



The Club Connection

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"The Club Connection"

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Welcome our new
members to the
Club 51 family!

David Burnham	Kevin Hur
John Votaw	Erica Terbay
Paige Thomas	Matt Bowers
Chloe Massie	Tatjana Emmeric
Kim Kremer	Terri McDonough
Nolan Wilson	Jennifer Bryant
Donald Miller	Eugenio Durand
David Estep	Brenda Estep
CJ Webster	Jill Ifandi
Marilyn Runyon	Leslie McCarthy
Craig Dring	Dana Dring
Chetna Mehta	Mary Nielsen
Jane Antrobus	Terry Jones
Rudy Lyle	Jessica Sexton
Ann Larkins	Brandi Sereno
Jessica Rothwell	Harold Hall
Ashley Goebel	Ryan Fairchild
Doug Conley	Nick Goebel
Nathan Clem	Rob Petrosino
Gary Foster	Jim Ferguson
Bethany Clem	Jaelyn Dahl
Don Dawson	Ronald Smith
Adrienne Sullivan	Roxanne Smith



Online Meal Planning

Have you checked out our online meal planning program? You enter the foods that you eat into our online system. Our system then points out problems in your diet, and teaches you how to improve by removing, or adding foods. Find out more information and view a demonstration by visiting our website at <http://club51fitness.vitabot.com/login/club51fitness.html>.

Club 51 members receive a 1 week free trial, and then pay only \$10 per month or \$60 per year.

Online Meal Planning

www.Club51Fitness.com

Balanced Nutrition for Real Results

All members receive their first week free!

Talk to a Club 51 Fitness Employee to set up your account.

Club 51
FITNESS



See Page 4 for details on how to win a 47" LCD flat screen TV, 2 sport bicycles, a grill, and much, much more!

Corporate Fitness Program

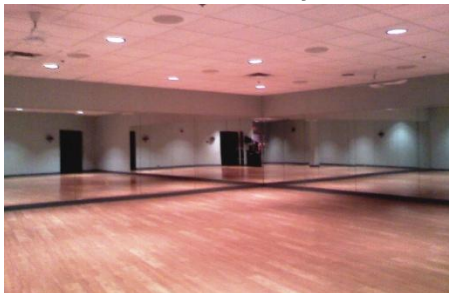
Are you interested in decreased absenteeism, more energetic employees, reduced health care costs, increased employee satisfaction, higher productivity, and better relationships among your employees?

Club 51 Fitness is making several private group exercise rooms available for corporate group fitness classes at a cost of only \$50 an hour!

<http://www.mediafire.com/?59oam83f0o08bg8>

(Press the button that says "click here to start download")

For more information, contact Ron Byrd at (937)291-7990



CLASS SPOTLIGHT HATHA YOGA

Hatha Yoga describes any of the physical practices of yoga. "Hatha yoga" can be used interchangeably with the term "yoga."

Hatha Yoga tries to achieve balance between body and mind, as well as attempts to free the more subtle spiritual elements of the mind through physical poses or Asanas, Breathing Techniques or Pranayama, and Meditation.

The practice of Hatha Yoga can help you recognize your hidden physical and mental potentials. Through the continued performance of Asanas, you will gain flexibility and strength, and learn to be more relaxed under otherwise stressful situations. Hatha Yoga's Relaxation Exercises will open the energy channels, which in turn allows spiritual energy to flow freely. Some Hatha yoga poses also massage and tone your internal organs, helping to prevent diseases such as diabetes, arthritis, and hypertension. They also bring balance to internal and glandular functions. Pranayama (breathing techniques), on the other hand, can help manage asthma and bronchitis.

Hatha Yoga is taught on Tuesdays and Thursdays 11a-12p by Lee, and Mondays and Wednesdays from 7p-8p by Linda.



PLAY CARE KIDS HALLOWEEN PARTY

SATURDAY OCTOBER 30

8am-1pm

DON'T FORGET TO WEAR YOUR HALLOWEEN COSTUME!



Trainer Spotlight VAUGHN DEWITT

How long have you been a personal trainer and what made you decide to start?

I've been a professional fitness instructor since June of 2000, the summer after I graduated high school. I was always involved in athletics like football, track and field, and volleyball in high school and after not pursuing any college sports I focused completely only lifting weights and bodybuilding. I liked it so much I decided I would like to help others reach their goals as I had with own body.

Have you always been in such great shape? How do you maintain it?

Though I'm not the person to say or consider myself to be in great shape I have made major changes to my body since I started weight training seriously in 2000. In June of 2000 I weighed 167lbs and was built like a bean pole. In the last 10 years I've increased my weight slowly to 205lbs and have maintained that body weight for the last 3 1/2 years.

I used to be very disciplined and regimented as far as my diet and exercise went, writing everything down and weighing everything out. After so many years I know now what I can and can't do and don't have to be so strict. My weekly exercise program consists of workout 4-5 times a week with resistance training and light, easy cardio sessions lasting 30min each. As for my diet, I eat 4-5 meals a day including lean sources of meat and complex carbohydrates at every meal with a total caloric intake of 2500-3000 calories daily.

What are your certifications?

I am certified through American Fitness Training Association (AFTA) and the American Exercise Council (ACE).

Do you have any great client success stories? I have quite a few success stories in many different gyms but the one that sticks out the most is Jen Phillips. Jen and I were involved in a 6 month biggest winner contest from Feb – Aug of 2009. Jen went from 197lbs at 40.6% BF to 142.2 lbs at 26.2%. Jen lost 11 3/4 inches on her waist, 11 inches on her hips, and 7.5 inches on each thigh!! She got 5th place out of 3000 contestants.

What are the most common mistakes that newbies make?

From my experiences 2 of the most common mistakes beginners make are trying to overdo it and committing to a program that their schedule or body can't maintain and listening to advice from colleagues, family and other influences that are not certified fitness professionals. Too much locker room talk! Ask a professional, we will not steer you wrong.

What do you do outside of training your clients?

I am a factory rep for a Turkish company called Fade Marble. We are manufacturers of marble, travertine, granite, onyx, and limestone products. These products include tile, pavers, pool copings, slabs, and medallions and mosaics. I help manage our recently opened US branch where we will offer flooring distributors, builders, remodelers, designers landscapers, and stone suppliers the opportunity to cut out the middleman and purchase from our factory direct. This offers our clients a higher quality product for a lower price. Please see www.fademarble.com for more information on our product line or ask me for a copy of our catalogues.



B Member Spotlight BUD LOWMAN

U When you're not at Club 51, what are you doing?

D I'm a retired judge (Montgomery county common pleas) and do visiting judge work in the state. I'm a volunteer for St Vincent, and Yankee Trace Golf Course. I enjoy gardening, golf, travel, my church and working out at Club 51.

- How long have you been a member of the gym?

- About 17 months.

L What made you decide to start coming to Club 51?

L In looking for a new gym I found Club 51 to fit perfectly. Since Randy took over it is twice as good. It's a very clean, bright, and friendly atmosphere.

O You are in good shape! How do you do it?

O Mainly through the cardiovascular machines, bikes, and machines.

W What are your health and fitness goals for the future?

W Stay in shape, stabilize weight, and keep body tone.

M If you were stranded on a desert island, what 3 things would you bring with you?

M Tough question- The bible, books, grandkids, our kids, and since I'm single- a compatible woman.

A What is your FAVORITE part about Club 51 Fitness?

A I enjoy watching the news while working out on the bikes, and the steam room.

N



Holiday Member Appreciation Party

Sat. Dec. 11, 10a-3p

On December 11, 2010 we will be hosting a holiday member appreciation party in which we will be raffling off an array of amazing prizes!



Raffle prizes will include a grill, a 47" LCD flat screen TV, 2 bicycles, 10 movie tickets, restaurant gift cards, prizes from Neo Tan, Alecs day spa and much more!
(Must be present to win grill, TV, and bicycles)

How to get raffle tickets

- Every Club 51 member receives 1 free ticket. Please inquire at the front desk.
- Each time a member brings in a guest for a club tour or workout, the club member receives 1 additional ticket.
- If your guest and any other referral joins the club, you will get additional raffle tickets.

EVERYBODY' S A WINNER!

Everyone who comes to the open house on December 11, 2010 will receive \$5 worth of arcade tokens at the Chaos Room.

***Wear your Club 51 Fitness t-shirt and receive an additional \$5.00 worth of arcade tokens!**

Healthy Recipe of the Week

HALLOWEEN STYLE

1. To make one lantern, use a small knife to slice the top off a navel orange and cut around its interior to hollow it out. Scoop out the orange segments, chop them, and mix them with canned or fresh fruit salad.
2. Carve small facial features in one side of the orange, then cut a slit in the lid to accommodate the handle of a green plastic spoon. Fill the lantern with fruit salad.
3. Insert the spoon and set the lid in place.



Just quarter and core an apple, cut a wedge from the skin side of each quarter, then press slivered almonds in place for teeth.



Remove any stringy fibers from the peeled banana, then cut it in half widthwise. Push a Popsicle stick into each half through the cut end, and add a face with candy or dry fruit.

FaCt Or FiCtIoN?

Crunches are one of the best moves to target your abs.

Fiction.

You probably know crunches are old-school, but you may not know why they're not very effective. What's their weakness? Most people initiate crunches with their hip flexors without engaging much of their core. This may get the surface muscles in your abs, but it ignores the ones underneath, which are also essential to a flat stomach. Without hitting these critical muscles, you will have a stomach that has definition yet sticks out a mile when you aren't trying to suck it in.

Plus, crunches mimic the sitting posture we use for much of the day. We don't want to exacerbate this 'hips flexed/shoulders hunched' position. The point of training is to fix the gaps and do something different.

Crunches repeat a similar movement pattern.

A better bet for flat abs? Focus on moves like the plank and side plan that work often-neglected areas of your core. And don't forget your butt, too. Weak glutes push your stomach out and give you a belly even if you don't have one...So not cool.

If you or someone you know would be interested in receiving our bi-weekly e-newsletter, please have them send their e-mail address to Allie at alliej@club51fitness.com



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