



senior moment

by chris matuscak

The MIND Diet

Now, where did I put my keys??? Does that sound familiar? There has been much research on improving memory and mental function. Exercise has been proven to prevent dementia and memory loss. We need **at least 30 minutes** of moderate intensity cardiovascular exercise at least three times a week to boost brain power. Daily exercise sessions are even better. The goal is to elevate the heart rate to a comfortable but challenging level.

Another component important in preventing dementia and memory loss is a healthy diet, specifically the **MIND diet**. The MIND diet is a combination of the Mediterranean and DASH diets. Researchers discovered that people who followed the basics of the MIND diet had brains as sharp as people 7.5 years younger.

MIND DIET GUIDELINES: (Adapted from Mayo Clinic)

- Whole Grains - at least 3 servings a day
- Green leafy vegetables - at least 6 times a week
- Other vegetables - at least once daily
- Berries - at least twice a week
- Red meat - less than 4 times a week
- Fish - at least once a week
- Poultry - at least 2 times a week
- Beans - more than 3 times a week
- Nuts - at least five times a week
- Fried or Fast food - less than once a week
- Mainly olive oil for cooking
- Less than tablespoon of butter or margarine a day
- Less than a serving of cheese a week
- Less than five pastries or sweets a week
- One glass of wine or other alcoholic drink a day

Focus on whole grains, green leafy vegetables, berries, fish, poultry, beans, nuts, and olive oil. Avoid red meat, butter, cheese, fried food, and sweets. Combine the MIND diet with your exercise routine and you just may find those keys!!!

the importance of rest & recovery

by sally betscher



Both rest and recovery are crucial for performance and longevity with any exercise program or habit. Yet many are not always aware of the difference between the two, nor of the best utilization of each.

Basically, rest means not exercising at all. Obviously, this can be in the form of sleeping, but not necessarily. What is necessary to resting is to keep your heart rate down. Whatever enables that (whether it's sitting on the couch watching TV or reading, cooking your favorite meal or shopping, for example) qualifies as "rest".

Recovery is actually what is often referred to as "active recovery". One way to actively recover is by cross-training; doing some form of exercise or activity that uses your muscles in an alternative way. So if you normally run, then walking, swimming, biking, and using the elliptical might all be good ways for you to recover. These types of alternative activities help to improve mobility, relieve muscle soreness and allow your body to replenish its energy levels.

So how much rest and recovery do you need?

It's generally understood that muscles need 48 hours to recover. But that can be active recovery, not two days of rest.

As for actual rest days, everyone is different. Some may need a couple days each week, while others function well with one day every week or two. Listening to your body is key; if you've been sick or have an injury, you may need much more rest than normal. Not getting enough sleep or having a lot of outside stress can influence how much rest you need. Also, seasoned exercisers may need less rest than newbies.

Active recovery is necessary on a regular basis. Every good training plan has easy and/or cross-training days built in. At least one day per week needs to be spent being active but doing something other than your normal workout. Your body, health, and performance will thank you for it.

Kids-n-Fitness

It has been a busy summer for the kids at KNF. We have been swimming every day, taking field trips all over our community, playing summer tennis, and attending science workshops! Soon summer will be over and we will be back to school. We hope you are enjoying your summer as much as we are!



simply feel better news

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1010 South Side Dr, Decatur, Illinois 62521 | Phone 217.423.7020 | Fax 217.423.7562 | www.decaturationathleticclub.com

Labor Day & Winter Hours

labor day
 Sat., Sept. 1st 7a - 6p
 Sun., Sept. 2nd 7a - 6p
 Mon., Sept. 3rd 9a - 5p

Beginning tuesday sept 4th
 We are in Winter Hours!!
 Monday - Friday 4:30a - 10p
 Saturday & Sunday 7a - 8p

Bogafit

BogaFit is now FREE to DAC members! Please call or visit the club no more than 24 hours in advance to reserve your board! Non-Members are still welcome to join us for just \$10 per class, per person. You can also schedule your own special group class if you have a group of 5 people or more! Contact Shelli Reinhardt, Fitness Director, at Shelli@decaturationathleticclub.com or 217-423-7020 for more information!

Bogafit class times

Wednesday 6:45pm
 Thursday 11:00am
 Saturday 11:00am

Convert Your 3 Month Membership to Full DAC Membership!

Have you enjoyed your 3 month membership at the DAC? Want to continue enjoying all the great benefits DAC has to offer? No need to go without, hop straight into full DAC membership once your 3 months ends! If you sign-up for full DAC membership (Individual, Couples, Family, or YAH) within 2 weeks of your 3 month membership ending, we'll waive the initial fee for you! Contact Lauren, Marketing & Membership Director, at Lauren@decaturationathleticclub.com or 217-423-7020 for more information!

meet our new yoga instructor karen mercer!

Karen is originally from North Carolina and has recently relocated here to the Midwest. She's been teaching yoga for 9 years and is RYT 500 certified. Karen loves teaching and practicing yoga because it's ever-challenging and there is always something new to learn!

She'll be teaching the following classes:

- 9:30am Gentle Yoga on Wednesdays & Fridays
- 5:30pm Mildly Warm Mindful Yoga on Wednesdays
- 8:30am Mildly Warm Mindful Yoga on Saturdays

Please join her for a class when you get the chance! Welcome to the DAC family Karen!

tennis news and updates

adult tennis leagues

Below is the adult league schedule:

Level	Day	Time	Cost/Week	Dates
Coed 2.5 Doubles Instructional League	Monday	6:30 - 8 p	\$22	9/10-1/14
Coed 2.5 Doubles Instructional League	Tuesday	10:30-12 noon	\$22	9/11-1/15
3.0 & Above Ladies Challenge Court	Wednesday	10 - 11:45 a	\$17	9/5-1/16
3.0 Men's Instructional Doubles	Thursday	7-8:30 p	\$22	9/6-1/17

The DAC offers a wide range of tennis leagues for adults. Fall leagues run through mid-January. Registration into a league requires a commitment for the length of the entire session.

All weekday leagues will begin organizing the week of September 5th and most play will begin the following week. If you are unsure of which league to play in, please contact Chuck Kuhle and he will be happy to help you.

USTA/Ursula Beck Pro Tennis Classic

Don't miss this USTA Men's Pro Circuit event. Players from over 20 countries compete for ATP ranking points and \$25,000 in prize money at the Fairview Tennis Complex. July 30-5th!

Adult Tennis Clinics

All Adult Tennis Clinics will begin in September. Please look in the next newsletter for information. Questions can be directed to Chuck Kuhle at 423-7020.

The first day/night of each league will be an organizational day/night. Please call Chuck Kuhle if you would like to come out and try any of the above groups without committing. If you do not find something that fits your needs, contact Chuck as new leagues can be created if there is enough interest.

tennis calendar

August 1-5 (All day)
USTA/Ursula Beck Pro Tennis Classic
FP

August 2 (10 - 11:30a)
Falk Family Kid's Day
FP

August 2 (5:00p)
Heim Family Pro Tournament Cookout
FP

tennis accolades

Caleb Burmeister
Decatur City Boy's 12 Singles Finalist

Clayton Burmeister
Decatur City Boy's 16 Singles Finalist

Matthew Grabb
Decatur City Boy's 14 Singles Champion

Lucas Horve
USTA National Level 2 Boy's 18 Doubles Champion
USTA/Midwest Closed Boy's 18 Doubles Champion

Luke Hubbard
Decatur City Boy's 14 Singles Finalist

Maya Jyothinagaram
Decatur City Girl's 14 Singles Champion

Arnav Kolluru
Decatur City Boy's 10 Singles Finalist

Ella Sandgren
Decatur City Girl's 10 Singles Champion

Kristen Tuan
Decatur City Girl's 12 Singles Champion

Serena Tuan
Decatur City Girl's 14 Doubles Champion

Aydin Turgut
Decatur City Boy's 16 Doubles Champion

Kaya Turgut
Decatur City Boy's 12 Singles Champion

Francis Velasco
Decatur City Boy's 16 Singles Champion

Gadi Velasco
Decatur City Coed 10 Doubles Champion

pool rules

Infants and Toddlers: For your safety, all infants and toddlers who are not potty trained must wear diapers with protective pants over them or swim diapers.

2-6 Years of Age: Must be accompanied by a parent or guardian 16 years or older at all times in the DAC facility. Must swim with a parent or guardian 16 years or older while lifeguard is on duty. May swim with parent during a water class on Tuesday and Thursday nights when lifeguard is on duty. May not swim during any other water classes.

7-11 Years of Age: Parent or guardian 16 years or older must sign guest into the facility. Must have a parent or guardian 16 years or older in the facility with them at all times. May swim when a lifeguard is on duty and parent is in the facility. Must swim with a parent or adult guardian 16 years or older at the DAC pool when a lifeguard is not on duty. May not swim during a water class except on Tuesday and Thursday when lifeguard is on duty. May swim only until dusk with appropriate supervision.

12-14 Years of Age: Parent or guardian 16 years or older must sign guest into the facility. May NOT be at DAC facility without a parent or a guardian. May swim while lifeguard is on duty or with a parent or guardian 16 years or older. May not swim during a water class except on Tuesday or Thursday when lifeguard is on duty. May swim only until dusk with appropriate supervision.

General Pool Rules: Absolutely no one under 15 years old is allowed in the pool without lifeguard, parent, or guardian 16 years or older present. Please no smoking on or around pool deck. No glass on pool deck. **USAGE OF POOL MAY BE RESTRICTED IF RULES ARE ABUSED.**

The pool will be closed after the first sight of lightning or sounds of thunder and will remain closed for 30 minutes after the last sound of thunder. DURING THIS TIME, NO ONE IS ALLOWED TO SWIM.

yoga class changes

The following classes will no longer be offered due to Malachi leaving for Malaysia

- 5:30pm 90 Minute Yoga on the 2nd & 4th Fridays of the month
- 10:00am Restorative Yoga on Sundays

Good luck on your next adventure Malachi! Thank you for being part of the DAC family!"