



senior moments by chris matuscak



The DAC is offering an exciting new program for our members. You may have noticed the TV monitors with the heart rate (HR) tiles in the Fitness Center, Aerobic studio, gym, and spin room. MYZONE is an exciting system used to track your heart rate in real time while you work out.

What is MYZONE? MYZONE consists of a chest strap that sits below the chest and close to the sternum. A small device snaps on to the belt, and then picks up your heart rate and stores data about your workout. MYZONE then transmit your heart rate to the TV monitors or your MYZONE app on your smartphone so you can follow your intensity level.

What are the advantages? Tracking your heart rate while working out has several advantages. Your heart rate indicates your effort. It is an objective way to quantify how hard you are working, whether it be during cardiovascular exercise or resistance training. Through the MYZONE website or app, you get a breakdown of how many calories you've burned, the percentage of time you spent in each of the zones, the length of your workout, and the MYZONE effort points (MEP) earned. This data can be informative and motivating.

What do the zones mean?

Grey Zone

Moderate intensity (50 to 59 percent)(1 MEP/minute)

Blue Zone

Moderate Intensity (60 to 69 percent) (2 MEP's/minute)

Green Zone

Moderate Intensity (70 to 79 percent) (3 MEP's/minute) Steady State

Yellow Zone

High Intensity (80 to 89 percent) 4 MEP's/minute

Red Zone

High Intensity (90 to 99 percent) 4 MEP's/minute

The grey, blue, green zones are good for warming up, steady state exercise (20 to 60 minutes), to build a good base, or to recover after a tough workout. These zones rely on the aerobic metabolic system or oxygen system. Stroke volume increases (amount of blood heart puts out per beat), cardiac output increases (amount of blood heart pumps per minute), and skeletal muscle blood flow increases. All of these factors lead to increased blood vessel production and the ability of the muscles to produce more energy.

The yellow and red zones use the anaerobic metabolic system to supplement the aerobic system. They improve our VO2 max and they increase energy expenditure or the amount of calories burned per minute. Ideally, you would be in these zones 3-5 minutes and then recover in the green or blue zone for 2 to 5 minutes.

The longer you work in blue through yellow zones, the more effective your heart rate is. MYZONE doesn't subtract your age from 220 to get your heart rate, it actually calculates your actual max heart rate by taking your heart rate during exercise. The more you use MYZONE, the more accurate your zoning charts become, and ultimately, the more effective your workouts become.

runners by sally betscher



If you're a runner, you may feel it's somehow "cheating" to walk during your runs. However, a recent runnersworld.com article discusses why it's good to take walking breaks during both training runs and races.

A growing number of running coaches are recommending adding walking intervals to their athletes' runs, even with experienced runners and especially during longer runs, like half and full marathons. The amazing fact is that many runners end up with times that are as fast, or even faster, than if they ran the entire distance.

There may be several reasons for this. First of all, adding walking intervals can help to keep your heart rate under control. Furthermore, many are able to refuel and hydrate better during walking intervals, as opposed to trying to eat and drink while actually running. And finally, taking short, planned walking breaks can make your run more enjoyable. And who wouldn't want that?!

There are various scenarios where it really may make sense to consider the run/walk. For example, if life got in the way, for whatever reason (sick kid, sick you, work demands, etc.), adding walking breaks may make the difference between successfully completing your planned distance or not.

Another instance when slowing down can make sense is if the course is particularly hilly. Simply plan on walking the hills, and you may be able to avoid over-expending yourself to the point that you never really recover for the remainder of your run.

There are various ways to incorporate planned walking intervals; walk one minute after every nine minutes of running, walk the hills, or plan to walk for 30 seconds or a minute at every aid station. Every course is different, so check each one out and make a plan that'll work for you. You just may reap the benefits with faster times, as well as more enjoyment on your runs.

DECATUR
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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

wednesdays with wendy



Join Wendy for an 8 week program on nutrition and health. Meeting every Wednesday beginning February 14th in the DAC lobby at 6:30p. This program will help enhance your wellness plan. *(This isn't a sales seminar, there is nothing to buy)* This program is just another way Decatur Athletic Club wants to help **YOU** simply feel better!

Bruce Mylrea, international fitness professional and Mindy Mylrea IDEA Fitness Instructor, PFP Trainer and creator of Body by Tabata, created the ONE DAY TO WELLNESS seminar. Together they created this program to enhance the awareness of what is and what can be done to capture and maintain wellness through the ebbs and flow of life.

Wendy is now certified as a coach under their program. She will be hosting 1 hour wellness seminars under the following topics.

- what is wellness
- 10 Easy Sustainable Steps to Transition to a Healthier You
- Creating the WorkIN
- Eat This, Not That
- How to Shop in a Grocery Store
- Mindfulness and Meditation
- Successful Kitchen Set Up
- Transitioning to an Evidence Based Diet

These seminars are designed to bring knowledge and small changes to both our own and our clients lives to enhance our wellness.

myzone™

MYZONE is a chest strap monitoring system that tracks your heart rate, calories burned and effort accurately in real time. The technology gives you the insight you need to tailor your physical activity in order to achieve your fitness goals. MYZONE measures the effort exerted by your heart, which is the most accurate way to measure the intensity of your physical activity.

Monitoring heart rate is a good tool to help beginners work out at the right intensity, and many elite athletes use them when concerned about hitting specific fitness goals. Exercising in our target heart rate zone assures that we're getting our fitness bang for our buck: burning enough calories, but not going overboard and risking injury.

Want to learn more about MyZone? Join us for our MyZone sessions. See page 3 for details.



a note from bob

MYZONE HEART RATE TECHNOLOGY IS A WONDERFUL TOOL TO KEEP YOU FOCUSED ON A LIFE LONG JOURNEY IN EXCELLENT HEALTH.

I have used a heart rate monitor during my cardio fitness for the last 25 years. I was motivated know as my father died at the age of 51 of congestive heart failure. He survived two heart attacks, (he was a heavy smoker). None the less, his health history and that incident got my attention focused on cardio health, my cardio health! I used the heart rate monitor 5 to 7 days per week to chart my progress.

Three years ago I experienced some chest restriction during my workout. I monitored my two workouts and noticed I had similar symptoms when my heart rate reached 78 percent of my maximum heart rate. I made a visit to the doctor. My cardiologist ordered a stress test which I failed! The next day I had a cardiac catheterization which immediately led to a stint being placed in my right coronary artery. The artery had 99% blockage! Because of my heart rate monitor warning me, I dodged the BIG ONE! The stint was an immediate cure. Just four days later my heart reached 152 bpm without pain.

This procedure extended my life three and a half years and still counting.

What is the moral of this story? Know your body. Manage your lifestyle. Monitor your progress. Act quickly at any warnings and take charge of your health and health care. The Myzone belt is another tool we offer to help you simply feel better.

THANK YOU, BOB

adult tennis

6.0 & 8.0 Mixed Doubles Game, Set, Money!!!

The DAC is offering two different levels of the USTA Game, Set, Money again this year. The third tournament of the 8.0 Mixed is February 16th while the first event of 6.0 is February 23rd. Contact Chuck Kuhle for more information about these Friday night events!

Start/Restart Classes

This is a great way to learn tennis and meet new friends at the same time. Classes are underway and new players are still accepted based on availability. At press time, the DAC was offering two classes listed below. Open to adults 18 and over. Players are given free ball machine passes as well. Please contact Chuck for available spots.

Tuesday 5:30-6:30 p

Wednesday 6:30-7:30 p

To register Call Chuck Kuhle at 423-7020 or email him at chuck@decaturathleticclub.com

Cardio Tennis

Come out and join the fun. Our instructors work you out through a series of ball-fed drills as well as some playing drills. Emphasis is on getting a great workout and having fun. Open to all levels.

Complimentary Coed - All Levels

Monday 8:30-9:30 a

Wednesday 6:30-7:30 p

Friday Fast Feed

Friday Fast Feed is held on Fridays from 12 noon-1 pm. The program is for 3.0 players and above. Just walk in and play a fast paced progressive doubles game. Chuck Kuhle and Cory Sandgren are on hand to lead the program. The cost is \$17 per session and players may come in at 11:30 a to warm up if courts are available.

adult tennis

DAC Adult Drill Class

Looking for a great workout in a short period of time? Come out and try our fast paced doubles drill classes. Players may sign up on a weekly basis at the cost of \$22 or commit to a lower price of \$18 per session with a six week session commitment. Contact Chuck Kuhle for more information.

Coed 3.0 and above

Tuesdays 9:30-10:30 a
\$18 per week \$22 drop in

3.5+ Live Ball Tuesday Nights

Live Ball is held on Tuesday nights from 6:30-8 pm for 3.5 players and above. Live ball is constant drills for 1 ½ hours directed by Chuck Kuhle. The coed program is a drop in program in which players sign up on a weekly basis at the front desk. Players must be a 3.5 player or above. Come out and try Live Balls!!

Adult Leagues

The following are leagues open to our tennis membership. All leagues started the week of January 22nd and go until May 24th. Please contact Chuck Kuhle for available spots.

2.5 Instructional League

Monday 6:30-8 p

3.0-3.5 Ladies Challenge Court

Wednesday 10:00 a-11:45 p

3.0 Men's Instructional Doubles

Thursday 7:00-8:30 p

Box League

Open to juniors and adults, this singles ladder allows players to compete in 3-4 singles matches each month at a cost of \$40. The January session had 23 players participating. The next session will be organizing mid-February for the month of March. Contact Chuck Kuhle for more information.

adult tennis

Pickleball Hours at the DAC!

The DAC has a Pickleball court on the basketball court at the DAC! You may reserve the court for 1 hour of singles or 1 ½ hours of doubles at no charge. Balls and paddles are available for rent. The times that you may reserve the court are as follows:

Daytime
Monday-Wednesday & Friday 9:30-11:30 a
Tuesday-Friday 1:30-3:30 p

Evening
Tuesday & Thursdays 7-9 p

Weekends
Saturday & Sunday 3-5 p

Ball Machine Practice \$8.50

Daytime
Mon - Thurs & Sat 12-1 p
Friday 1-2 p
Sunday Varies

Evening
Monday & Thursday 9-10 p
Wednesday 8-9 p

USTA Junior Tournament (2/17)

The DAC is offering a USTA junior tournament for players in the 10U, 14U and 18U categories Saturday, February 17th (Sunday February 18th will be used for overflow matches). Entry deadline is Wednesday, February 14th at 7 pm. Please contact Chuck or Cory for more information.

Junior Court Rental Program

DAC junior members who are enrolled in our Junior Tennis Program are eligible for an hourly court rate of \$18.00 per court hour (\$9 singles, \$4.50 doubles). This program is designed to encourage our junior to practice with another junior or an adult at this great court rate. Check with the club for more details.

junior tennis

Tennis Calendar

February 2 6:30p

Junior Compass Tournament

February 9 6p

Orange Ball Tournament

February 10 2:30-4, 5:30-7p

Junior Travel Tennis @ Springfield

February 16 6p

Game, Set, Money!!! 8.0 Mixed Doubles

February 17-18 TBA

USTA 10s, 14s & 18's Tournament

February 23 6 p

Game, Set, Money!!! 6.0 Mixed

March 2 6:30p

Junior Compass Tournament

March 3 TBA

Travel Tennis Conference Meet @ Bloomington

March 4 10a-4p

USTA/MSITA Competition Training Center

March 9 6p

Game, Set, Money!!! 8.0 Mixed

March 23 6p

Game, Set, Money!!! 6.0 Mixed

Standings (as of 1/19/18)

Monday Coed 2.5 Instructional League

1st - Rodney Koonce
2nd - Rod Weeks
3rd - Lauren Nesbitt
Phil Romano

Wednesday Ladies Progressive Doubles League

1st - Becky Collier
2nd - Sylwia Roukens
3rd - Carolyn Boblitt
4th - Debbie Rathje
5th - Belva Gadlage
6th - Mary Sullivan

Men's Thursday Night Instructional League

1st - Tod Nicolls
2nd - John Hogan tied w/ R.J. Podeschi
4th - Don Moster



Dive in Movie

Parents enjoy the evening out while your children have fun swimming and a movie.

Children 5 – 11 yrs can come to the KNF pool and have fun playing in the pool.

Register with Cheri at 423-7020.

February 12 & March 9
6:30 – 9pm
Cost: \$10.00

Swimming Lessons

Summer is just around the corner. The DAC offers swim lessons 6mos - adults. Group & private lessons are available. Call Cheri 423-7020 for times and class placement.

Session: March - May

We are offering a new class in

february myTREADzone

It's a 30 minute treadmill workout for MyZone members. It is appropriate for walkers, joggers or runners to maximize your cardio workout with heart zone training.

Only 4 openings for each class treadmills may be reserved 24 hours before class.

monday

7:30a with Stephanie
4:30p with Amy

tuesday

5:30p with Jen H

wednesday

noon with Nick
4:30p with Amy

thursday

7:30a with Stephanie
9:15a with Lacey

friday

9:30a with Lacey
Noon with Wendy

We will be
Closed
sunday
april first
for the
Easter Holiday