right for you. See our summer schedule below.

## Another Member Success



Cheri McDermott, 38, is a police officer who spends much of her time sitting in a cruiser. This makes it easy to gain weight and hard to lose—but not impossible. Cheri proved that by losing 30 pounds in a little over two months. She did it by increasing her exercise “a lot,” eliminated junk food, and reducing her portions.

Cheri weighs herself daily to keep herself on track and is determined to maintain her excellent accomplishment. So, take heart, those of you with sedentary jobs. You, too, can be successful with weight loss.

## Play Tennis Vermont

(Beginners, Intermediates, & Re-starters; Ages 14 – Adult)  
\$59 Members, \$69 Non-members  
First 5 sessions are free for members!

**Mon. 12–1:** May 7th – June 4th  
& June 11th – July 9th

**Mon. 5–6:** June 4th – July 2nd  
& July 16th – Aug 13th

**Tues. 2–3:** June 5th – July 3rd

## Vermont Five Star Tennis Camp

**June 11th to Aug. 9th, 2012**

Vermont Sport & Fitness Club, Rutland, VT

For Ages 5–15

Experienced Professionals: Dr. Frank Dorsky, Rob Purdy, Dan Doenges



**We Train Some of Vermont's Best Young Players—And Beginners, Too.**

**Plus: Swimming & Fitness Activities.**

Enrollment is Limited • Sign up Early

# Another Member Success Story



Jessica Merrill, age 33, gained close to 100 pounds during two pregnancies. Prior to that she had been active and athletic. Jess began her return to an active lifestyle by joining VS&F in November of 2010 and increasing her physical activity. Her fitness, her energy and her confidence improved and she had moderate success with

weight loss. When she added a nutritional component she really started to lose—25 pounds since last December. How did Jess do it? “I eat clean,” she said. “Good carbs, good fats, and I don’t over-indulge. And of course my regular exercise.”

Jess has now lost 15% of her starting body weight, a wonderful success for her health, her appearance and her feelings about herself.

## Are You Paying for Group Fitness Activities a la Carte?

If you are, you can save money and take lots more classes from some of the area’s most outstanding teachers. At VS&F classes are free for members, so you can take a class any

time or even two a day, without an extra fee. We think, if you do the math, you will find that VS&F makes good sense both economically and for your health and fitness.

## Short-Term Memberships

**\$65\*** a month with **ZERO** initiation

**OR** **\$55\*** a month with a **\$69** 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

Schedules subject to change. Go to [vsandf.com](http://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.		<b>SPINNING</b> Laurie *		<b>SPINNING</b> Laurie *			
9:15 a.m.	<b>GROUP POWER</b> (9:00 a.m.) Julie *	<b>SPINNING</b> Cara *	<b>GROUP POWER</b> Jen *	<b>SPINNING</b> Cara *	<b>ZUMBA</b> Peg	<b>SPINNING</b> (8:15 a.m.) Jen *	
10:15 a.m.	<b>ZUMBA</b> Jess	<b>Flow Yoga</b> Jess (body-mind room)	<b>Gentle Pilates*</b> Jess		<b>Flow Yoga</b> Jody (body-mind room)	<b>GROUP POWER</b> (9:30 a.m.) Jen *	
11:15 a.m.	<b>Strength Training 101</b> Melissa Crossman		<b>Strength Training 101</b> Melissa Crossman	<b>Yoga for Weight-Loss</b> (11:30 a.m.) Stephanie (body-mind room)	<b>Strength Training 101</b> Chrissy	<b>Karate</b> (10:15 a.m.) Jim (body-mind room)	
12:15 p.m.							
4:30 p.m.	<b>Strength Training 101</b> Chrissy	<b>Pilates*</b> Jess	<b>ZUMBA</b> GOLD Peg	<b>Pilates*</b> Jess	<b>Strength Training 101</b> Chrissy	<b>All Classes Free for Members</b>  \$14 for Non-Members	
5:30 p.m.	<b>ZUMBA</b> Jess	<b>GROUP POWER</b> Sam *	<b>Gentle Yoga</b> Jess (body-mind room)	<b>SPINNING</b> Melissa Crossman *	<b>GROUP POWER</b> Sam *		<b>ZUMBA</b> Melissa Cox
evening	6:30 p.m. <b>Karate</b> Jim (body-mind room)	6:30 p.m. <b>ZUMBA</b> Jess		6:30 p.m. <b>Karate</b> Jim (body-mind room)			

Go to [vsandf.com](http://vsandf.com) for class descriptions and current schedule.