



senior  
moment  
by chris matuscak

gym etiquette  
by sally betscher



## the core and Breathing

Think of your core as a box. The bottom of the box is the pelvic floor, the front is the abdominal wall, the back is made up of the lumbar muscles, and the top of the core box is the diaphragm. The diaphragm is actually a muscle and the key to proper breathing. In order to train the core and breathe properly, we need to also train the diaphragm.

When you inhale, your **diaphragm** contracts (tightens) and moves downward. This increases the space in your chest cavity and the lungs expand. As the lungs expand, air is sucked in through your nose or mouth. When you exhale the **diaphragm** relaxes and moves upward into the chest cavity, pushing the air out. When exercising, the abdominals may assist in the exhalation phase. This is a very basic summary of the mechanics of breathing. How does posture affect this process?

Picture your lungs as 2 balloons. Now imagine trying to blow up the balloons while sitting on them. This is what happens to your lungs while slouching forward. Here is a better example, sit with good posture in a chair and take 3 deep breaths. Pay attention to how you feel. Now bend over and touch your toes. Again, take 3 deep breaths. Feel the difference? When we relax our shoulders forward and flex at the spine, we reduce the lung capacity or the ability of our lungs to expand and the diaphragm to contract.

How can we strengthen the diaphragm and encourage better breathing techniques? Practice proper posture. The shoulders, hips, knees, and ankles should be aligned. Engage the abdominal and pelvic floor muscles and draw the shoulder blades down and back. This position allows more space in the chest cavity. To strengthen the diaphragm muscles, try this **straw exercise**. Inhale normally and naturally. Exhale fully through a plastic drinking straw - make sure you have exhaled all of the air out of the lungs. Inhale normally (not through the straw). Exhale fully through the straw. Repeat this exercise for 5 minutes.

The combination of good posture and deep breathing not only strengthens the core but also helps to bring more nourishing oxygen into the body and to all the organs and muscles that need it.

It's time for our yearly reminder regarding gym etiquette. While most of our members are consistently mindful of how their behavior affects others, it never hurts to be reminded of the fact that we all share the fitness center. Each of us needs to be aware of the things that we can do to enhance the experience of each and every member. With that in mind:

- 1) Put your weights, plates, stability balls, ab rollers, BOSU balls, bands, jump ropes, etc., away when you are done with them. Others may not be able to locate equipment that is not where it is normally found. Plus there are many members who are truly not able to lift the heavier plates and dumbbells, and are thus unable to use machines with, say, four 45 lb. plates left on either side.
- 2) Don't slam the machines, cables dumbbells, etc. We have nice equipment. The harder we are on it, the sooner it breaks down. Then no one can use it, even you.
- 3) Dress modestly. This is a family gym, so we request that both men and women wear shirts. Clothing also helps absorb sweat so it is not left all over the equipment, which leads to....
- 4) Wipe down the equipment you use, especially when doing cardio and any other exercise where you are sweating heavily. There are towels and disinfectant spray placed around the fitness center.
- 5) Don't talk on the phone in the fitness center, especially when doing cardio. Please take calls up in the hallway or lobby.
- 6) Avoid loud grunting, moaning, and screaming while lifting. We're all working hard.
- 7) Don't sit on machines in-between sets. If at all possible, allow others to work in. Sharing the fitness center enables everyone to get their workout in as quickly as desired.
- 8) Watch the use of perfumes and colognes. Others may react negatively to scents you find pleasant.
- 9) Watch your language. 'Nuff said.
- 10) In general, pick up after yourself. Towels go in the bins in the locker rooms, while water bottles, cups, wrappers and tissues go in the trash. This applies to the fitness center bathroom, as well.

A little thoughtfulness towards other members goes a long way toward making gym time rewarding and pleasant for everyone.

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better news

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

### Summer Hours Start Memorial Day Weekend!

#### summer hours

Monday - Thursday

4:30a-10p

Friday

4:30a-8p

Saturday - Sunday

7a-6p

### 4th of July Hours 9a - 4p

### 4th of July Body by tabata Bootcamp special!

We are hosting a special 4th of July Body by Tabata Bootcamp class open to anyone interested in joining Tabata. We'll be offering some great deals on our upcoming Tabata session! If you sign-up for the July 9th Tabata session on July 4th you will receive a \$10 discount off your session price (phone call sign-ups made on July 4th will still receive the session discount) PLUS, if you own a MyZone Belt you will receive another \$10 discount! (A total savings of \$20!) To sweeten the deal, we are offering a special July 4th \$25 discount on MyZone Belt purchases for anyone that signs-up for the July 9th Tabata session!

### Summer Memberships on Sale Now!

Keep moving this summer with a 3 month Summer Membership at the Decatur Athletic Club! We have membership options for Individuals, Couples, and Families so you can keep the whole crew active! Call 217-423-7020 or email Membership@decaturationathleticclub.com for more information!

#### Pricing

- \$300 for an Individual
- \$350 for a Couple
- \$415 for a Family

Don't forget you can also upgrade your regular Individual/Couples membership to a Family level for the summer months if you have kids that will be out of school/home for the summer! Just a reminder, all children age 3 and older either need to be on a membership or have a guest pass in order to use the pool, basketball court, and other areas of the DAC facility.

### young at heart friday's!

Warm Water Class meets at 8:30 am in the indoor pool at Kids n Fitness. In this class we work on flexibility, strength, and balance.

YAH Cardio meets at 11:00am -11:30. In this class we work on low impact cardio moves that are easy to follow. This impact strengthens the bones. We also use small hand weights to work on strength and toning.

YAH Balance Class meets from 11:30am-12:00. This is a 30 minute workout concentrating on agility and balance.

# tennis news and updates

## Mt. Zion High School's Demirjian/Hinch take 4th!!

Mt. Zion High School's Joe Demirjian and Andy Hinch took fourth place at the I.H.S.A. Class A Boy's State Doubles Championships in May. The team was seed 5-8 but finished in the Final Four. Congratulations to both for a great effort!

## Roukens/Moster Claim 6.0 Game Set Money!

Congratulations to Sylwia Roukens and Don Moster for taking home the crown in the Game, Set, Money 6.0 Mixed Doubles. They defeated Ginny Kerwin and George Duncan 8-5 in the final to claim the top prize. Thanks to all that participated!

## Chuck Kuhle's Junior Tennis Camp 2018

Meets: Monday-Thursday 8:30 am-3:30 pm

Where: Fairview Tennis Center (Decatur Athletic Club—rain site)

Date: July 9-12

Cost: \$300

Chuck Kuhle will hold the second of two tennis camps this summer at the Fairview Tennis Center July 9-12. The camps are open to boys and girls ages 10-18 years of age and will be held Monday-Thursday from 8:30 am-3:30 pm. Players outside the age range should contact Chuck Kuhle directly for compatibility with the camp. The camps will include instruction, competitive drills, fitness, video analysis and supervised match play. Pick up a camp brochure at the club or request one by email.

## DAC Junior Summer Clinics and Leagues

The DAC offers a wide range of junior programs during the summer months. It is not too late to participate. Pick up a summer brochure at the club or have one emailed to you. Please contact Chuck Kuhle or Cory Sandgren for more information.

## USTA/Ursula Beck Pro Tennis Classic

This men's professional tournament, in its 20th year, will be held at Fairview Park July 28-August 5th. This is a great opportunity for the tennis community to help support local tennis by volunteering or sponsoring the event. Funds raised help support tennis throughout the Decatur area. In addition, monies are given to the Decatur Park District to help keep the Fairview Park Tennis Complex the nicest park facility in the state. For more information, contact tournament director Chuck Kuhle.

## Housing and Volunteers Needed

We are in search of volunteers and housing for the USTA/Ursula Beck Pro Tennis Classic held at the end of July and early August. If you are interested, please contact Volunteer Chairwoman Janet Hogan (620-8819) or Housing Chairwoman Beki Van Meter (520-3841).



## DAC Adult Leagues Winter/Spring Results

Monday Coed 2.5 Instructional League

1st—Rodney Koonce

2nd—Scott Wagner

Wednesday Ladies Progressive Doubles League

1st—Sylwia Roukens

2nd—Becky Collier

3rd—Kelly Brandon

4th—Loretta Hedges

5th—Louise Stott

Men's Thursday Night Instructional League

1st—Dennis Drew

2nd—Scott McDonald

3rd—Tom Wene

4th—Tod Nicolls

5th—R.J. Podeschi

## Tennis Calendar

July 13	Decatur City Junior Tennis Championships	8 am-1 pm	FP
July 28-August 5	USTA/Ursula Beck Pro Tennis Classic	All day	FP

## Tennis Accolades

Joe Demirjian	I.H.S.A. Class A State Doubles—Fourth Place
George Duncan	2nd Place Game, Set, Money 6.0 Mixed Doubles
Andy Hinch	I.H.S.A. Class A State Doubles—Fourth Place
Lucas Horve	MSITA Midwest Qualifier Boy's 18 Singles Champion
Ginny Kerwin	2nd Place Game, Set, Money 6.0 Mixed Doubles
Don Moster	1st Place Game, Set, Money 6.0 Mixed Doubles
Sylwia Roukens	1st Place Game, Set, Money 6.0 Mixed Doubles
Ella Sandgren	1st Place Girl's 10 Singles Bloomington, Illinois
Samantha Shankland	2nd Place Girl's 10 Singles Bloomington, Illinois
Gadiel Velasco	1st Place Girl's 10 Singles Consolation Bloomington, Illinois



# 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.