

## VSC NEWS

to boost physical and mental wellbeing. There are various yoga studios in the metro which offers different types from Ashtanga to Kundalini and now Vinyasa Flow at Village Sports Club. **Club members can join the class for free every Saturday 4:00pm to 5:00pm.** Tone your way to fitness with VSC's Yoga Class

Club members can also try these classes for free as well:

### Zumba Dance Class

Tuesday | 6:30 pm to 7:30 pm

Saturday | 5:30 pm to 6:30 pm

### Retro Dance Class

Thursday | 10:00 am to 11:00 am

VSC Dance Studio



## VINYASA FLOW AT VSC

Photo from: yogaservices.blogspot.com



Some maybe into running, badminton or swimming but there are also individuals who do an alternative form of exercise which is Yoga. Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing

## UPCOMING CLUB EVENTS



July 4, 2015 | Saturday | 1:00 pm onwards

VSC's P.A.G Wellness Pavilion

Joining Fee: P 500.00 inclusive of tournament shirt



August 15, 2015 | Saturday | 6:00 pm onwards

VSC Parking Lot

Joining Fees: P 200.00 Members

P 300.00 Guests

\*Inclusive of event shirt

## MEMBER EVENTS



### 2ND TABLE TENNIS TOURNAMENT

Three (3) VSC Members emerged victorious last May in the 2nd Table Tennis Tournament of Village Sports Club. Top guy this time around is Jeriel Castro, with Frankie Santos and Mike Garcia as second and third placer respectively. Club GM Gregg Trinidad and Sports & Recreation Supervisor Elise Dela Pena spearheaded the event supported by sponsors Accel Prime Technologies Inc. by Bong Aguila, Sinangag Express by Joey Del Rosario and Hotel Nao by Jeriel Castro.



### 8 BALL SCOTCH DOUBLES TOURNAMENT

A competition fit for partners took place last May at the Tempus Sports Lounge of Village Sports Club. The 1st 8 Ball Scotch Doubles Tournament challenged participating club members & guests to kick it up a notch with Terrence and Mike Puzon landing as champs. Marcus Ramos with Vic Van Tuico and Gerry Guido with Jeffrey Lua came in as 1st runner up and 2nd runner up. The event was sponsored by Aquabest, Hotel Nao, Laundry Best and Waterscapes.

## BIRTHDAY ZONE

**DOUBLE TREATS ON YOUR BIRTHDAY**  
you are entitled to a  
**Birthday Spa Blow Out!**

- Get an additional 1 hour FREE when you avail of a 1 hour Zenith Wellness Full Body Massage.
- Visit Village Sports Club on your birth month to avail the double treats promo.

**Happy Birthday**  
Life is a Gift. Live it Well.

For more information, please call 822-1000 loc. 100/102

FOR VSC MEMBERS ONLY





## HEALTH ZONE

### Three Tips for Healthier Grilling

COOKING MEATS AND VEGGIES at high heat creates compounds that may boost your risk of cancer- and now, per new research, Alzheimer's disease, too. Give up the grill? No way. Here's how to do summer grub safer.



### Make it Veggie Today

SWITCHING OUT SOME of your meatier meals to go vegetarian once in a while makes a huge difference in your health, according to recent research. And an easy place to start is lunch. Still, you want substantial (and interesting!) food to keep you happy and get you through the day. Start with antioxidant-packed veggies like broccoli, peas, mushroom, and pepper, and a protein such as tofu, chickpeas, chopped nuts, or even cheese. Vegan chef Chloe Coscarelli, a co-owner of By Chloe in New York, takes it up a notch with an easy sauce: Blend a cooked new potato (microwave with a little water for about five minutes), a spoonful of capers, herbs, garlic, salt, a few squirts of tomato paste and mustard, water, and oil. For even more heartiness and extra texture and flavor, she often adds pasta; soba noodles, quinoa and spelt pasta, spiralized zucchini, and kelp noodles are excellent options.

Source: Shape Magazine June 2015



**MARINATE:** A spice rub or dark beer-or citrus-based marinade helps reduce the formation of unhealthy compounds.

**TRIM THE FAT:** More fat means more flames and smoke-and more harmful compounds.



**THINK LOW AND SLOW:** Turning your grill to a low-to-medium setting and flipping food frequently make it more difficult for these compounds to form. Just be sure the meat hits its proper internal temp.

Source: Prevention Magazine June 2015



### Can't Beat This

AS YOU WORK to keep your heart at its peak pumpitude, here's one thing you can skip in that pursuit: fish oil pills. Though they've long been thought to boost heart health, thanks to the omega-3 fatty acids they contain, a recent review of 24 studies burst that bubble. You're better off exercising regularly, keeping your weight in check, and staying away from cigarettes-all tactics proven to cut your risk of cardiovascular disease, says lead study author Andrew Grey, Ph.D., an associate professor of medicine at the University of Auckland in New Zealand. At least that's not too hard to swallow.

Source: Shape Magazine June 2015



## SPORTS ZONE

### Burn More Calories Without Even Trying



AN UNEXPECTED BENEFIT of strength training is that you'll stay more active after you toweled off. A study in *Medicine & Science in Sport & Exercise* found that exercisers who did a toning routine moved up to 48 % more throughout the day than those who did just cardio. "Building muscle makes things like walking, climbing stairs and doing projects around the house feel easier, so you do more of them," says lead researcher Gary R. Hunter, Ph. D. "It's also true that cardio can leave you wiped, so you may not have as much energy to spend on daily tasks." To maximize results, shoot for three firm-up sessions a week along with your usual moderate cardio.

Source: Shape Magazine June 2015

### Is It Really Better To Run Slower? PROBABLY NOT.

IT ALL STARTED with a splashy study in the *Journal of the American College of Cardiology* that said that runners who go hard have a higher risk of an early death. But before you stop striving to hit that 10- minute mile, consider that "pushing harder" was defined as maintaining a 7 MPH pace for 4 or more hours a week. "Most of us just don't run that fast", says sports doc Jordan Metzl, the author of the new book *Running Strong*. In other words, we'd be well advised to ignore the findings. Instead of slowing down, consider alternating speeds. "There's convincing data that high- intensity interval training is more beneficial than maintaining a slow, consistent pace," Metzl says.

Source: Prevention Magazine June 2015

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