



THE VILLAGE SPORTS CLUB TAKES YOUR GAME FORWARD



The Village Sports Club, a haven for athletes and sports enthusiasts in the South, has a new logo, a new campaign, and new names behind its commitment to empower you to play your sport to the fullest.

The Club's new logo takes on a more modern look, with the 'play button' icon serving as its visual cue for the slogan LIFE IS A SPORT. PLAY IT. For years, this slogan --coupled with the Club's state-of-the-art facilities-- has inspired players to push their chosen game to the next level. Here, sport is taken seriously --just as much as serious players do.

Speaking for the Village Sports Club's reinvigorating campaign are driven, young sports

players - Ariana Canaya, homegrown lap champ of the Village Sports Club's Swim Team and 4-time Gold Medalist for the 50m freestyle in UAAP swimming championships from season 73 to 76. Christine Patrimonio, the country's #1 women's tennis player for 3 consecutive years and the Philippines representative to the South East Asian (SEA) Games in 2010; and Arnold Van Opstal, starting center for Hapee Fighters Basketball Team, 2015 PBA D League Champion and a part of the Sinag Philippine basketball team for the 2015 SEA Games in Singapore .

Like them, The Village Sports Club urges you to take your game forward. Life's a Sport. Play it.



POWERFUL WAYS TO USE BODY LANGUAGE

TO LAND A JOB

Instead of sitting poised in the waiting room, run through a couple of power poses- such as raising your arms in a V or standing with your hands on your hips- in the bathroom or elevator. Research from social psychologist Amy Cuddy has shown that holding these postures for just two minutes can lower stress and increase feelings of power.

TO CONNECT WITH YOUR PARTNER

If your significant other holds one of his wrists and raises it in front of his body, he could be feeling hurt or sad. "it may appear that he's adjusting his watch, but it could be a sign that he's insecure," says body language expert Patti Wood. Offer a few comforting words or a hug so he'll lower his protective shield.

TO CALM KIDS

A slow voice has a soothing effect, while a loud, fast voice can stimulate anger or fear, according to a University of Maryland, Baltimore Country, study.

Teach your kids these benefits by playing a game with them during which you say a sentence, pausing for five seconds between words.

TO ENTICE A DINNER DATE

If you want to convey interest, do what match.com calls the Reach. Rest an arm and hand on the table with your fingers pointing to the other person. If you're not feeling the spark, sit on your hands to conceal them.



(Continued at the back)

(Continued) POWERFUL WAYS TO USE BODY LANGUAGE

TO BOND AT WORK

Give a high five. Making physical contact with another person for as little as 1/40th of a second can create a human bond. Touch also boots oxytocin, which increases feelings of trust, and lowers cortisol, which reduces stress.

TO LOSE WEIGHT

A study published in the Journal of Consumer Research showed that dieters who flexed their arm muscles when offered a choice between a candy bar and an apple were more likely to make the healthy choice than those who didn't clench their muscles.

TO BE CREATIVE

Gesture with both hands while brainstorming. When Singapore researchers asked subjects to come up with unique uses for a building complex, those who talked out solutions with both hands had more creative ideas than those who brainstormed with just one hand.

TO SPEAK PERSUASIVELY

A low-pitched voice inspires confidence from those around you, according to a study from McMaster University in Canada. You don't have to fake it-relax before speaking by keeping your lips together and repeating mmm-hmm a few times, suggests Forbes body language expert Carol Kinsey Goman. Stress can constrict your vocal cords, making your voice come out higher than usual.

TO CORRECT MISTAKES

Mind your chins,says Greg Hartley, a former U.S. Army interrogator and a body language expert. If it's too high, indignant; too low, you look weak. Keep your chin centered to exude confidence and compromise.

Source: Reader's Digest, March 2015; Photo from: chronus.com

STRONGER IN 3 MOVES

Add this workout to your routine twice a week to build more muscle fast.

You can tone up in just a few moves when you use the right ones. In a study in the Journal of Translational Medicine, when exercisers went from an eight-machine workout to just three, they increased their resting metabolism by 18 percent. The secret? They targeted large muscle groups with heavier weights and shorter recovery intervals. We modified those moves so you can get the same benefits with just a set of dumbbells.

TRY IT Choose the heaviest weights you can lift for 6 reps (try for 15 to 25 pounds). Do 6 reps, rest for 20 seconds; then do 2 to 3 more. Rest 20 seconds, then do a final 2 to 3. Rest 2 ½ minutes between moves.

BREAKFAST MISTAKES HEALTHY PEOPLE MAKE

YOU EAT SOMETHING DIFFERENT EVERY DAY

According to a recent British study, people with the most day-to-day variation in the calorie count of their morning meal were 90 percent more likely to have a large waist, a heart disease risk factor.

YOUR MEAL IS TOO SKIMPY

Diabetes patients who ate a large, nutritious breakfast for three months had a reduction in blood sugar and blood pressure three times greater than that of people who ate a smaller meal, according to a 2013 Israeli study. Breakfasts high in protein may lower levels of ghrelin, the "hunger hormone".



SPORTS ZONE

1. GOBLET SQUAT - Hold one weight with both hands at chest level, elbows down, feet shoulder-width apart. Squat low so butt is below knees. Return to start.



2. DUMBBELL CHEST PRESS Lie faceup on a bench, a weight in each hand in line with shoulders, palms facing toes. Press arms straight up. Return to start.

3. BENT-STRAIGHT ROW – Bend at waist with back flat, arms extended to floor , palms in. Draw elbows up so dumbbells meet rib cage. Return to start.

Source: Self, January 2015
Photos from: popsugar.com & samsfitness.com.au



YOU EAT CEREAL WITH SMALL FLAKES

Pennsylvania State University researchers crushed a wheat flake cereal to 80 percent, 60 percent, and 40 percent of the original size. As flake size decreased (the cereal look more crushed), participants poured themselves a lower volume of cereal but still consumed more calories compared with a bowl containing bigger flakes.

YOU OPT FOR BUTTER OVER PEANUT BUTTER

Overweight women who added peanuts to a breakfast of OJ and Cream of Wheat reported feeling fuller for up to 12 hours afterward, found a study in the British journal of Nutrition. Nuts increased levels of peptide YY, a hormone that helps you feel full after meals.

Source: Reader's Digest, March 2015
Photo from: healthybreakfastfoods.net