



Family, Fitness, Fun

# Washington Court Athletic Club

3430 Medina Road, Medina, OH 44256  
330-722-2473 ♦ www.washingtoncourtcorp.com

Mon - Fri 5:30am - 10:30pm  
Saturday 8:00am - 6:00pm  
Sunday 8:30am - 8:00pm

## January 2012



### Top News

#### Happy New Year

Our entire staff wishes you & your Family a very happy and healthy 2012!



#### Our Appreciation

The Tennis Staff would like to thank the many members who have supported us throughout the year and have shown their kindness and generosity during the holiday season. We wish you good health, many blessings in "2012", and will continue to be your tennis support system in the years ahead.

With Gratitude,

Kris ~ Chad ~ Elizabeth



#### Pickle Ball is Here!

Pickle ball is now available here at WC! This paddle game is played in the style of mini-tennis. 2-4 people will play on a tennis court and racquets and balls (& rule book) can be lent out at the front desk. Why not give it a try!



#### Inclement Weather/ Cancellation Policy

Morning classes and lessons (EXCEPT TENNIS LESSONS & CLINICS) are cancelled when Medina City School District is closed.

Cancellations are at the discretion of the manager or instructor in the afternoon or evening.

Call the front desk 1 hour prior to class time to find out if it has been cancelled.

### Lessons

#### Gymnastics Winter session I

Begins January 2. Sign ups are at the Front Desk.

#### Pool News

##### Winter session - January 2-February 18

Copies of lesson schedule are available at the front desk. There needs to be at least 4 sign-ups per level in order to run a class. Sign-up by Jan. 7 at the pool or call ext. 228 to sign up by phone.

### Piranhas Swim Team

The Winter Piranhas Swim Team consists of 27 swimmers ranging from ages 6-16. The Piranhas have won 2 out of their first 3 meets-Congratulations Piranhas!

#### January Home Meets

Thursday, January 19

Wednesday, January 25

*The pool will be closed from 5-8pm*

#### Practice Schedule

Practice is every Wed. & Thurs.

(5-6:30pm) & Sat. (8-9:30am)



## Top 5 Reasons Why New Year's Resolutions fail...

### And What You Can Do to Avoid Them

Many people make weight loss their New Year's Resolution, but few actually achieve their goals. Here are some of the top reasons why people fail at their weight loss goals, along with some tips on how to avoid these common traps.

1. You overeat. You never plan for it, but overeating, or "breaking your diet," is a very common setback that you should be ready for. The problem with overeating when you are trying to lose weight or get in shape is that it changes your mindset from positive to negative. So, instead of feeling like you failed, move on and get back on track!
2. You stop losing weight. There's no question about it – it can be very difficult to continue a healthy diet when you don't see the results on the scale. You have to remember that reaching a plateau is normal and the only way to get past it is to keep up a healthy diet and exercise routine. Exercise is key at this point because you may not be able to decrease the calories in your diet any further in a healthy way. Remember, weight loss is a marathon, not a sprint. Just keep your eyes on the finish line, and you will get there!
3. You burn yourself out. Taking on too much at once can backfire, so don't suddenly start a strict diet on the same day you start a major exercise routine. Don't drop your calories to 1200 when you probably have been consuming closer to 2000. Although you are eager to get your diet going, doing it too quickly or making extreme changes can easily burn you out.
4. You gradually go back to your old ways. When you're trying to eat healthy, it's normal to make a few slip-ups. Many people start strong on their New Year's diets, only to find themselves back in their old ways a month later. It's OK to eat the occasional treat here and there, but don't lose sight of your plan and ultimate goal.
5. You lose a bunch of weight... and then you gain it back. Once you lose weight, you have to remember that you still shouldn't go back to your old ways. Losing weight for the long-term means changing your lifestyle for the long-term, as well. Once you reach your weight goal, treat your body right by giving it the proper nourishment it needs through veggies, fruits, whole grains, and low-fat protein and dairy. You've done so much work to get to your goal weight – don't let it be for nothing!

Written by Arielle Kamps, Registered Dietitian. To schedule an appointment with Arielle, call (330) 461-9279 or email [ariellekamps@gmail.com](mailto:ariellekamps@gmail.com).