

recommended
read

by sally betcher



"how i fought my way back to fitness"

by arnold schwarzenegger

More than 50 years ago, I lifted my first Mr. Universe trophy on the stage of the Victoria Palace Theatre in London and I have been on a fitness crusade ever since. But lifting trophies was never enough for me - I wanted to lift the entire fitness industry and inspire people all over the world to **learn and embrace the benefits of training with weights, eating well, and living a healthy lifestyle.**

Today, we know all those benefits, but 50 years ago, it was an uphill battle. Gyms were scarce and the ones that existed were often inhospitable dungeons. Doctors warned against lifting weights, telling people it was bad for their health. Some professional athletes even avoided the gym because of myths that lifting weights would make them musclebound and less mobile.

We have come a long way - **more than 60 million Americans are members of health clubs** and there are **almost as many gyms as there are grocery stores** in our country. I love that there are now more accessible places to exercise, whether it's a boxing gym or yoga studio.

But we can do so much more. Despite the constantly rising interest in health and wellness, we are plagued by an obesity epidemic. 67% of gym members never actually visit their gym and 80% of us will fail our New Year's resolutions by February. We have more information available, more health products on the market, and more gyms than ever before, **so why aren't we healthier and fitter than ever before?**

As someone who has been involved with the fitness industry for five decades, I've spent a lot of time trying to answer that question, and I've only come up with one answer. **The current health and wellness industry is failing us.**

Hard work and sound science have been replaced by fads, false promises, and magic pills. When you're promised something like "rock hard abs in 28 days," you're told one special tea is all you need to lose those last 10 pounds, or you're bombarded with flashy advertisements passed off as legitimate information - it's easy to see why so many people just throw up their hands and give up. It's time for the fitness industry to be honest with people. **A healthier, fitter America starts with you.** There is no gimmick. There is no shortcut. There is no magic pill. Everyone's fitness journey will be unique, but a healthy lifestyle takes commitment, patience, and motivation.

I can already hear you saying, "*Easy for you to say, Arnold. Fitness has always been your life and you've always been in top shape.*" But I had to work my way back from the bottom this year, and I learned a lot along the way. After I underwent open-heart surgery last spring, I had to use a walker. I had to do breathing exercises 5x a day to retrain my lungs. I was frustrated and angry, and in my worst moments, I couldn't see the way back to my old self.

Three months later, I returned to a film set to star in a new Terminator movie, and you probably know that there is no such thing as a weak Terminator. I'd love to tell you it was because of a certain product or workout or diet, but it wasn't. *I just kept walking. I kept breathing. I kept trying.* I was lucky; I had a huge team around me supporting me the whole way. Eventually, I got into the gym and went through the motions without weights at first. I upgraded from walks around my backyard to bike rides. I didn't worry about six-packs for bench pressing 500 pounds. My only goal was improving a little bit every single day, and eventually, all of those small improvements and all of that support brought me back to a strong, healthy place.

Going through that process showed me that many people put too much faith in big moments, believing they'll suddenly flip a switch and be healthier. There's no such thing. *A healthier future is every tiny step we take, or every little rep, that ultimately leads us to our goal.* We all think we can do it alone, but no one does anything alone. **As I always say, no one is self-made. We all need support - even Terminators.**

So here's my challenge to you: *Don't wait for resolutions. Don't wait for your own heart surgery or emergency. Start right now, and ask a friend to join you.* I'm not asking you to reject all the delicious food you'll see this season, because I would never do that either. I'm simply asking you to **be better tomorrow than you were today**, - every day - and to inspire someone you care about to join you. It's a simple resolution and it's not as sexy as having a six-pack, but it's the key to fulfilling the unfulfilled promise of our fitness crusade and repairing this broken industry.

Don't chase the next big thing. *Be better. Today. That's all.* If you and your training partner walked 5,000 steps yesterday, walk 5,001 today. If you ate one vegetable yesterday, eat two tomorrow. If you can join me in celebrating the small wins and supporting each other, we'll celebrate a healthier America, and our fitness crusade will be a success.

Let's do this. Be better together. Today.

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senior
moment
by chris matuscak

proper walking form on the treadmill

Walking on the treadmill is a functional way to burn calories and improve cardiovascular endurance. It is considered low-impact and incorporates balance. With the colder temperatures that February brings, it is a great alternative to outdoor walking. Here are a few pointers to get the most out of your workout.

• **Check the treadmill speed before getting on.** Stand to the side of the belt, start the treadmill, and adjust to a comfortable speed. Holding onto the rails, step on carefully and slowly increase the speed as you progress into the warm-up.

• **Use the handrails to help with stability but not as a crutch.** Pick a pace where you can walk with a natural stride, even if it means slowing down. Swing your arms in opposition to your legs, bending the elbows at 90 degrees and keeping them close to the body. Even though the pace is slower, you will burn more calories and improve your balance.

• **Avoid hunching the shoulders and looking down.** Stand tall with your shoulders back and down, eyes forward, and head centered between the shoulders. This helps to reinforce good posture throughout the day and encourages deep breathing.

• **Avoid a forward lean from the hips.** Walk upright, suck in the gut, and tuck the tailbone under.

• **Avoid overstriding or walking flat-footed.** Proper walking form is to step forward with the front foot close to the body, strike with the heel first, roll through the foot, and push off with the toes. The length of the back foot stride should be longer than the front stride.

To summarize, go only as fast as you can while still maintaining good posture and walking naturally. Try to stand tall, eyes forward, and swing the arms in opposition to the legs with a 90 degree bend in elbow. Keep the stride length comfortable. **Happy walking!!!**

new pilot program!

We are running a pilot program regarding private tennis lessons. If it is available after the lesson, students are welcome to use the court at no charge for a ½ hour (walk-on only). Great way to get more mileage out of your lessons! If available, the ball machine can be used. **For members only!**

youth swimming

- There will be a Dive in Movie held on February 8th and March 8th.
- Spring swim lessons will begin in March. Watch for the schedule in the next DAC Newsletter!

pickleball hours

The DAC has a Pickleball court located on the basketball court. At no charge, you can reserve the court for 1 hour of singles or 1½ hours of doubles. Balls and paddles are available for rent. The times available to reserve the court are as follows:

Mondays & Fridays.....9:30-11:30am
Tuesdays-Fridays.....1:30-3:30pm
Tuesdays & Thursdays.....7:00-9:00pm
Saturdays & Sundays.....3:00-5:00pm

drop-in fee

Do you have a non-member friend who would like to try a class here at the DAC? Let them know about our Drop-In Fee! Non-members can drop into any class normally included with membership by simply paying our \$15 drop-in fee! After class, they can take a dip in the pool, lift some weights, or try another class before leaving the facility.

tennis news and info

programs and updates

6.5 & 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 Doubles is February 15th and the first event of 6.5 Mixed Doubles is February 22nd. For more information on these Friday night events, contact Chuck Kuhle.

Adult Leagues

The following leagues are available to our tennis membership. All leagues began a new session the week of January 21st. Please contact Chuck Kuhle for further information on placement and available openings.

3.0-3.5 Ladies Challenge Court	Wed.	10:00-11:45am
3.0 Men's Instructional Doubles	Thurs.	7:00-8:30pm

Drop-In Tennis

Cardio Tennis	Mon.	8:30-9:30am	Complimentary
3.5 & Above Live Ball	Tues.	6:30-8:00pm	\$26
Cardio Tennis	Wed.	6:30-7:30pm	Complimentary
Friday Fast Feed	Fri.	Noon-1:00pm	\$17

Adult Clinics

Looking for a great workout in a short period of time? Come try our fast-paced clinic and drill classes. Players will be notified by email and may sign-up on a weekly basis at the cost of \$19. If you would like to be added to the list, contact Chuck Kuhle.

Coed 3.0 and above	Tues.	9:30-10:30am	\$19 per week
Coed 2.5 and above	Tues.	6:30-7:30pm	\$19 per week
Coed 2.5 and above	Thurs.	10:00-11:00am	\$19 per week

Super Sundays

Don't forget to drop by on Sundays! We offer hourly court rates of \$10 for singles or \$5 per person for doubles. For non-members, our rate is \$15 for singles and \$7.50 per person for doubles (guest fee included).

Junior Court Rental Program

DAC junior members who are enrolled in our Junior Tennis Program are eligible for an hourly court rate of \$10 singles or \$5 per person for doubles. At this great court rate, the program is designed to encourage juniors to practice with other juniors or an adult. For more specifics on this awesome opportunity, pick up a flyer at the club.

Junior Travel Tennis

This program, for 14 & under players, competes against other clubs in the Central Illinois area. Designed for players who are not quite ready for USTA Sanctioned Tournaments. Players compete in doubles as well as team singles matches. For more information, contact Chuck Kuhle or Cory Sandgren.

USTA Junior Tournament

On Saturday, February 23rd, the DAC is offering a USTA Junior Tournament for players in the 10U, 14U, and 18U categories. Sunday, February 24th will be used for overflow matches. Entry deadline is 7pm on February 20th. Please contact Chuck Kuhle or Cory Sandgren for more information.

Adult Start/ReStart Tennis Classes

The DAC is offering tennis classes for beginning players or those wishing to start up again. Classes begin the week of January 29th and are sponsored by the USTA/Midwest Tennis Section. If needed, loaner racquets are available. Contact Chuck to see what availability still remains. The class times are:

Tues.	January 29th-March 5th	5:30-6:30pm
Wed.	January 30th-March 6th	6:30-7:30pm

To register, call Chuck Kuhle at 432-7020, email him at chuck@decaturathleticclub.com, or **sign-up through our new app**.

rescheduled aerobathon fundraiser join us on february 9th!

Linda Klemm has been a valued employee of the DAC for almost 24 years. She will be embarking on her next medical mission trip to Kenya in June of 2019. On February 9th, we will be hosting an Aerobathon Fundraiser to help fund the efforts of Linda and her team. Please read the following excerpt from Linda herself:

"Thirty years ago, I would never have envisioned the transformation of my life journey. My faith has stretched me in many ways that I could never have imagined. I've had the privilege and honor of serving on some great mission teams affiliated with First Christian Church of Decatur.

I've been blessed to have had the opportunity to be part of 12 different mission teams over the past 10 years, serving in the Appalachia region in Tennessee, the inner city of Cincinnati, Matanzas Cuba, and southern Kenya. These mission trips have been gratifying and humbling. I will forever cherish these experiences.

While in Kenya, our team provided medical care for the Maasai tribe members in the Kumpa area. By the grace of God, we were able to help nearly 600 Maasai in the 2.5 days allotted. Many of the Maasai tribe members would travel on foot for many hours (sometimes 8 hours) in search of medical care. I'm proud to say that every person who showed up to our medical clinic received proper care.

In June 2019, I will be returning to Kenya for another medical mission trip through First Christian Church. I would be grateful for your prayers and support for this upcoming opportunity with the Maasai people. Please join us for a fundraising event on January 12th, 2019, to help fund this trip in support of the Maasai people."

Linda has also provided the following list of medications that can be donated in addition to monetary support:

Ibuprofen (Motrin)	Hydrocortisone Cream
Acetaminophen (Tylenol)	Artificial Tear Eye Drops
Diphenhydramine (Benadryl)	Aspirin
Cetirizine (Zyrtec)	Multivitamins
Loratadine (Claritin)	Ferrous Sulfate (Iron)
Vitamin C	



tennis accolades

Matthew Grabb.....Boy's 14 Singles Finalist: Evergreen Open - Bloomington
Serena Tuan.....Girl's 14 Singles Finalist: Evergreen Open - Bloomington

calendar of events

Date	Event	Time
February 1	Junior Compass Tournament	6:30pm
February 9	Junior Travel Tennis at Bloomington	4:00-7:00pm
February 15	Game, Set, Money!! 8.0 Mixed Doubles	6:00pm
February 22	Game, Set, Money!! 6.5 Mixed Doubles	6:00pm
February 23-24	USTA 10s, 14s, and 18s Tournament	TBA
March 1	Junior Compass Tournament	6:30pm
March 3	USTA/MSITA Competition Training Center	10:00am-4:00pm
March 8	Game, Set, Money!! 8.0 Mixed Doubles	6:00pm
March 22	Game, Set, Money!! 6.5 Mixed Doubles	6:00pm

save the date...

the decathlon is back!



We are excited to announce that the Decathlon is back! After a hiatus, we are bringing back this popular club event for our members to participate in! **Save the date - March 2nd from 8:00am-12:00pm.** The Decathlon incorporates many different events for member teams to participate in and show off their skills all while having fun and getting in a great workout!

Keep an eye out for an email with more information on this year's Decathlon events and how to form your team!