



## December 2023 Wellness



## FUN FOR ALL!

Our tennis pros will provide your child with a daily tennis lesson, followed by a snack break (bring your own), and games. There will be age and level appropriate tennis games, obstacle courses, tag and more!

**Dec. 26–28, 2023**

**9 a.m. to noon**

\$126

Call West Hills: (269) 387-0410 to register.

## JOIN A TEAM!

### TEAM CHALLENGE INCLUDES:

- 2 one hour training sessions per week with your team
- 1 weekly group workout customized by your trainer for your group to do on your own
- Customized Biometrics® Meal Plan
- Pre and post fitness testing and body composition analysis

**Team Winner:** highest percentage of weight loss as a team

**Individual Winner:** highest percentage of weight loss

**Weekly Team Challenge Winner:** a new challenge each week, win the most challenges

**Jan. 8 to March 17, 2024**

\$550 member | \$650 guest

To sign up

**EMAIL DRE >**

## TENNIS TOURNAMENT

### EVENTS

Women, Men's, Mixed Doubles  
6.0, 7.0, 8.0 and 9.0

Women's and Men's Single  
3.0, 3.5, 4.0 and 4.5

### MATCH TIMES

Will be posted online  
Wednesday, Jan. 4 at noon.  
Participants must be prepared to play as early as Friday, Jan. 6 @ 5 p.m.

### DINNER

Saturday, Jan. 7 at 5:30 p.m.  
FREE to tournament participants,  
\$15 per guest

**Jan. 5-7, 2024**

Registration deadline:  
Friday, Dec. 29, 2023

Call West Hills: (269) 387-0410 to register.

# SUMO DIET

—Tyler Norman, Ph.D.

## So...raise your hand if you skipped breakfast today.

Don't be alarmed, but if your hand is in the air, you're on the sumo wrestler diet. It's a dramatic analogy, but an accurate one, and always good for entertainment when I do public speaking. We're talking about frequency of eating. When you hear "they" say eat small frequent meals, "they" are people like me usually in reference to weight management.

Metabolism is the rate at which our bodies burn calories. The two most significant factors in determining your metabolism are lean bodyweight and frequency of eating. Lean bodyweight is a big determinant because muscle is the one substance in our bodies that uses calories to do work—the more muscle you have, the faster your metabolism. Frequency of eating is the other big determinant because our bodies need calories to carry on the billions of chemical transactions that occur in humans every day. If you are someone that skips breakfast, your metabolism adapts to going from dinner until noon the next day before it gets more calories! The way your metabolism adapts to this long stretch without calories is by slowing down

and trying to conserve as many calories as possible. Subsequently, your body converts as many calories as possible to fat mass and stores the newfound fat.

This is why eating one or two large meals per day is such a great eating plan for the sumo wrestler, who wants to gain as much fat mass as possible. However, eating breakfast,

lunch, dinner, mid-morning snack, mid-afternoon snack, and an evening treat will supercharge your metabolism! If your body has a consistent influx of calories, it has no

## SUPERCHARGE YOUR METABOLISM

reason to conserve them, so it burns them, speeding up your metabolism and making your body a more efficient, calorie-burning machine—which is the opposite of the sumo diet. Don't eat like a sumo wrestler!



**Choose healthy foods to prepare small meals and snacks to further energize your body.**



This program focuses on lifestyle change. Biometrics will give you a more positive self-image, increased energy and vitality, better posture and body shape, improved nutrition knowledge, proper food selection and preparation, and increased strength.

### **This six-week program includes the following:**

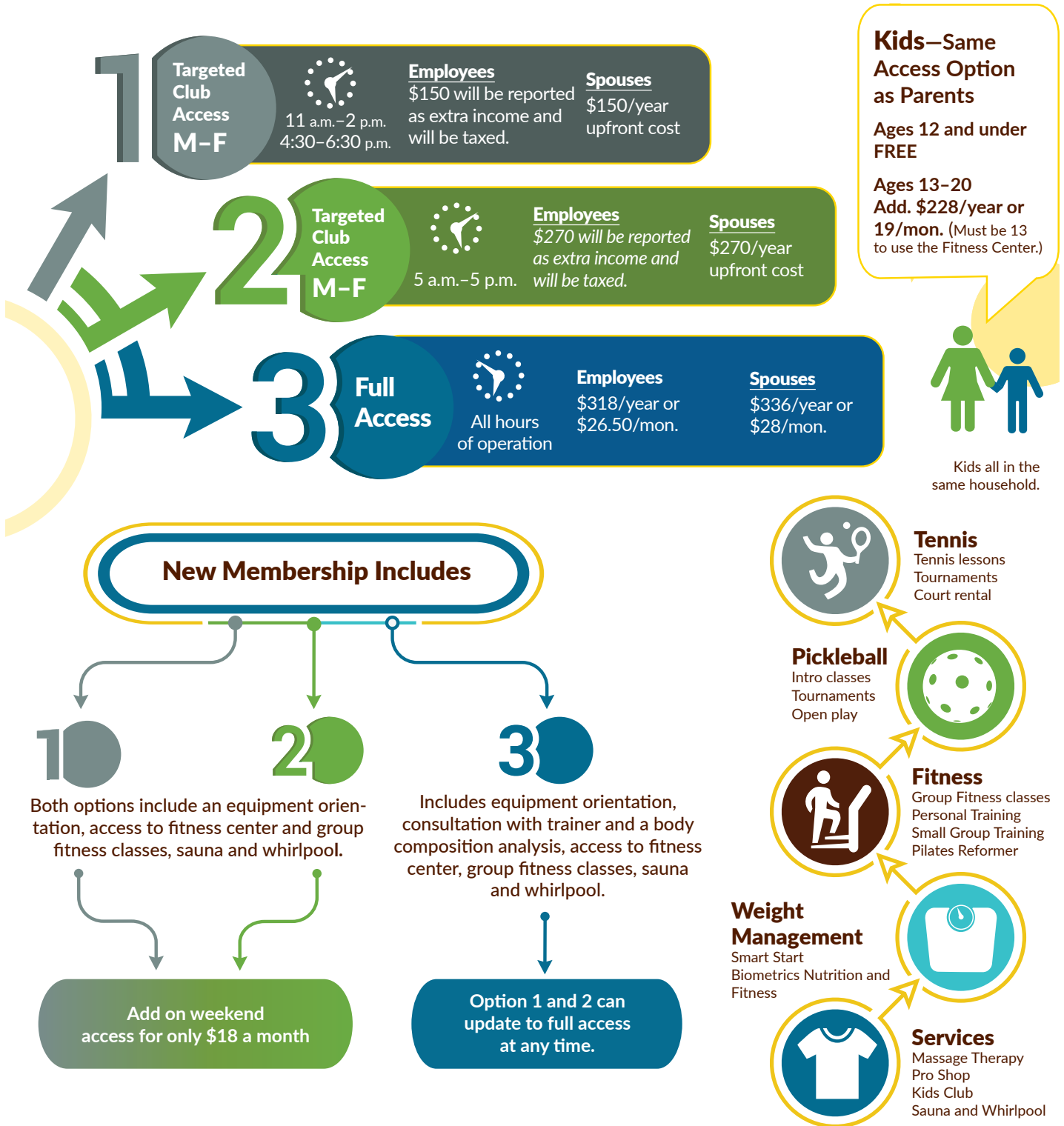
- Customized meal plan—designed by a dietitian
- Includes weekly shopping lists and breakdown of individual meals and snacks
- Normal eating that focuses on portion size and frequency of eating
- Personal training—One-on-one 30-minute sessions three times per week.
- Pre/Post assessment and measurements

This program incorporates a strength training protocol to preserve muscle and stimulate metabolic/caloric expenditure and is designed to maximize fat metabolism. The average participant loses 18 inches in circumference measurements.

Biometrics follows the nutritional guidelines of the American Heart Association and the American Dietetic Association, as well as the exercise recommendations of the American College of Sports Medicine.

# MEMBERSHIP

Options for benefits-eligible employees



For questions or to set up a tour of West Hills Athletic Club, please call (269) 387-0410.

**MORE INFO >**