

UPDATED EQUIPMENT

WHAC is bringing you the best and most updated equipment.

The Rogue Fitness Iso Leg Press

35 (Pictured) This is a heavy-duty, bilateral/unilateral leg press machine suited for any fitness enthusiast, with 4 weight pegs offering a total load capacity of up to 2,475 LBS.

There is a new **Pit Shark Belt Squat**.

This allows strength training in your lower body without a direct load on your spine. Great option for those with a history of back problems or anyone looking to build lower body strength.

Lastly, we added a **Nautilus Impact Seated Leg Curl** machine. An ideal way to target your hamstrings in a comfortable and efficient way, this piece puts you in the perfect position to tax your lower body at a high resistance level while keeping your back and other body parts aligned and supported.

PICKLEBALL TOURNEMENTS

Want to try the competitive side of pickleball? Find a partner and try one of our mini tournament events:

SUNDAY, JAN. 21 Team Event
(two women/two men) 3.5, 4.0+

SATURDAY, FEB. 24

M/W Doubles 2.5/3.0, 3.5, 4.0+

SUNDAY, MARCH 3

Mixed Doubles 2.5/3.0, 3.5, 4.0, 4.5

SATURDAY, APRIL 13 Team Event
(two women/two men) 3.5, 4.0+

SUNDAY, MAY 12

M/W Doubles 2.5/3.0, 3.5

Open Combo 4.0+ (Play with any combination: men, women or mixed)

Event times: 8 a.m.–3 p.m.

\$30 per person

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

HAPPY NEW YEAR!

HEALTH AND FITNESS GOALS.

West Hills Athletic Club is here to assist you with your healthy life-style goals in 2024. We offer FREE consultations to both members and guests—providing different options for every lifestyle and budget. If weight management is one of your 2024 goals, West Hills offers two different proven programs [Biometrics Nutrition & Fitness](#) and [Smart Start](#). If you are in need of accountability in your 2024 fitness journey, check out our [personal training](#), [small group training](#) options or [group fitness classes](#). Want to learn something new in the 2024? Check out our intro classes for [pickleball](#) or [tennis](#). We are confident we have a program that will assist you to reach your goals this year.

SECRETS TO VITALITY

—Tyler Norman, Ph.D.

Introducing nonagenarian Bob Simonds.

I have had the pleasure of knowing Bob as a fixture at West Hills for as long as I can remember. He joined West Hills in 2005, at the youthful age of 77. He was born during the depression era, and his birth year in Roman numerals is MC-MXXVII. That is a big number. He can be counted on to be working out at West Hills every Monday, Wednesday, and Friday mornings like clockwork.

He keeps his workouts simple, enjoying the stationary bike and the “fancy” machines for his strength training. In addition, he still likes to cut his own grass.

It all started back in the early 60's when he was a big smoker and a big eater, and he had to stop and catch his breath while walking and talking. About the same time his first kid was born. That was it, he decided to go to what was then called the Kalamazoo Center (where the Radisson is located now), and start swimming, lifting weights, and no more smoking. The pounds fell off, his lung capacity improved, and ultimately he lost more than 30 lbs. He continues the fitness routine well into retirement, simply replacing the swimming with a stationary bike.

Bob started playing the trumpet at age seven. That would be approximately 1934. That would be 88 years of trumpet playing – contributing to his longevity. He played the trumpet in the Army for two years, which he refers to as a “two-year paid vacation”, then the Bobby Davidson band for 32 years. Today Bob still plays trumpet in the River City



Bob (center) with his buddy Fred and Vicki (Fred's trainer at West Hills)

Concert Band, and still plays gigs year-round. The ripple effects are endless. For openers, lung capacity. He always wanted to be playing gigs because that

meant less practice. Anyone out there who plays an instrument knows that focus and concentration are required.

Add to that the creative juices that get flowing with music, and the social aspects of playing in bands. So far, we have hit the physical, social, and mental aspects of wellness, and when you add the confidence and self-esteem that is built with developing mastery of anything, emotional wellness.

Bob admits that his diet was better when his wife was still alive, and that his preferred oven is the microwave oven. He eats three meals per day and not much snacking in-between meals. He does not have ANY prescription medications, which is incredible for anyone over the age of 65. He does take a multi-vitamin and a vitamin E supplement. He will enjoy a Bell's beer every now and then and attributes part of his longevity to genetics (Mom lived to 102). Unbelievably,

he has never owned a cell phone, or a computer. He says he never really saw the need for either, and I am convinced has added years to his life, or more accurately, not taken years off. Whatever you are doing Bob, keep doing it.

Building muscle in your 20's, 30's and 40's is a life hack.

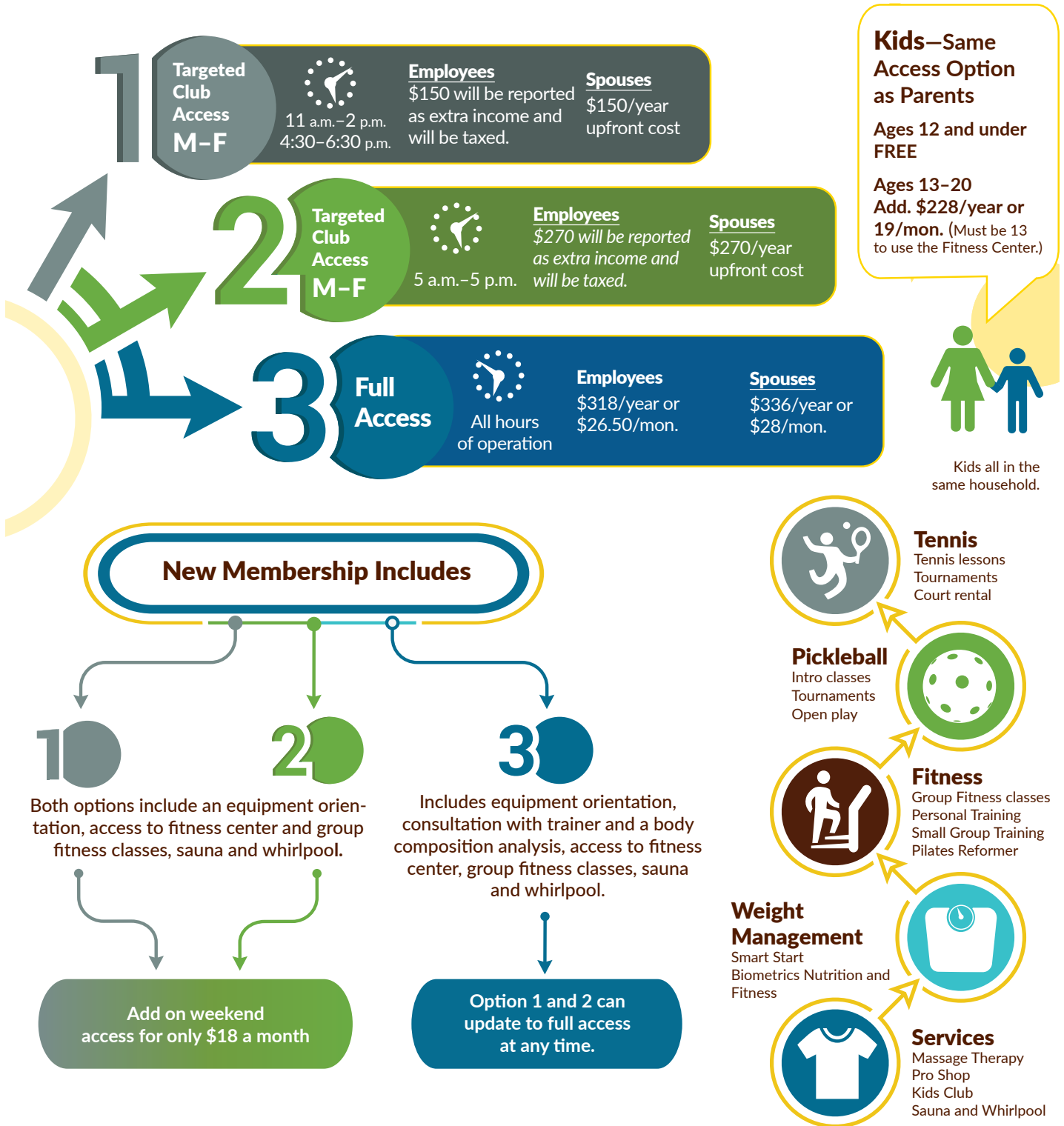
As we age, changes like unwanted weight gain, loss of mobility, chronic pain, high blood pressure, blood sugar, blood lipids, lack of energy, low testosterone, and menopause can all be navigated more gracefully if you have muscle and the metabolic benefits that come with it.

Muscle is the fountain of youth.

BOB WORKS OUT AT WEST HILLS EVERY MONDAY, WEDNESDAY, AND FRIDAY MORNING LIKE CLOCKWORK.

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 >