



the NewsLine

PRIME TIME ATHLETIC CLUB

this edition ▶

MAY | JUNE 2012

1730 Rollins Road, Burlingame 650.697.7311 www.PrimeTimeAthleticClub.com

KIDS FUNDAMENTAL HOOPS

WEDNESDAYS, JUNE 6TH TO JULY 25TH (No Classes July 4th and July 18th)

FUNDamental Hoops teaches instructional basketball for boys and girls 4 to 12 years of age. It emphasizes proper basketball technique through FUN drills and games to establish good basketball playing habits. Your child will learn the FUNdamentals of basketball in a supportive, relaxed environment while also working on shooting, dribbling and basic footwork.

FUNDamental Hoops is also a place where young athletes can build essential skills for life, including teamwork, patience, self-confidence and leadership. FUNDamental Hoops will provide children with so much more than athletic skills. It is a place where young athletes can learn and try new things in a safe environment, make friends, develop social skills, and create healthy habits for life. FUNDamental Hoops are meant to be FUN, positive and supportive experiences.

Come join the FUN with our coaches Mike Ciardella and Tony Ciardella. Mike Ciardella has proven success in multiple levels of academic settings. He has coached at the college level (Notre Dame de Namur, Division 2, 2009–present); high school



level (Sacred Heart Prep Atherton Girls' Basketball Team, 1991–1996; Sacred Heart Prep Boys' Basketball Team, 1998–2001; Mercy High School Burlingame Girls' Basketball team, 1988–1991). Mike is a member of the Daly City Sports Hall of Fame and

the San Mateo County Sports Hall of Fame.

Tony Ciardella had a passion for basketball from the time he was a little boy. He began playing in grammar school and continued through high school and college, where he recognized the valuable life lessons and lasting friendships that came along with the fun times on the court. His passion for the game was apparent, earning him All-League honors while playing for Burlingame High School and a basketball scholarship to Notre Dame de Namur University in Belmont, where he was named an Academic All American while completing his degree in Communication. Tony also coached the Sacred Heart Prep Boys' Varsity Team from 1998–2001. He continues his passion for sports by coaching his sons in baseball, basketball and soccer.

Prime Time Athletic Club and FUNDamental Hoops are offering six-week sessions that meet once a week and will be held in the gymnasium on Wednesdays from June 6th to July 25th. All participants will receive a T-shirt. (No classes held July 4th and July 18th.) This league is open to nonmembers, too, so tell your friends! Sign up at the front desk. For more information contact Fitness Director Cathy Firkins at ext.613.

AGE	TIME	MEMBER PRICE	NON MEMBER
4	2:30 to 3:00 p.m.	\$89.00	\$119.00
5-6	3:00 to 3:30 p.m.	\$89.00	\$119.00
7-8	3:30 to 4:25 p.m.	\$119.00	\$149.00
9-10	4:30 to 5:25 p.m.	\$119.00	\$149.00
11-12	5:30 to 6:25 p.m.	\$119.00	\$149.00



DON'T LET YOUR TEEN BE A COUCH POTATO 2



TEEN ATHLETIC TRAINING PROGRAM 2



SWIM LESSONS 3



TRX DEMO CLASSES 3



CORE CLINICS 3



FAT FACTS FOR THOSE OVER 40 7

WHY YOU'RE NOT LOSING WEIGHT 8



KIDS' CAMP 8



STABILITY BALL DEMO AND STABILITY BALL TRAINING SESSION

If there is one piece of equipment you should try in your exercise program, it is the stability ball. The stability ball is one of the most widely used training tools in the fitness industry. It works – and it's fun!

Using the stability ball can improve muscle strength and endurance in all major muscle groups – and aid in weight loss. It also can enhance muscle tone, core musculature, posture, alignment, and dynamic flexibility. Also, making slight changes in body positioning on the ball challenges your muscles at different points in the range of motion.

The stability ball encourages “play.” It lets you offer endless choreography options in addition to built-in balance and stability tests. This class continuously challenges participants with exercises that include either free weights or body weight only.

Come join Personal Trainer Jack Paul for a stability ball demo class and learn the fundamentals of the ball and all its uses. Jack is a Personal Trainer and Performance Enhancer Specialist certified through NASM, with over 11 years of experience. This demo class will be held on Monday May 21st from 7:30 to 8:30 p.m. in Studio 1.

You can then sign up for our four-week stability ball training class held on Mondays from 7:30 to 8:30 p.m. in Studio 1 from June 4th to June 25th. Space is limited to eight participants (minimum of four participants). The cost of this four-week session is \$99.00. Be sure to sign up at the front desk! For more information, contact Fitness Director Cathy Firkins at ext. 613.



ANNOUNCEMENTS

DON'T FORGET!

Mother's Day is on Sunday, May 13th, and Father's Day is on Sunday, June 17th.

HOLIDAY HOURS

In observance of Memorial Day, Monday, May 28th, Prime Time Athletic Club hours will be from 8:00 a.m. to 8:00 p.m. The Group Exercise schedule will be posted one week prior to the holiday.

POOLSIDE BARBEQUE

Prime Time Athletic Club's poolside barbeque will be open from 12:00 to 3:00 p.m. every Saturday and Sunday from Memorial Day weekend through Labor Day weekend.

COMPLIMENTARY TENNIS CLINICS

Prime Time will offer complimentary tennis clinics three days a week:

MONDAYS:

- 6:00 to 6:30 p.m. – for children ages 4 to 8
- 6:30 to 7:00 p.m. – for children ages 9 to 14

TUESDAYS:

6:30 to 7:30 p.m. – for adults

SUNDAYS:

10:00 a.m. to 12:00 p.m. – for children and adults

Sign up at the front desk!

UPCOMING:

DON'T LET YOUR TEEN BE A COUCH POTATO THIS SUMMER!

PRIME TIME CAN HELP KEEP YOUR TEEN ACTIVE WITH OUR "LICENSE FOR FITNESS" PROGRAM



Summer means long sunny days and lots of activities to keep young people going, but quite often, kids – especially older children and teens – can get caught up in less active pastimes. Texting, computers, television, and just lounging around may take up too much of their days. And in an effort to spend more active time with their kids, busy parents may skip their own workouts.

But wait a minute: What if you could do it all? What if kids can get active, parents can stay active and they can do it together? Prime

Time Athletic Club offers a training program especially designed to get kids moving with their parents. Fitness Director Cathy Firkins has implemented a training program for kids ages 10 to 14 called Fit Kids License for Fitness. The goal of the program is to give young people safe access to club facilities, while maintaining the club atmosphere.

Some parents say, "My child just doesn't like sports." And while it's true not every kid is a sports enthusiast, exercise is still important for everyone. The License for Fitness program is great for all kids. For those who don't like to play sports, working out through noncompetitive activities is appealing and can carry into their adult life. They can learn how to use equipment in a program designed for them. There is no "winner" or "picking teams"; everyone "wins" because they exercise and get fit. And kids who are already involved in sports can benefit from a regular summer routine that will keep them fit and help them cross-train for improved performance.

The cost of the program is \$99.00 and covers comprehensive training session, behavior guidelines, club etiquette, cardio machine instruction, weight training and License for Fitness guidelines. Young members completing this program can utilize the cardio and weight rooms when accompanied by their parents. At the same time, parents can enjoy sharing the facilities with their kids and watching them develop fitness habits that will last a lifetime.

For more information on the Fit Kids' License for Fitness Program, contact Fitness Director Cathy Firkins at ext. 613.

TEEN ATHLETIC TRAINING PROGRAM

SUNDAYS FROM 10:30 TO 11:30 A.M. – June 10th to July 15th

The most successful athletes are those who show up on the first day of the season in top condition, ready to perform at their highest level. They're able to focus on expanding their skills, learning new plays and improving the rhythm of their game because they're already in top shape. They're stronger throughout the season and are likely to have fewer injuries because they have strengthened the key muscle groups that support their motions on the playing field. They also have developed the necessary work ethic to keep them growing and improving throughout the year – not just during their season.

Join Personal Trainer Jack Paul for our six-week "Teen Boot Camp." Jack is a Personal Trainer and Performance Enhancer Specialist certified through the National Association of Sports Medicine (NASM). He has over 11 years of experience as an instructor of physical education and in training young athletes in several sports. Jack is presenting a Teen Athletic Training Program, to help middle and high school student athletes ages 10-14 learn how to increase strength endurance, reduce body fat and improve athletic performance. Their bodies will become functionally fit, which means they will look and feel better and perform better! This Teen Boot Camp is a drill-based workout that will challenge all levels. No complex choreography – just skills, drills and intervals. Hand weights, agility ladders, steps, BOSUs and bands are used in this total body workout!

This class will be held in the Gymnasium and space is limited to 15 participants.

The cost of this session is \$99.00. Be sure to sign up at the front desk! For more information, contact Fitness Director Cathy Firkins at ext. 613.

PRIVATE SWIM LESSONS AVAILABLE NOW!

Let us introduce you to Lauren Perez, Prime Time Athletic Club's new swim instructor. Lauren is Water Safety Instructor Certified (WSI) as well as CPR, Lifeguard, First Aid and Blood-Borne Pathogens certified.

Lauren attended Skyline College for two years and is transferring into the Culinary Arts and hospitality program at City College of San Francisco. She has been a lifeguard and swim instructor at Brisbane Community Pool for more than six years and has taught all ages – from infants to “Mommy and Me” classes to seniors.

Prime Time Athletic club offers private swim lessons for infants through adults. Infants and toddlers can be taught back floating, water adjustment and comfort, and light submersion. Structured activities, singing songs and age-appropriate games give way to lots of giggles. You'll be amazed at what your baby or toddler will learn. Lessons are also available for adults who don't know how to swim or just want to strengthen their strokes.

Private lessons are available by appointment. The cost for a half-hour lesson is \$35.00 or six half-hour lessons for \$179.00. You can contact Lauren, at ext. 823.

Complimentary group lessons are available on Saturday mornings for children, ages 5 and up, to adults. Class size is limited to six participants. Reservations can be made at the front desk up to one week in advance.



ATHLETES OF THE EDITION



I Lost It at the Club!

“I LOST IT AT THE CLUB” LUCKY WINNERS 2012

The second annual “I Lost It at the Club” 8-Week Healthy Lifestyle and Weight Loss Program ran from January 23rd through March 17th. Participants were weighed and measured at the start, halfway through the program, and at the end.

Nutritional meetings were held in Café Sport with Fitness Director and Certified Personal Trainer Cathy Firkins, Assistant Fitness Director and Certified Personal Trainer Tammy Meza and Nutrition Consultant Pam Clifford to focus on the nutritional aspect of the program. Special orientation exercise classes such as group cardio, weight room and spinning were offered as well as Pilates, yoga, step fundamentals, Zumba and TRX training. Members were responsible for tracking their weekly exercises and the meetings and classes they attended.

Three prizes were awarded for the participants who not only lost weight and inches, but also attend all the nutritional and introductory classes and the required cardio and weight training programs. We would like to congratulate Debbie Reed, Lynn Treadway and Carol Evan as the top winners. Each won a one-hour massage!

All participants were rewarded for their accomplishments with an “I Lost It at the Club” T-shirt at the program social held on Thursday, March 22nd.

Congratulations to all who participated!

CORE CLINICS

MORE THAN YOUR AVERAGE ABDOMINAL WORKOUT

Did you know your core is where all movement in your body originates? Yet core exercises are an important part of overall fitness training that are often neglected.

A weak core can make you susceptible to poor posture, lower back pain and muscle injuries. Strong core muscles provide the brace of support needed to help prevent such pain and injuries. The stability and strength of your core muscles also affect various aspects of your health and level of fitness.



Join Personal Trainer William Lee for a free core clinic. He will introduce a variety of exercises and methods for strengthening core muscles. The BOSU, Resist-A-Ball and medicine ball will be utilized in both demonstrations and hands-on activities.

Clinics will be held Saturday, June 2nd, or Saturday, June 9th, from 9:00 to 10:15 a.m.

These clinics are free to all members and will be held in Studio 2. Please sign up at the front desk to reserve your spot today. If you have questions, please contact Fitness Director Cathy Firkins at ext. 613.

GETTING STARTED TRX DEMO CLASSES

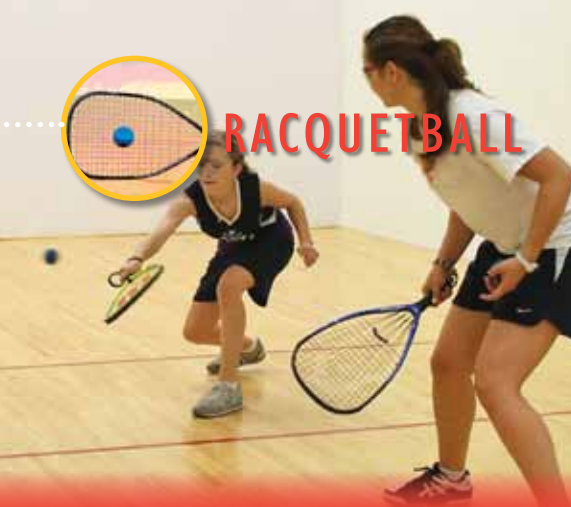
Want to try TRX? Let us show you the basics with our free Getting Started demo class. These one hour intro sessions will walk you through how to set up and use the TRX and find the best way to adjust resistance and stability. You'll also learn easy-to-follow tips for progressing and engage in an overview of the basic set of foundational exercises that use your own body weight.

Join Certified Personal Trainer and TRX Instructor John Ghorso for a free Getting Started Demo. These classes will be held in Studio 2 on Sunday May 6th, and Sunday, June 3rd from 9:00 to 10:00 a.m. and 10:00 to 11:00 a.m. Sign up at the front desk today!





RACQUETBALL



DAVE'S PRO TIPS FOOTWORK IN RACQUETBALL

The sport of racquetball is made up of many things. There are the strokes: forehands and backhands. There are the shots: passes, pinches, ceilings, overheads, Z-shots and more. There is court positioning, shot selection, and strategies. And there is footwork.

I see footwork as an overlooked component in playing this game well. Strokes are important, and receive the bulk of our practice. However, I contend that practicing your footwork is just as important. When it is time to hit the ball during a rally, how you are set up to the ball greatly determines where that ball goes. You can have the best strokes in the world, but if you are not set up properly, it is difficult to play keep-away with the ball.

"Setting up" is accomplished by moving one's feet. Turning sideways, shuffling into position, and then being balanced through the swing are all critical for a shot's success.

Once you are able to drop and hit your forehands and backhands consistently from a standing still position, then practice tossing the ball, shuffling your feet, and hitting. Once you move your feet efficiently and set up for shots correctly, your game of keep-away will greatly improve. I guarantee it.

—Coach Dave

DAVE GEORGE, RB DIRECTOR/ AMPRO CLINICIAN

Individual, semi-private (two persons), and small group lessons are available with Club Pro Dave George (AmPRO Clinician). Lessons are available by appointment. For rates, more information, or to schedule a lesson, contact Dave George by email at DaveAtTheClub@yahoo.com.

Racquetball and squash merchandise is available at Dave's Pro Shop, along with racquet restringing, by Ray Hom. Located on the upstairs level across from Studio 1, Dave's Pro Shop is open during League hours, (Monday through Thursday, 6:00 to 9:00 p.m.).

RACQUETBALL NEWS

RACQUETBALL LEAGUES

Our Leagues are friendly competition, organized play, flexible and FUN! Prime Time offers in-house singles and doubles league play, weeknights (Monday through Thursday) from 6:00 to 9:00 p.m. Leagues are co-ed, for advanced beginner, intermediate and high-level players.

SPRING Leagues are currently in session, through June 11th. Sign-ups for Summer Leagues start May 21st. SUMMER session begins June 18th. For more information, to sign up and/or for a possible trial, contact Ray Hom at RayHom@sbcglobal.net, or visit the League desk upstairs during League nights.

RACQUETBALL LEAGUE WINTER WINNERS!

Current Racquetball League Champs, Winter 2012

Congratulations to all our racquetball League players, including the following Champions:

MONDAY DOUBLES

Division 1 Champions: Sergio Raddavero / Reinhard Weiser
Finalists: Robert Parker / Charlie Lotridge

Division 2 Champions: Mario Lara / Ivan Alvaro
Finalists: Norman Palaby / Melvin Moran Sr.

TUESDAY SINGLES

Top Gun Division Champion: Joshua Pearson Finalist: EJ Noreika
Division A Champion: Ivan Alvaro Finalist: Ray Hom
Division AB Champion: Chris Dibble (LH) Finalist: Robert Parker

WEDNESDAY SINGLES

Division B Champion: Jeremy Palaby Finalist: Ross Millikan
Division BC Champion: Andy Hayes Finalist: Matias Beacon
Division C Champion: Julio Bolivar Finalist: Robin David (RH)

THURSDAY DOUBLES

Division 1 Champions: Joshua Pearson / John Lymberg
Finalists: Roy Lim / Chopper Escobedo
Division 2 Champions: Ivan Alvaro / Mario Lara
Finalists: Alicia Palaby / Ray Hom

NEW! Summer JUNIOR Racquetball Program!

We are pleased to announce a new, Junior Racquetball Program! We encourage interested parents to join us in playing / participating, as well!

We are beginning with four complimentary classes:

Wednesdays and Fridays, 4:30 to 5:30 p.m. June 20, 22, 27, 29

Members only. Ages 8+. All levels of abilities are welcome. Each class will consist of 15 minutes of formal instruction, and 45 minutes of supervised play.

Instructors include: AmPRO Clinician, Dave George; Rob Barbara; and Terry Rogers. **To register, and/or for more information:** Email Dave George, DaveAtTheClub@yahoo.com, and/or visit our League desk, during League hours, Monday through Thursday, 6:00 to 9:00 p.m.

JUNIOR RACQUETBALL PROGRAM NOTES:

- We will continue our Junior (and Parents) Racquetball Program in July and August.
- Beginning July 6th, a modest fee will be charged for this program, for those wishing to continue.
- Newcomers to this program will be offered a complimentary trial class and are invited to join our Junior Racquetball Program at any time!
- Protective eyewear during play will be a requirement. Loaner equipment, (racquets, eyewear and balls), and sales, will be available from Dave's Pro Shop at Prime Time.



PRACTICE VS. TOURNAMENTS

We've talked quite a bit about all the technical components a youth tennis player must have. It's fairly dry stuff, but without it, a young player is forever limited due to lack of tennis weapons.

If you can get a junior tennis player – and his or her parent(s) – to buy into the mechanics of tennis stroke production and the hard work it takes to get there, the rest is kind of fun. But there's something else to figure out as well: how much to practice and how often to play in tournaments.

I teach two very talented young brothers named Josh and Max. Their Dad, Bernie, is also a gifted athlete who works very hard to make time to practice with his boys. He sacrifices much to do this, as he has two other young children (twins), Kai and Sierra, to consider, as well as his wife, Beverly, a young, hardworking doctor. This family does not have a lot of spare time.

While Bernie is absolutely correct in the practice regimen he maintains for his sons, I typically will advocate that playing in tournaments is equally as important. You can practice a particular stroke as much as you want, but if you're not playing in a match situation, you can never replicate the pressure of the tournament moment. Just as a player must practice a particular stroke, you must also practice pressure –and there's no format for that other than a tournament.

Most of the top juniors in the youngest divisions win by simply getting the ball back as opposed to doing anything with the stroke. For example, at almost every tournament my daughters (Olive, 10 and Daisy, 9) have played in, the girls they've competed with typically serve with the wrong grip – usually a semi-western or full western grip. Some kids do serve correctly, but it's very rare.

The pressure to “just get the ball in” typically leads to bad mechanics. I see it in the parents yelling at their kids from the sidelines as well as the coaches who feel pressure to have their students perform. In other words: win. If the pro teaches the student how to serve correctly, the student will probably be lucky to get one serve in – and the parents will most likely hire another instructor who's more focused on “winning.”

Losing also plays a key role in the learning process for tennis. A player makes his or her most significant improvements through loss, not victory. Playing a match, tournament or otherwise, is like taking a test in school. The questions you miss are where you are weak and, as a result, tell you exactly where you need to practice specifically.

Losing in tournaments also helps you understand how to deal with loss, and to turn your defeats into a positive for the future. It teaches you empathy, so you treat the opponents you defeat with respect. You learn to be humble in victory and gracious in defeat. The one critical element in tennis that any parent should want their children to learn is sportsmanship.

I'm not suggesting that it's better to lose than to win, but the real lessons of winning – hard work, self-confidence, and so on – are part of the win-loss paradigm. To learn the game of tennis correctly can be frustrating in the short run, but infinitely gratifying in the end game.

Bernie has come around to my thinking a little bit and his boys are now playing in as many tournaments as time allows given the family's crazy schedule. I also discuss with Bernie making practice as much fun as possible. Balancing learning and fun is a challenge when teaching young children, but it leads to better results.

Students generally learn quickly and more effectively when there is a good balance with practice and tournament play. A junior tennis player needs to play a lot of practice matches and at least two tournaments per month. There are many creative ways to play practice matches. Playing against adults is a fun way of developing young tennis players in pressure tournament situations. This is largely because kids really want to beat an adult and will concentrate with much greater intensity than if they play one of their peers – especially a friend they play with all the time.

So, while practice is important, I believe tournament play is equally important – win or lose. In order to make all of this work, it's vital to have the right attitude. And that's only possible if everyone involved buys into what is best for a young tennis player.



For more information about Prime Time's tennis activities or lessons, please contact Tennis Pro Lou Maunupau, at 415.244.8921 (cell).





MEET THE PROFESSIONALS

P *Prime Time Athletic Club would like to introduce our members to our Personal Training Staff, who have years of experience in the field of fitness. They hold a certification and/or degree in physical fitness, and are eager to help you reach your fitness goals. For further information on Prime Time Personal Trainers, please review our “Personal Trainer Biography Index” at the front desk. Individual Personal Training appointments are available for \$70.00 per hour. For more information, contact Fitness and Group Exercise Director, Cathy Firkins, at ext. 613.*

INTRODUCING: JACK PAUL



We welcome Jack Paul and all of his experience to our Prime Time Fitness Team. He is a Personal Trainer and Performance Enhancer Specialist certified through National Association of Sports Medicine (NASM). With over 11 years of experience as an instructor of physical education and training young athletes across several sports, Jack is more than qualified to prepare a program just for your needs. He has been a fitness enthusiast for most of his life and has played in a variety of sports, including college football at San Francisco State University.

Jack believes in integrated training that incorporates all discipline of fitness – flexibility, core, balance, reactive and resistance training – to help all populations reduce body fat, increase muscle mass and improve sports performance. Focusing on functional training, he creates workouts that are both motivating and fun for overall health. “Volunteering as a personal trainer for special populations at a community center has given me the opportunity to work with people of all ages and backgrounds,” he says.

You can make your fitness appointments with Jack or any of our Fitness Trainers at the front desk. A bio of each trainer is available for your review to find the one who is right for you. If you need assistance in selecting a trainer for your specific needs or have any questions, please contact Fitness Director Cathy Firkins at extension 613.



ASK THE PROFESSIONALS

Members often have specific questions regarding training techniques or guidelines. For the convenience of our members, Prime Time Athletic Club’s featured Personal Trainer will address questions in each issue of *The Newslines*. If you have questions that you would like featured, please submit them to the front desk, care of the Fitness Director. Members do not have to include their names with the questions.



QUESTIONS AND ANSWERS:

Q: I’ve heard a lot about TRX Suspension Training. What are the benefits?

A: TRX is a total body workout that anyone can do. By suspending either your hands or feet, while the opposite end of the body is in contact with the ground, you displace your center of gravity. This activates your core muscles during every exercise, so even a biceps curl becomes a core move!

You can increase or decrease workout intensity quickly and easily to suit the goals and abilities of each person in class. For standing exercises, simply move the feet closer to the anchor point to increase intensity or farther away to make the move easier. Adjust ground-based exercises in a similar way by moving your body behind or in front of the spot on the floor where the TRX is hanging. To further fine-tune the level of difficulty, challenge stability by increasing or decreasing the base of support, or add speed variations to power things up or down. In this way, even the most advanced people can work side-by-side with newbies, and everyone gets a customized, individual workout.

Q: Should I consume energy drinks before a workout?

A: High-caffeine energy drinks have become increasingly popular, but these drinks don’t mix well with exercise. While most sports drinks are non-caffeinated and meant to replenish fluids lost in exercise, energy drinks have a large dose of caffeine and caffeine-like stimulants (such as guarana). These can lead to dehydration.

Traditional sports drinks such as Gatorade and Powerade include water, salt and sugars in proportions that help the body absorb fluids and salts lost during exercise. The sugars not only help the body take in the water, but also provide fuel for muscles that need sugars to keep performing well during runs or long walks or bike rides.

Energy drinks are formulated to deliver caffeine and other stimulants, such as guarana or ginseng, to give the drinker a rush of energy. They are not designed to replace lost fluids during exercise. Some come in small cans that deliver a large amount of caffeine in a small amount of fluid. Many are carbonated, which can lead exercisers to experience burping, nausea and a bloated feeling.



Fat Facts for Those Over 40

IF YOU'RE OVER THE AGE OF 40, IT'S TIME TO FACE SOME FAT FACTS.

Some of us who are over 40 may find we're putting on the pounds a little quicker than we did a few years ago. Worse, taking the extra weight off seems next to impossible. You've tried eating less and exercising more, but it seems to be a losing battle.

First, let's get an understanding of physiology. If you have muscle: Do whatever you can do to keep it. Maintaining muscle is so important in regulating your weight. Some of the numbers vary, but by time you reach age 50, most people have lost about 10 percent of their muscle mass. By the time you reach 70, it's 40 percent. At this point, you start to lose the ability to build muscle and bone and increase the ability to store fat. As you've likely heard, muscle burns more calories than fat. So, having less muscle mass means your metabolism slows down.

To preserve your muscle and bone density, weight training is important. After you work out, your metabolism is revved. Your muscles use calories to recover lost sugar stores, which forces your body to burn fat. To increase this process, a combination of weights and aerobic exercise is the best method for success. But there's something else you need: good nutrition.



In your 20s and 30s, a month or two of any fad diet would work to

lose those extra pounds. But as you age, your slowing metabolism means you need fewer calories to maintain the same weight. Even drastic methods to reduce fat won't be as effective. And if you choose to starve yourself, you'll burn more lean muscle tissue than stored fat. With less muscle, you'll become weaker and your metabolism will slow down even more.

It's better to look at your diet and weight loss as a marathon and not a quick sprint. It is so important to consider your caloric intake and the quality of those calories. It is not productive to starve yourself all day, then chow down on nutritionally deficient foods high in refined carbohydrates. Your body can only use so much sugar at a time. The rest is stored as fat.

Try to choose foods with a low glycemic index. A balanced, moderate-calorie plan, is more nutritious and healthy than a very low-calorie one. It will increase your body's ability to lose weight and beat the after-40 metabolic slowdown. Although this is a simplified explanation, here are some strategies to help you overcome the slowdown:

EAT BREAKFAST. This is your chance to get a lot of your day's nutrition. Eating breakfast stokes your metabolism, gives you energy, and will help keep you satiated until your next meal so you won't overeat.

EAT LESS, BUT MORE OFTEN. This tactic works for many people. Instead of three main meals, divide your calories into five or six smaller meals. In doing this, you may find it easier to control your appetite. Digesting small amounts of healthy food throughout the day may keep your metabolism up and slow any insulin surges that may make you want to overeat or binge.

When you hit a plateau in your weight loss efforts, don't give up! Plateaus can be very frustrating and discouraging, but they are also a signal that you need to change your game plan. If you're doing the same things over and over and you aren't seeing improvement, do something different. No matter what, however, a moderate-calorie plan is much healthier than a very low-calorie diet. In the long run, you'll find it's more effective at controlling unwanted fat and weight gain.



SPINACH WITH STRAWBERRIES

INGREDIENTS:

- 2 cups thickly, sliced fresh strawberries
- 2 tablespoons balsamic vinegar
- 2 tablespoons sugar
- 3 1/2 cups fresh baby spinach leaves
- 1/4 teaspoon freshly ground black pepper

DIRECTIONS:

In a bowl, combine strawberry slices, vinegar and sugar. Gently toss the strawberries. Cover and chill for an hour or more. Stir occasionally until the strawberries release their juice.

When ready to serve, toss strawberry mixture with the spinach. Top with the black pepper.

Serves: 4 1-cup servings

Calories per serving: 50

If you would like more information about healthy eating, sign up at the front desk for a nutrition consultation with Pam Clifford. She is available Tuesday evenings from 4:00 to 8:00 p.m.

PRIME TIME KIDS' CAMP

**SPACE IS LIMITED!
REGISTER TODAY FOR
SUMMER 2012**

Prime Time Kids' Camp is one of the most talked about summer camps in the Bay Area and here's why: Kids love coming to Prime Time Kids' Camp where they will experience fun activities such as Rock Climbing, Slip-n-Slide, Obstacle Courses, Slime Making, Tramp and Vault, Batting Cages, and our ever-popular Funtastic Friday theme days! Imagine your children participating in fun-filled days of Tennis, Arts and Science, Circus and Theater Arts, Swim Lessons, Sports and Swimming Recreation.



Prime Time Kids' Camp is also proud to be an American Camp Association-accredited camp. ACA visits the camp facilities and performs a detailed evaluation of all aspects of the camp program. To maintain accreditation, Prime Time Kids' Camp complies with more than 300 standards related to health and safety, management, personnel and programming. Less than 25 percent of day and resident camps across the nation are ACA-accredited and Prime Time Kids' Camp is proud to be included in that select group.

Prime Time Kids' Camp offers a full-day camp program with extended hours that meet the needs of working parents. Camp is filling up quickly, so please register early. Camp is open to the public and Prime Time members enjoy reduced rates. For more information, or to register your children for our camp, please contact Assistant Fitness Director Tammy Meza at ext. 635.

THREE REASONS WHY YOU'RE NOT LOSING WEIGHT AT THE CLUB

You go to the gym, work out, but you still aren't losing any weight. What gives? It's a frustrating scenario, but not an impossible one to change. Here are three reasons why you're likely not losing weight at the gym – and what you can do about them.



You're Not Doing Enough (Intense) Cardio. Aerobic activity is the most efficient way to burn calories, so make sure you are consistent with cardio workouts. We recommend doing at least 30-45 minutes of cardio, three to four times a week. It's also important to pick the right kind of cardio workout. Studies show that faster-paced workouts help release fat-burning hormones in the body and that interval training is key to losing unwanted belly fat. Still not convinced that you should step up your gym workouts? A recent study said that a 45-minute vigorous workout gets three times the net calories burned compared to the same 45 minutes spent walking; it also increases metabolic rate for up to 14 hours post-workout. To melt away unwanted pounds, choose high-intensity workouts like intervals, running, boot camp, or spinning.

You Aren't Really Committed. You showed up to the gym, which is awesome. But what's not awesome is how you might be spending your time

there – weight loss is as much a mental game as a physical one. Mindlessly walking on the treadmill while flicking through a copy of a magazine isn't the best way to go about weight loss – and neither is talking yourself out of a workout once you're there. (You can lose a calorie burn of over 50 calories from just shaving five minutes off of a workout!) Commit yourself by finding a specific goal or personal reason that inspires you to lose the weight and use that as motivation to maintain your fitness routine. Along the way, set smaller goals for yourself and celebrate in some small way when you meet them. This will help you stay focused the entire way through.

You Don't Strength Train. Even though cardio is key to weight loss, a good fitness program should incorporate one to two strength training sessions per week. Strength training can reduce overall body fat by 3 percent in just 10 weeks since muscle burns more calories than fat. And don't forget the after-burn: after an hour-long strength training session, the average woman burns an extra 100 calories over the next 24 hours. Maximize your time by rolling cardio and strength workouts into one. Circuit training intervals and boot camp-style workouts focus on mixing bursts of cardio with serious strength training moves, but if you don't have time for a long session, perform supersets of compound moves instead.

Prime Time
Athletic Club