



Member Newsletter

Hours of Operation

MON-THURS
5 AM to 8 PM

FRIDAY
5 AM to 7 PM

SATURDAY/SUNDAY
7 AM to 3 PM

GROUP EXERCISE SCHEDULE

MONDAYS

6:15- 7:00 am	Barbells w/ Ben
6:30- 7:15 am	Get Fit
8:00- 8:45 am	Yoga
9:30- 10:15 am	Get Fit
10:30- 11:15 am	FitOver50
11:30- 12:15 pm	Stretch
12:00- 12:45 pm	Lunch Box
5:15- 6:00 pm	Spin Fit

TUESDAYS

5:15- 6:00 am	Spin
6:30- 7:15 am	Power Pump
9:00- 9:45 am	Tai Chi
12:00- 12:45 pm	Lunch Box

WEDNESDAYS

6:15- 7:00 am	Barbells w/ Ben
6:30- 7:15 am	Spin Fit
9:30- 10:15 am	Get Fit
10:30- 11:15 am	FitOver50
11:30- 12:15 pm	Stretch
5:15- 6:00 pm	Spin

THURSDAYS

5:15- 6:00 am	Spin
6:30- 7:15 am	Power Pump
9:00- 9:45 am	Tai Chi
12:00- 12:45 pm	Lunch Box

FRIDAYS

6:30- 7:15 am	Get Fit
8:00- 8:45 am	Yoga
10:30- 11:15 am	Mat Pilates
11:30- 12:15 am	Stretch
1:00- 1:45 pm	Lunch Box

SATURDAYS

8:00- 8:45 am	Spin
9:15- 10:00 am	Bootcamp
10:15- 11:00 am	Groove n' Go

SUNDAYS

9:00- 9:45 am	Gentle Yoga
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ALL GROUP EX CLASSES ARE PERFORMED IN BAY B. PLEASE CHECK IN WITH THE FRONT DESK BEFORE HEADING OVER FOR CLASS. BAY B ENTRANCE IS LOCATED DOWN FROM THE GOLF ENTRANCE.

Month of Love By. Dave Tuthill

"Your relationship with yourself sets the tone for every other relationship you have...."

True words but, for many, these can be extremely hard words to understand and incorporate into our daily lives. So often we become solely focused on taking care of everyone else in our lives. Whether it's our children, our spouses, our significant others, our extended families or our cherished friends – it's not hard to become engrossed in the lives of others at the expense of our own happiness. It happens all the time whether we accept the premise or choose to ignore it.

February is the month of love and we want each of our members to focus on making sure to love yourself as you would love one another. We cannot be expected to "be there" for others if we don't take care of ourselves – both physically and spiritually. There is no time like the present to assess how we're doing on the self-love scale. We've spent almost a year focused on fighting an invisible enemy which has easily overtaken the need to care for ourselves – beyond wearing a mask and socially distancing. Exercise and nutrition are a powerful arsenal in making sure we can survive and thrive and be the best person we can be for one another. Exercise clears the mind of the cobwebs we may be feeling after months of isolation (not to mention the gloomy winter weather). Exercise builds immunity making your body a stronger fighting machine able to tackle whatever life throws at us. Exercise helps slow the aging process by keeping our bodies limber and strong and helping our internal organs function efficiently. Exercise can also provide a degree of social interaction that we've come to miss in our pandemic world. Exercise can also "lift us up", emotionally, during this time when the world around us can seem to be a very depressing place. There really is no downside to the concept of exercise. So why are we so reluctant to commit time to do it? Probably because we don't value time spent on improving ourselves. And that's largely because we don't value ourselves highly enough.

Exercise doesn't have to be time consuming. To properly exercise, you don't have to wear a tank top, carry around a gallon jug of amino acids and use terms like "swole" or "ripped". Exercise has evolved in many interesting ways – and time is one of the primary contributors to that evolution. Leading health providers such as Harvard Medicine, the Mayo Clinic, the Cleveland Clinic etc. are all coming on board to things such as HIIT training. HIIT stands for High Intensity Interval Training and can be one of the MOST beneficial and LEAST time-consuming techniques available – and is easily accomplished by just about anyone regardless of their physical condition. You choose the machine – bike, treadmill, rower, elliptical – and set a goal of 20 minutes. The key is to alternate between doing something physically challenging and then letting your body "rest". Start out by doing 20 seconds of a challenging exercise - something like walking uphill on a treadmill. Do it for 20 seconds and then walk normally (flat) for double that period (40 seconds). Repeat the process at the start of the next minute. Continue doing this for 20 minutes. When you're finished, you will have only done something challenging for a little over 6 minutes but the impact on your body will feel like you've done something far greater. Over time you can increase the challenging interval but always follow the ratio of hard to easy as 1:2. Be honest with yourself, is 6 minutes of a challenge too much time to spend making yourself a better person? I seriously hope not.

So, in the month of love, why not make the commitment to love yourself first? All other relationships you have will benefit from you being a better, happier and healthier self. If you need advice or help on putting together a program, please don't forget that we have a great staff able and willing to help you out – even if it's only a quick tip, in the hallway, on how to stay motivated. That's what we are here for and what makes us feel rewarded. So have a wonderful Valentine's Day and treat yourself to a better you!

Dave

Hearthstone

VALENTINE'S SPECIALS

5 Session Training Pack for \$340

5 One Hour Lesson Pack for \$250 with DAN GREAVES

ALL OFFERS GOOD THROUGH 2/28/21

How To Bust Through Plateaus in Two Areas of Your Fitness By: Ben LaNeve , MS, CSCS

Weight Loss

Have you been stuck at the same weight on that dreaded scale for two, three, four months? It's time to break everything back down from the beginning. Depending on what your goal is, the calorie limit each day is the first place to start because chances are you are either eating too little or too much. Typically, we recommend on readjusting calorie recommendations after each 10% of body weight lost by either performing an Inbody, RMR, or estimation through a daily energy expenditure calculation. Next step is to look at your macro nutrient intake as well as your overall diet structure. When you increase muscle mass in relation to fat mass, your protein requirements then increase as well, which is something that needs to be adjusted. The other aspect is the overall structure of the diet which means if you are eating 2-3 large meals, consider breaking them into 4 smaller meals in order to help with digestion and absorption of the macro and micro nutrients.

Strength

When breaking through a plateau in relation to strength whether that is in the bench, squat, deadlift, or even just an overall stagnation within the program you follow here is a few tips to help that. When looking at the exercise itself, you should look at the components that make up the movement such as the lock out of the bench or lifting off the floor for the deadlift in order to address fixing it. For the sake of the article we will go over the bench. Once you reach the higher loads (80-95%) of your max pay attention to which aspect of the movement begins to break down (speed off the chest, stability throughout the press, or the lockout). Again for the simplicity of the article, if speed off the chest is the issue; consider adding in more speed work at a lower weight and upper body plyometric work. If stability throughout is an issue; add some lat/posterior shoulder exercises in as well as take some extra time working on your overall set up on the bench. To wrap up, if the lockout is lagging the rest of the lift then add in more tricep accessory work and partial movement presses such as a floor press.

Hopefully this helps and as always if you are interested in finding out more please ask one of our qualified personal trainers on how to address your individual plateau!

Eating & Succeeding

Live Cooking Demo w/ Megan Joy!

February 22nd
at 12pm

Come join us for a live cooking demo with Megan Joy as she shares her healthy energy bites which are an amazing treat for those on the go!

Sign up at the front desk

Hearthstone Health + Fitness: Forging Your New Tomorrow

Member Spotlight: Judy Gaston

1) How long have you been a member?

I was a member from October 2013 through May 2014, then returned to Hearthstone in September 2020 the present 2021.

2) Who is your trainer?

Dan

3) What progress have you made since you started training here?

I have gained strength in the exercise routines and golf routines; I have gained much needed balance stability for exercise, golf and situations/functions in my home; endurance in the exercise routines and the golf sessions, for further enjoyment in extending my quality time on the golf simulator and in the community golf courses.

4) What advice would you give someone that wants to adopt a healthier lifestyle?

I would encourage a medical visit if not in regular evaluations, establish a personal trainer relationship to address specific needs/building skills, follow American Heart Association suggestions (Feb is Heart month), and if diabetic, follow more specific guidelines for health.

5) Any other comments or advice?

Enjoy Hearthstone and its commitment to excellent professionals, health and safety especially now with COVID and meet local participants for friendship, fellowship and athletic endeavors.

Game Improvement Corner By. Dan Greaves, Hearthstone Golf Teaching Professional

Let's have a ball improving our swings! Add this drill to your home or gym drill program and see your upper and lower body start to turn your body more efficiently and sync your upper and lower body segments.

- 1) With a large exercise ball, hold the ball with your hands on both sides of the ball getting into a 7 iron setup position.
- 2) Perform a back-swing by focusing on keeping your hands on either side of the ball and rotating your shoulders.
- 3) Start your downswing and begin rotating and clearing your lower body while maintaining your spine angle.
- 4) Complete the move by mirroring your back-swing by rotating your upper body and extending your arms and ball toward your target.

If you have space, throw the ball at a target and make sure you are not over or under rotating causing a miss-throw. You can also perform this with a light medicine ball to incorporate some strength work.



Recipe of the Month

Chicken Chili with Sweet Potatoes

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 cups cubed sweet potato (1/2-inch)
- 1 medium green bell pepper, chopped
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 15-ounce can low-sodium cannellini beans, rinsed
- 2 cups low-sodium chicken broth or homemade chicken stock
- 1 cup frozen corn
- 2 cups cubed cooked chicken (1/2-inch; about 10 ounces)
- 3/4 teaspoon salt
- 1/4 teaspoon ground pepper
- Sour cream, avocado and/or cilantro for garnish



Directions

- 1) Heat oil in a large pot over medium-high heat. Add onion, garlic, sweet potato and bell pepper; cook, stirring occasionally, until the vegetables are slightly softened, 5 to 6 minutes. Stir in chili powder, cumin and oregano and cook, stirring, until fragrant, 1 minute.
- 2) Add beans and broth (or stock) and bring to a boil. Reduce heat, partially cover and simmer gently for 15 minutes.
- 3) Increase heat to medium-high and stir in corn; cook 1 minute. Add chicken and cook until heated through, 1 to 2 minutes more. Remove from heat. Stir in salt and pepper. Serve topped with sour cream, avocado and/or cilantro, if desired.

HEARTHSTONE GOLF 2021 JUNIOR TOURNAMENT SERIES

TOURNAMENT SERIES INFO

\$40 Entry Fee per event
9 Hole individual stroke play
USGA & local rules apply
Double par max score
Three age flights
Ages 8-11 12-14 15-17
8-14 will play from course forward tees
15-17 will play from High School tees
32 max player field
Tee time start due to social distancing

SPRING 2021 SCHEDULE

RIVER MARSH GC
APRIL 25 @ 2pm
JONATHAN'S LANDING
MAY 2nd @ 1:30pm
HOG NECK GC
JUNE 6th @ 4pm

GROWING THE GAME

REGISTRATION NOW OPEN!
See Dan for more info or to register your golfer.