



Get Moving This Fall!

By Jason Snoonian

Exercising in a gym setting can produce great results.

If you have never done this before it can be quite intimidating. It is very easy to think that you are the only one who doesn't know what they are doing. Let me assure you, you are not alone.

If you have been to the gym before but it has been a while, start easy. Start out at 50% to 70% of what you are accustomed to. This can vary depending on the length of time you have taken off. Gradually increase those workouts back

to what they were over time. Maybe add two minutes to your run every week or five pounds back to your bench press every



two weeks. The important thing here is to listen to your body and remember that a day of rest is **PART OF YOUR TRAINING.**

If you are an amateur, consider hiring a trainer until you get more comfortable with your program and surroundings. Make a commitment to yourself by scheduling in those appointments. A trainer will help you find the exercises and activities that you most enjoy while yielding results. Hiring a trainer will

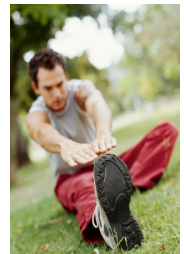
significantly reduce your risk of injury if you are even the slightest bit unsure as to what you are doing.

If you choose not to hire a trainer, remember that there are staff members there to help you. Whether you have forgotten how to use a particular machine or you want to know how to program a treadmill, the staff is there to help.

If you would like to know how to set-up time with a Personal Trainer, contact Jason at: jснооnian@thewestboroclub.com or by phone at 508-366-1222 x33.

Top Ten Reasons to Stretch

1. Decreases muscle stiffness and increases range of motion.
2. May reduce your risk of injury. A flexible muscle is less likely to become injured from a slightly extensive movement.
3. Helps relieve post-exercise aches and pains. After a hard workout, stretching the muscles will keep them loose and lessen a shortening and tightening effect that can lead to post-workout aches and pains.
4. Improves posture. Stretching the muscles of the lower back, shoulders and chest will help keep your back in better alignment and improve your posture.
5. Helps reduce or manage stress. Well stretched muscles hold less tension and therefore, leave you feeling less stressed.
6. Reduces muscular tension and enhances muscular relaxation. Stretching allows the muscles to relax. Habitually tense muscles tend to cut off their own circulation resulting in a lack of oxygen and essential nutrients.
7. Improves mechanical efficiency and overall functional performance. Since a flexible joint requires less energy to move through a wider range of motion, a flexible body improves overall performance by creating more energy-efficient movements.
8. Prepares the body for the stress of exercise. Stretching prior to exercise allows the muscles to loosen up and become resistant to the impact they are about to undergo.
9. Promotes circulation. Stretching increases blood supply to the muscles and joints which allow for greater nutrient transportation and improves the circulation of blood through the entire body.
10. Decreases the risk of low-back pain. Flexibility in the hamstrings, hip flexors and muscles attached to the pelvis relieves stress on the lumbar spine which in turn reduces the risk of low-back pain



Source: American Council on Exercise

New at the Westboro Tennis and Swim Club

SportWall: USTA Player Development *By Rick Bounds*



New backboard technology offers 21st century tools for USPTA Player Development. Brian Gottfried, one of the best-conditioned champions of the Open era, notes that the backboard has had a substantial impact on his strength, particularly on his volley. Research reveals that many of the world's tennis champions did much of their formative training on a backboard. The promotion of cardio tennis activities and the introduction of the USPTA Player Development Program encourage us to look at this unique tool that has played a key role in the development of players of all abilities.

Despite their proven benefits, use of backboards diminished over the years as old wooden backboards deteriorated and weren't replaced. But a new generation of backboards has revived interest in this great tool that many of us credit with having a significant impact on our own development as a player. The best of these new backboards are longer-lasting, quieter and sloped for solid, deep, natural returns that better simulate real match play than the vertical wood walls we grew up playing on.

SportWall is a computerized wall with targets, scoring, and time clocks that

allow you to measure developmental and conditioning results. The USPTA Player development Program outlines several performance components and the skills or talents related to each. Today's backboards are a uniquely effective tool to developing a conditioned athlete, speed, agility, quickness, goal setting, and fun.

For youth, teens, and adults contact Rick Bounds, Sport Performance Director, rbounds@thewestboroclub.com to sample the SportWall and learn how to incorporate its benefits into your Tennis Development

To Run or Not to Run

By Cheryl Labriola

"I CAN'T RUN!" I've heard this over and over. Starting a running routine can be a very frustrating experience. Your body will scream at you and you're going to think you weren't cut out to be a runner. I can tell you, though, it does get easier if you're consistent and you stick to a program. Even if you've never done any running before or aren't very physically active at the moment, you CAN start a running program. If you start off properly, you will quickly discover for yourself the mental and physical benefits of running. Plan to dedicate the necessary time to learn to run. Make your goals attainable. If you've never run before, you need to start off slowly. Here are some easy ways to ease into a routine.

Buy some good running shoes. I recommend being fitted at a running store where they will check your foot structure and your gait. You should bring an old pair of sneakers with you so they can check the wear pattern. As a beginner runner, don't feel you have to buy the most expensive running shoe, but I wouldn't scrimp on the price too much either. The shoes your friend recommends may not necessarily be the right fit for you.

Learn the basics of good running technique. Relax your shoulders and hands. Your arms are at waist level. You want to maintain good posture. If you watch some people run, you can see how many expend too much energy by pumping their arms across their chest.



Do not do this and avoid

bouncing. Run low to the ground and use your energy to propel yourself forward not vertical. You can focus on an object ahead of you while you run. If you see it going up and down or feel yourself going up and down, then you are running too vertical.

Breathe. You can over think this and make yourself crazy. When you run, you will get out of breath. It's natural and normal. Your body runs on oxygen like a car runs on gasoline. When you do any kind of physical activity your muscles need more oxygen. Your body supplies oxygen-rich blood to the muscles. The lungs work harder to get this oxygen from the air. Your jaw should be relaxed, your mouth slightly open. The oxygen will come through your nose and mouth to your lungs, to your blood and to your muscles without you needing to give it a lot of thought. Breathing is a very natural activity--and so is getting out of breath when you run.

Stretch. A workout isn't over until you stretch thoroughly (part of your cool down period) immediately following the run. Your legs will be most receptive to the benefits of stretching immediately after you run. Waiting 30 to 40 minutes later after your fatigued and muscles have cooled down increases your chances of causing injury. In short, stretch gently and slowly while your muscles are still warm. Make the after running stretch part of the cool down process.

I am offering an 8 week "Learn to Run" program beginning in September at The Westboro Tennis and Swim Club. 9/15/10 – 11/3/10 9:15am – 10:15am, Wednesday cost \$99.00

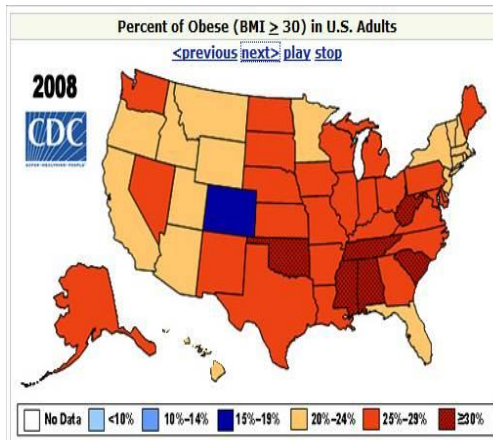
Nutrition Corner

By Barbara Casaceli

We have all heard there is an “epidemic” of obesity in our country. Our children’s generation is going to be the first generation to not out live their parents. The alarms are sounding but what does that mean for Massachusetts residents? Below is a map put out by the CDC (Center for Disease Control) showing the Percent of Obese U.S. Adults.

Massachusetts falls into the 20-24% of adults are obese; some would say not bad compared to the Southern states at $\geq 30\%$ but compared to 10 years ago when Massachusetts was in the 10-14% category this is not a good trend. For our children, more than 30% are overweight or obese (from the Massachusetts Health Policy Forum, 2008). So you might say “we are a little overweight, big deal”. Evidence shows us that being overweight and/or obese increases our risk of developing heart disease, diabetes, hypertension, sleep apnea, and certain types of cancer. These major disease states are the leading cause of death for Americans. As a whole we are increasing our children’s risk of attaining one of the diseases at a much earlier age because of childhood obesity.

So what can be done? We’ve all tried and re-tried “diets” and we know dieting doesn’t work or doesn’t work long term; they are just too hard to stick with. **I propose**



we need to make lifestyle changes; we need to eat better and move more. Sounds easy enough, then why aren’t we doing it? We need as a whole to make our health a priority, we need as best we can (I know everyone is busy!) to get back to the basics, homemade meals, less packaged products, family meal-time, increase activity and less screen time.

Coming this fall at the Westboro Tennis and Swim Club we will be offering a **6 week “Rev up Your Metabolism” weight loss class.** Learning what foods help fuel a healthy metabolism, what foods we should choose more often, appropriate portion sizes of foods and the importance of regular exercise/activity that can help slow down or eliminate unwanted weight gain.

Our health and our children’s health are dependent that we **start** making changes as families, as communities and as a country and **we start now!**

Trainer Profile: Rob Nichols



Education: BS Health and Fitness

Areas of Expertise

- General Fitness
- Flexibility
- Beginners
- Core
- Youth Fitness

Hobbies

- Hiking, Music, Basketball, Snowboarding

Training Philosophy: “To achieve maximum results you must do the work, including all of the hard exercises.”

To book an appointment with Rob please call us at 508-366-1222 x19

The Benefits of Group Exercise

By Jason Snoonian

There are many benefits to exercising in a group setting. Time and time again it has been proven that working out in a group can provide positive aspects to your workout that cannot be achieved on your own.

One of those positive aspects is the power of encouragement. Sometimes all it takes is one positive comment to give you that boost to keep on moving to finish a particular goal.

For those of us who have a competitive streak in us, group workouts tend to push us further. Keeping up with the instructor or someone else can drive

us to levels that we never thought were attainable.

Another huge benefit is knowing that there is a certified instructor there making sure that your form is correct. Minimizing your chance of getting hurt is a big reason to take a class, especially if you are new to exercise.

Perhaps the biggest and most important benefit of a group program is that it’s fun! Whether you take a class with a group of friends or form new relationships by meeting new people there is no better feeling than having a buddy or two in your corner.

Upcoming Fall Fitness Programs

- Full Body Bootcamp
 - Fit Over Fifty
 - S.H.R.E.D.
- Circuit Training Intensive
- 12 Week Body Transformation
 - Team Body Training
- Junior Fitness Training (Ages 12-13)
- Performance Training for Middle School and High School Athletes
- Circuit Strength (Ages 8-15)