



IRISH OPEN

EVENTS

Women, Men's, Mixed Doubles
3.0, 3.5, 4.0 and 4.5 and open

MATCH TIMES

Participants must be prepared to play as early as Friday, March 15 @ 8 a.m.

AWARDS, MORNING SNACKS AND DINNER (FRIDAY AND SATURDAY)

REGISTRATION DEADLINE:

Friday, March 8, midnight.
Divisions are limited; enter as soon as possible.

\$80 per player first event

\$40 per player if entering a second event

March 15-17

[MORE INFO >](#)



LEAP INTO FITNESS

Add some spring to your step and get ready for summer with our six-week personal training program! During your Spring Fling, we will pair you with one of our West Hills' personal trainers for two one-on-one sessions each week. Our trainers will give you the tools and support needed to reach your health and fitness goals. Join us now to achieve your fitness goals and feel confident and energized for the season ahead.

March 18-April 28

New clients only:

\$299 member, \$359 guest

[EMAIL DRE >](#)

or, call to register: (269) 387-0410



ST. PATRICK'S RECOVERY

Sign up ahead to receive your BONUS recovery smoothie from Westnedge Hill Nutrition.

After St. Patrick's celebrations and the Irish Open fun is complete, let West Hills Athletic Club get you back on track at our recovery workout Saturday, March 23, at 8 a.m. Join Dre for this special event.

March 23 at 8 a.m.

\$20 member, \$25 guest

[EMAIL DRE >](#)

FUNCTIONAL TRAINING

By Dr. Tyler Norman

ONE OF THE HOTTEST TRENDS IN THE FITNESS INDUSTRY

The modern retiree has a different definition of retirement than that of the “Greatest Generation.” I remember my Grandfather Harold playing a little golf and doing a little woodworking in the shop, but beyond that, he spent most of his time sitting. My “Baby Boomer” clients today want to be able to go kayaking, hike the Appalachian Trail, go tubing with their grandchildren and be able to garden, without pain, as long as they are on earth. Is there a workout for that? Yes, and it was invented by Baby Boomers; it’s called **FUNCTIONAL TRAINING**. There are certain forms of exercise that can improve your sports performance known as sport-specific training. However, functional training is a form of exercise that improves your performance in everyday life. The day-to-day physical demands of whatever activity you enjoy can be performed with a lower degree of effort and strain with this popular form of exercise. I had a 77-year-old client who liked to go deer hunting and needed to incorporate a workout that prepared him to climb trees and haul hundreds of pounds out of the woods. Functional training was the answer. (Of course, my client was part of the “Silent Generation,” born between 1925 and 1945, but the Boomer’s rule applies to this group as well.)

The basic philosophy is to try to replicate the random physical circumstances we deal with on a day-to-day basis and then add other forms of stress. In doing so, you have prepared the body to perform the given task with greater stress than is generally called for, making the task seem easier. The generally accepted nucleus of functional training includes squats, lunges, deadlifts, pushing and pulling. Here’s an example: imagine the physical demand of starting your lawnmower. The function includes a pulling motion on an unbalanced plane and perhaps an uneven surface. This function can be replicated by standing on one leg, bending over and moving a dumbbell up and down — an exercise commonly known as a “one-legged dumbbell row.” There are countless examples and many variations of functional training that can be combined in one’s unique program to ensure variety and results. Many of the exer-

cises will remind you of some of the old school exercises you may have done in your high school physical education class like the medicine ball, tug-of-war, jump rope and sledge hammer workouts that left everyone drenched in sweat. A professional trainer, of course, will adapt the content and the intensity of the workouts to your current fitness level and limitations which usually include some sort of orthopedic consideration. Aside from the ease at which you will do daily activities, other benefits include improved balance, posture, muscular strength, mobility (range of motion), quality of sleep and overall health. The side effects of those benefits include improved self-esteem and VITALITY!

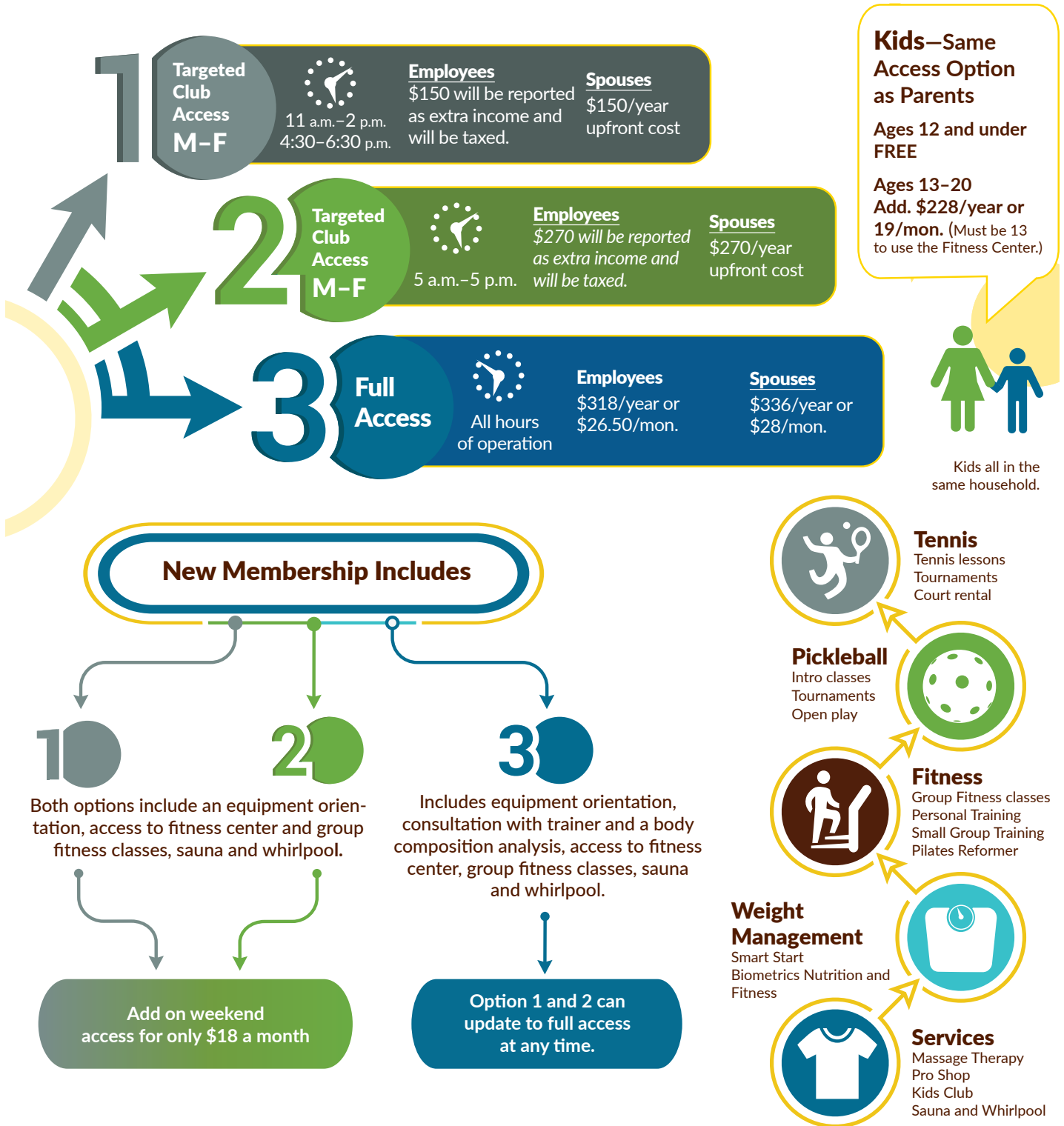


Tyler Norman guides retired psychiatrist Almario Garaza in his workout.

In any case, if you’ve noticed you are slowing down as you age or having a harder time performing the day-to-day activities that you have been used to doing, functional training can help. If you are just beginning any exercise program or planning to climb Mt. Kilimanjaro, you should consult with a certified fitness professional such as one of the trainers at West Hills Athletic Club. There are no age restrictions in any of the 90 weekly programs offered at West Hills, only fitness requirements. We start with a free consultation and then recommend an exercise program that is safe and comfortable for you, no matter what level you are at.

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 >