"I'm happy to report that my inner child is still ageless."
James Broughton

2013 Highlights

- Personal trainers provided over 5,900 individual training sessions to members
- Membership base hovered around 1,850
- Added 6th personal trainer in July (Michael Ryan)
- Welcomed new staff in April and May (David, Travis, Alyson)
- Mini-conference in June brought in 65+ members
- Thank you for another successful year!

Fall Fitness Challenge
Congratulations to our Fall Fitness Challenge winners: Tom Gray and Joel Easterday! Tom and Joel each won an individual session with one of our trainers along with fitness gift bags.

Here's a list of those who completed the challenge:

Bob Apramian	Christine Stamper
Tim Dupuie	Kathy Baum
Ruth Silver	Flo Stasch
Joel Easterday	John Easterday
Deborah Morrison	Connie Bean
Christine Fluor	

12 Days of Fitness
Congratulations to our 12 Days of Fitness Challenge winner, Ruth Silver! Ruth won an individual session with one of our trainers.

In total, 58 members signed up and 23 completed the challenge.
Congratulations to all those who participated and completed the challenge!

Our next challenge will be in the spring.

OASIS
FITNESS IN ACTION
WINTER 2014

HOLIDAY CLOSURES
The OASIS Fitness Center will be closed on the following holidays:
MON, January 20
MON, February 17

CLEAN GYM
Do your part to keep our Fitness Center clean and sanitary. Wipe down your equipment after every use, even if you aren't very sweaty!

SHOE POLICY
Appropriate footwear is required in the Fitness Center at all times.
No bare feet, sandals, high heels, open toed shoes, etc.
NO EXCEPTIONS!

EQUIPMENT HANDLING
Avoid injury and extend the life of our Fitness Center by replacing the dumbbells without dropping them.

BEAT SWEAT
Additional towels are available to place under machines if your workout gets the sweat flowing.

HAPPY NEW YEAR

By Jennifer Sisoev, Fitness Center Coordinator

2014 brings new opportunities for positive change. Will you resolve to eat more fruits and vegetables this year, drink more water, take the stairs rather than the elevator, get a flu shot, or visit the gym more often? According to a New York Times poll, four out of five people will break a resolution by year's end and one third won't make it to February!

At the Fitness Center, we are here to help you keep your healthy lifestyle resolutions. Check the front desk signage for quarterly fitness challenges, sign up with a personal trainer to get a routine started, fill out a training card located near the front desk, or buddy up with another member to encourage one another to stay on track.

And as always, let us know if you have any ideas on how we can help keep you motivated. Cheers to a happy and healthy 2014!

Exercise vs. Medications

By Laura Donnelly, Health Correspondent for The Telegraph

Exercise could be as effective as some of the best drugs which protect against major diseases, research has found. A study of more than 300 trials has found that physical activity was better than medication in helping patients recovering from strokes—and just as good as drugs in protecting against diabetes and in stopping heart disease from worsening.

The research, published in the British Medical Journal, analyzed data about studies on 430,000 patients diagnosed with one of four diseases: heart disease, chronic heart failure, stroke or diabetes. Researchers said the findings suggested that regular exercise could be "quite potent" in improving survival chances, but said that until more studies are done, patients should not stop taking their medications without medical advice.

The landmark research compared the mortality rates of those prescribed medication for common serious health conditions, with those who were instead enrolled in exercise programs. The research found that while medication worked best for those who had suffered heart failure, in all the other groups of patients, exercise was at least as effective as the drugs which are normally prescribed.

For the full report, visit www.telegraph.co.uk/health/healthnews.

OASIS Fitness Center 949.718.1818 M-Th: 7am-8pm F: 7am-5pm Weekends: 8am-4pm

Amanda's Top 5 Reasons for a Plant-Based Food

By Amanda Brown, Registered Dietician

Being a registered dietitian, I often get asked about what I eat. If I had to give it a label, I'd call my food plan "plant-based." Most of what I eat consists of vegetables, fruit, beans, nuts & seeds, and whole grains. A very limited amount (probably less than 5%) of my calories come from animal meat, dairy, and processed food. To give you a visual representation of this type of food plan, I like to use Dr. Joel Fuhrman's Nutritarian Food Pyramid:

The following are my top 5 reasons for following this type of food plan:

1. It has many health benefits!

Plant-based diets can be high in fiber, antioxidants, vitamins, minerals, and healthy fats, which when combined can help regulate digestion and reduce the risk of many chronic diseases such as heart disease, osteoporosis, and cancer.[1]

Plant-based diets may be lower in cholesterol, saturated fats, and acid-forming foods; all of which may increase risk of several chronic diseases.

2. I want to be a life-long athlete!

I have personally found that this type of diet has improved my recovery after tough workouts and competition. Carl Lewis (9x Olympic track & field gold medalist), Billie Jean King (6x Wimbledon champion), Venus Williams (5x Wimbledon champion), and Tony Gonzalez (13x NFL Pro-Bowl star) all follow a plant-based diet (some of these athletes are vegan or vegetarian).

3. I love animals!

Nearly 10 billion land animals are used each year to feed our country, most of which are raised in Concentrated Animal Feeding Operations a.k.a factory farms. Animals in these types of farms are often mistreated and are often given hormones to accelerate growth and increase size.

4. I care about our environment!

Farm animals produce more greenhouse gases than every single car, truck, ship, and plane in the world.[2]Animal production is a leading cause of deforestation, water pollution, land degradation, water shortage, and air pollution. Since 1970, over 90% of the deforested Amazon rainforest has been used for cattle pasture.[3]

5. I care about public health!

In order to prevent sickness in overcrowded farms, animals are routinely given antibiotics. In fact, animal farms are the leading consumers of antibiotics in the US. There has been significant evidence showing that antibiotic use in animals is linked to antibiotic-resistance in humans. "Antimicrobial resistance limits treatment options, raises healthcare costs, and increases the number, severity, and duration of infections."[4]

Food Plan Cont'd...

Simply stated, I have adopted this lifestyle of eating a plant-based food plan because I deeply care about my health and the health of those around me (near and far!). This article is not intended to make you change your eating habits, but rather to give you insight into my personal habits while providing a few facts about this type of food plan.

I'm sure you are wondering how this type of food plan could provide adequate amounts of nutrients such as protein, calcium, iron, etc. Here are some tricks that can be used to ensure adequate intake of these essential nutrients.

1. For intake of all amino acids needed to form a complete protein, consume beans & nuts/seeds or beans & grains within the same day.
2. To increase absorption of iron, consume foods containing high amounts of vitamin C (e.g., oranges, lemons, strawberries, tomatoes) with your meal.
3. To increase absorption of fat-soluble vitamins (e.g., vitamins E & A), consume an appropriate portion of healthy fats (avocado, almonds, olive oil) with your vegetables and fruit.
4. To increase intake of non-dairy sources of calcium, consume dark leafy greens such as kale, collards, and bok choy.

Always consult your physician prior to making any changes to your diet. Feel free to let me know of any questions you may have about a plant-based food plan!

DAY 1

DAY 2

DAY 3

DAY4

References:

1. American Institute for Cancer Research (AICR). (2011, February 25). "Evidence Shows Activity And Plant-Based Diet Lowers Cancer Risk, Even Later In Life." *Medical News Today*. Retrieved from http://www.medicalnewstoday.com/releases/217465.

2. Gerber, P.J., Steinfeld, H., Henderson, B., Mottet, A., Opio, C., Dijkman, J., Falcucci, A. & Tempio, G. (2013). Tackling climate change through livestock – A global assessment of emissions and mitigation opportunities. Food and Agriculture Organization of the United Nations (FAO), Rome.

3. Margulis, S. (2004). "Causes of Deforestation of the Brazilian Amazon". *World Bank Working Paper No. 22* (Washington D.C.: The World Bank).

4. Marshall, B. & Levy, S. (2011). "Food Animals and Antimicrobials: Impacts on Human Health" *Clinical Microbiology Review* 24,4: 718-733