



Providing an optimum exercise experience for ALL members

All the FIT that's news to print

March 2011

Aging Ain't What It Used To Be

'There was a time in this fair land when the railroad did not run. . . ' and neither did hardly anyone over 50. To quote another Boomer icon, "The times they are a changin'."

The Boomers (you might know one), their lifestyles and attitudes are arriving as "older adults ". They don't like it. They don't accept it. They aren't happy about it.

One of the notable idiosyncrasies of the Boomers is their (until recently, adolescent) non-recognition of aging or death. Their "we can do anything" attitude combined with incredible advances in medical sciences has created a mindset that assumes that if something breaks or wears out, they can simply fix or replace it. This attitude has been passed upwards and downwards so we all share their sense of invulnerability.

We really don't *think* we will live forever. We simply don't *expect* to slow down or stop. In fact, when something does go wrong with our bodies requiring behavioral change, we are often surprised and just a little resentful.

There are some wonderful factors that have furthered this attitude:

- A greater percentage of the population chooses to be active and functional at older ages, making exercise socially acceptable even admired, into one's eighties and nineties.
- Medical science has discovered that, through exercise, we can rebuild muscle into our nineties which feeds the mindset that "we can improve forever."
- We have amazing joint replacement technology available allowing progress even after breakdown.
- People with chronic disease have treatments available, undiscovered until the last few years, limiting the debilitating effects of those diseases.

However, there are also some biological facts we should take into account. Despite positive beliefs and the improved medical procedures and drugs:

- If you perform nothing but normal daily living activities, your muscles *will* atrophy (deteriorate) at a rate of about 5 lb per decade - *from age 25 to 55 and more after 55*. This speeds and increases the likelihood of dependency on others in later years. We need to stress and challenge our bodies to keep them functional. Resistance exercise 2 to 3 times, and 30 minutes of cardio, 5 times a week will keep you . . uh. . . young.
- Ingesting foods with high fat content or *consistently taking in more calories than you expend – even if they come from "healthy" foods* - will create clogging of blood vessels and surplus fat. Both increase the likelihood of blood pressure and cardiac problems that can result in unnecessary death. Take the right food, then - Portion size! Portion size! - Drink size!
- Without outlets and practices that combat the effects of stress, you will succumb to one or more of a host of activity-limiting conditions from obesity to heart attacks. Learn about breathing exercises, yoga, meditation. Seriously, they work. All together now, - - OMMMMM
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It's a great time to be aging, To borrow a Boomer slogan, "JUST DO It – right".

By: Paul Meldrum, Fitness Specialist and Personal Trainer

Looking for something to keep your kids busy and active this summer?

We will be offering the following Summer Fitness Fun Camps:

- Ages 3-5 yrs (half day; afternoons)
- Ages 6-8yrs (full day; includes swimming)
- Ages 9-13yrs (full day; includes swimming)
- Teen Fitness Camp: Ages 12-16yrs (half day - mornings)
- Sports Performance Academy Camp: Ages 10-16yrs (half day - mornings)



For more information contact Nicole Crewe at ext 272 or ncrewe@ontarioracquetclub.com.

Proper Lunge Technique

Preparation

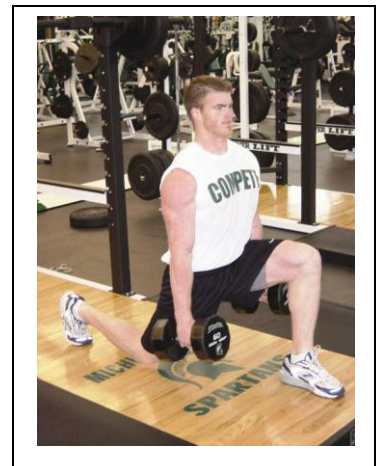
Stand with dumbbells grasped to sides.

Execution

Lunge forward with first leg. Land on heel then forefoot. Lower body by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Return to original standing position by forcibly extending hip and knee of forward leg. Repeat by alternating lunge with opposite leg.

Comments

Keep torso upright during lunge; **flexible hip flexors** are important. Lead knee should point same direction as foot throughout lunge. A long lunge emphasizes Gluteus Maximus; short lunge emphasizes Quadriceps.



Personal Training at ORC

Why get a **Personal Trainer**? To bring intensity, proper technique, knowledge and motivation to your workout. Your personal trainer will design a personalized workout plan to help you reach your goals safely and efficiently.

Personal Training caters to your needs! Our fitness specialists are available 7 days a week, 5am to 9pm every day.

- We offer private and semi-private sessions as well as small group training
- You have a choice between 1 hour and 1/2 hour workouts

Our trainers have experience and expertise in the following:

- Pre and post natal fitness
- Weight loss
- Sports Performance
- Healthy body maintenance
- Core training
- Rehabilitation
- Strength and toning
- Getting into shape
- Motivation and accountability
- Special Teen rates are available

Contact Nicole Crewe, Fitness and Sports Performance Director @ ext 272 or ncrewe@ontarioracquetclub.com for more information