



## VSC QUEUE CUP: MEMBER BADMINTON EVENT

Club members Dennis Jimenez (1st place), Melinda Almazan (2nd place) and Philip Rillorta (3rd place) during the first VSC Queue Cup last 4 July 2015 at the P.A.G. Wellness Pavilion.

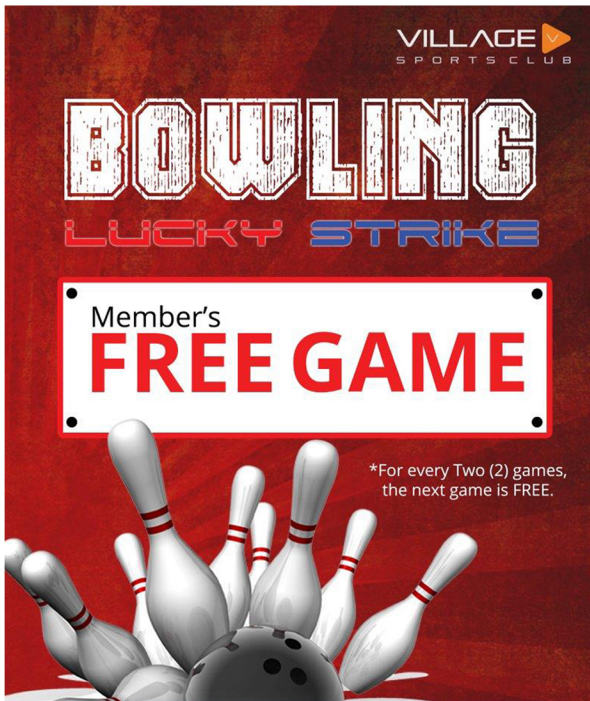


## BACK TO THE 80'S: ZUMBA AND RETRO MARATHON

Zumba lovers at the club grounds last 15 August 2015.

## MEMBER EVENTS

## UPCOMING CLUB EVENTS



## PLAY ZONE



## Why Puppy Dog Eyes Are Great for Your Health

We feed our pets, we walk them, we dress them up in cute little raincoats. In return? They make us healthier. According to new research published in *Science*, gazing into your dog's eyes increase levels of oxytocin, a hormone that creates feelings of closeness, in both of you – and may also lower your heart disease risk and rev your immune system. Gaze into your pooch's eyes for a lengthy 2 minutes to reap more of the magic chemical benefits.

Source: Prevention Magazine, September 2015



## Say Cheese for Weight Loss



Researchers suspect that harder, mature cheeses like Parmesan, Gruyere and aged Cheddar have more fat-burning potential.

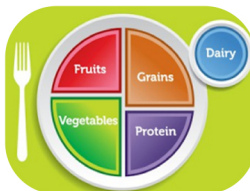
Experts used to credit wine and lifestyle for the small waistline and healthy hearts of the French, but now a study in the *Journal of Agricultural and Food Chemistry* suggests that cheese, of all things, play a role. Researchers compared urine and fecal samples from people whose diets were rich in either cheese or milk, and cheese eaters had higher levels of butyrate, a compound made by gut bacteria that's linked to lower blood cholesterol. This comes on the heels of the study that found eating more cheese may trigger weight loss when it's part of a low-refined-carb diet.

Source: Prevention Magazine, September 2015

## HEALTH ZONE

### 4 Cut-the-Crap Tips Nutritionists Live By

A quartet of expert dieticians shared these uber-straightforward principles for how to eat



**1.** How much you eat matters more than what. Instead of debating oatmeal or cereal, measure out food to make smaller portions a habit.

**2.** The most important things on a package in the ingredients list. The shorter the list, the less processed food.



**3.** Herbs and spices aren't just for flavor. They're packed with phytonutrients that can boost metabolism and memory and balance blood sugar.

**4.** The time to watch intake is when you're snacking. We get 25% (!) of calories in between our three big meals.



Source: Prevention Magazine, September 2015

## SPORTS ZONE

### Moisturize After Your Pool Training

**THE DAMAGE.** Chlorine saps your natural skin oils over time, leaving that precious outer layer perpetually dry. Also, if you didn't wear a swim cap while you worked on your backstroke, the pool chemicals may have dehydrated your strands and altered the color – double trouble.

**REHAB IT.** First, replenish your skin's moisture with a mild and creamy cleanser. Then, top it off with a lightweight but emollient lotion while your skin is still damp. That dampness is important- it allows the lotion to trap the water, so it can soak in better. As for swimmer's hair, a clarifying shampoo will help remove that chlorine build up, and a color-correcting gloss will restore of hue. P.S. Next time, wet your hair before you jump in the pool. "If your hair is already, saturated with water, the chlorine can't penetrate," Hazan says.

Source: Shape Magazine, September 2015



VSC Brand Ambassador Mikee Canaya

### Breathe Your Way Fitter

Something as simple as the way you inhale and exhale can give you more energy everyday and super charge your workout.



Do this series of breathing drills from the pros three or four times a week to make sure your diaphragm is flexing its muscle.

**TABLETOP BREATHE** Start on all fours. Exhale forcefully through pursed lips as you scoop your belly in without moving your back. Inhale as you allow your belly to fall toward floor. That's 1 rep. Repeat for 30 seconds.

**BELLY LIFT** Start on all fours. Round your back and scoop your pelvis. Shift weight forward so nose is over fingertips. Keep hips squares as you lift left hand off floor. Hold this position while you take 4 or 5 deep breaths. Lower left hand. Switch sides; repeat. That's 1 rep Do 4 reps.

**RESISTED INHALE** Stand with feet hip-width apart and wrap a light resistance band around your rib cage, holding ends tightly in each hand. Exhale. That's 1 rep. Do 2 or 3 sets of 5 to 8.

Source: Shape Magazine, September 2015