



TOLUCA LAKE
TENNIS & FITNESS CLUB

CLUBHOUSE NEWS



IT STARTS WITH YOU.

Earth Day starts with you! It's really easy to be a friend to the environment. For example, you can bring a reusable water bottle with you to work out, ride your bike to the Club, and even donate your old work out shoes and other gear instead of throwing them in the trash when you're done.

At Toluca Lake Tennis and Fitness Club, green is our color. We show that by having biodegradable paper straws and wooden coffee stirrers as well as eco-friendly water cups and shower caps.

You can further celebrate Earth Day by attending the 8th Annual Earth Day Celebration featuring Taste of Toluca hosted by the Greater Toluca Lake Neighborhood Council on Sunday, April 7, from 11 a.m. to 2 p.m. at Forman Avenue & Riverside Drive. Be sure to stop by our booth and say "hi!". *See details on page 6.*



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TENNIS ETIQUETTE!

(Friendly reminders.)

Courtesy is expected. Tennis is a game that requires cooperation and courtesy.

Either partner may make calls in doubles. Although either doubles partner may make a call, the call of a player looking down a line is more likely to be accurate than that of a player looking across a line.

Partners' disagreement on calls. If one partner calls the ball out and the other partner sees the ball good, the ball is good.

Obvious faults. A player shall not put into play or hit over the net an obvious fault. To do so constitutes rudeness and may even be a form of gamesmanship.

Receiver readiness. The receiver shall play to the reasonable pace of the server. The receiver should make no effort to return a serve when the receiver is not ready. If a player attempts to return a serve (even if it is a "quick" serve), then the receiver (or receiving team) is presumed to be ready.

Talking when ball is in play.

- Singles players should not talk during points.
- Talking between doubles partners when the ball is moving toward them is allowed.
- Doubles players should not talk when the ball is moving toward their opponent's court.
- When talking interferes with an opponent's ability to play a ball, it is a hindrance.

Stalling. Stalling violates the continuous play principle of the ITF Rules of Tennis. A player who encounters a problem with stalling should contact an official. The following actions constitute stalling:

- Warming up longer than the allotted time;
- Playing at about one-third a player's normal pace;
- Taking more than 90 seconds on the odd-game changeover or more than 2 minutes on the set break.
- Taking longer than the time authorized during a rest period;
- Starting a discussion or argument in order to rest;
- Clearing a missed first service that doesn't need to be cleared; or
- Excessive bouncing of a ball before any serve.

Catching a ball. If a player catches a ball in play before it bounces, the player loses the point regardless of where the player is standing.

SCHEDULE REMINDERS!



worth the wait.

FRIDAY NIGHT LIGHTS!

IT'S BACK! Drop In Doubles on Friday nights has returned along with the warmer weather and no more rain!

Courts 1 and 2 will be waiting for you to enjoy some social doubles from 6-8 p.m. Play a match (or two), then hit Santuari for a refreshing drink and/or yummy meal.

FOREHANDS! FRIENDS! FIESTA!

The Annual Singles Club Championships!

Saturday, April 13-Sunday, April 14

Matches played at 9:30 a.m., 11 a.m., 12:30 p.m. and 2 p.m.

Come on down and see who will be crowned 2019 Champion.

Men's and Women's Singles (3.0, 3.5, 4.0 and 4.5)

Semifinals on Saturday; finals on Sunday.

Santuari will be open!

MEMBER-GUEST / love fest!

Due to rainouts, the Member-Guest and love fest have been rescheduled for:

Saturday, May 11th from 9 am - 3 pm

Both events will be happening simultaneously. Choose one or the other. You may not play in both.

\$30 entry fee per team

Entry deadline is Sunday, May 5th

Two Tennis Members may not play together.

Enter one division only: A or B.

A = "all in", we are in it to win it!

B = "bar", as in, what time does it open?!



Registrations opens Wednesday, May 1st!

The camp will run Monday-Friday, June 10th - August 16th. Morning sessions will be geared toward beginners/advanced beginners and afternoon sessions will be geared toward advanced juniors (including tournament players, Varsity and J.V. team members).



Marie Landsberger
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We hear you! Please tell us what new class would be of interest to you. We offer 57 classes a week but we are always open to suggestions when it comes to serving our members. Simply go to the "Suggestion Box" located at the Front Desk and add your suggestion.



Allie has announced that she will be pursuing other interests so she will be moving on. Allie has been a Club favorite Dance Instructor for the past three years. Her Cardio Dance classes have inspired us all and she will be missed. **Allie will teach her final classes Saturday, April 6th. Please join her for Saturday Groove 9:30-10:30 a.m. and Stretch from 10:30-11 a.m.!** Stay tuned for the replacement instructor for the Monday 6:30 p.m. Cardio Dance and the Wednesday 7:00p.m. Cardio Dance.

New class with Christina!

NEW CLASS! Join Christina for her new 30-minute STRETCH Class at 7:00 a.m. after her BOOTCAMP class on Monday mornings.

Christina has been dancing since age 3 and has been working as a professional dancer in LA since age 18. She has worked with artists such as Gwen Stefani, Pitbull, Nick Jonas, David Lee Roth, Sista Sledge and more. She has acted in several television programs, commercials, live shows and festivals around the US, Europe, Central America and Asia! As a dancer and model, she has represented such prestigious fitness brands such as Under Armour Women, Nike, LA Fitness, Beachbody, F45, Barry's Bootcamp and more.

As a NCEP certified personal trainer and fitness instructor, Christina joined the Group Exercise team as a **BOOTCAMP** instructor in her very popular and motivating classes on Mondays at 6:00 a.m. and Sundays at 9:30 a.m. She has loved being able to merge her dance background with her fitness career!

Christina is so excited to share her love for dance with the members at the Club in the **SATURDAY GROOVE** class Saturdays 9:30-10:30 a.m. Dance is such an incredible outlet to have fun while getting a great workout in at the same time, all while keeping your mind and memory active. (Fun fact: there has never been a known case of a dancer with Alzheimer's!)

Mobility and flexibility are huge factors in staying healthy and agile as you age. Without stretching, your muscles naturally shorten and tighten, putting you at higher risk for joint pain, strain, and muscle damage. So make stretching an important part of your fitness regime and come join Christina for a 30-minute **STRETCH** class on Mondays at 7:00 a.m. or Saturdays at 10:30 a.m.

We wish you well, Allie!



INFORMATION OVERLOAD

By Danny Lee, CLUB TRAINER

From multitudinous blogs to Instagram posts, the world is awash in fitness and nutrition tips, creating a confusing matrix of what and how much to eat and workout in order to get in shape. What was once a resource for hopeful fitness-minded denizens to heed the call to arms (and legs) to be healthy has now become a basis for confusion and inactivity among those who are unsure of what to believe.

I am old enough to remember when coconuts were used as tools by the Swiss Family Robinson, soon after as a skincare product after the American Heart Association told all of us that coconut oil was too damaging for the old ticker. Now, the once verboten tropical oil has been trying to elbow its way back into our nutritional intake- along with butter and charcoal, go figure- as a dietary staple.

With working out, we went from pastels and aerobic classes to being told to lift simple, lift compound, fast, heavy. High sets. Low sets. It's good for the balance, good for the joints and good for the beach.

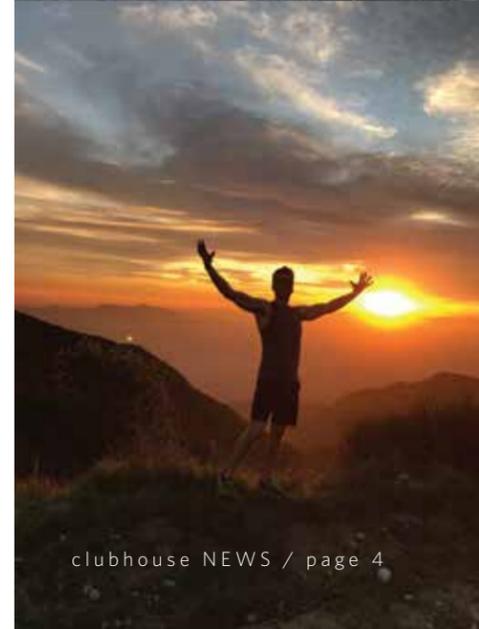
I am not surprised that clients often come to me confused on what- or who- to believe. Time was, Jack LaLanne was the one-stop-shop authority on fitness, health and nutrition. Nowadays, you have thousands of places to go online to find information, Jack's towing a boat with his teeth replaced by endless videos of box jumps, Olympic lifts and glute workouts that might very well give you a repetitive stress disorder just from watching.

It will not draw the gaudy headline space with the Insta-athletes trying to stack up enough plyometric boxes to leap over K2, but the old, vanilla advice still holds true: A consistent program of working out geared toward building a strong lower-body foundation with core movements to keep you strong in and outside of the gym is the way to go.

Nutritionally, eating a variety of foods that limit saturated fat intake and maximize fiber intake from plant staples chalked with phytonutrients will help keep off the extra pounds and help ensure a balanced nutrient profile.

For anyone looking to get on track with his or her fitness program, it can be very overwhelming at times. Come by and see how our personal training program can help you reach your goals.

Just don't let all the information out there make you go coconuts!



CLUB TRAINERS

Contact Danny at 818.398.6649 for a complimentary fitness consultation or to inquire about personal training.



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DON'T WASTE YOUR TIME COUNTING CALORIES!

In a way the message I'll be sharing in this article won't be new, but the reasons that support the message may be. What's the message?

Counting calories to lose weight is next to useless.

You read that right. All the label-reading, calculator-tapping, and energy balance juggling ("less calories in, more calories out") we've been taught to do for decades is not reliable science. But first, a super-brief refresher.

A "calorie" (from 'calor', Latin for 'heat') was conceived by 18th century French scientist, Antoine Lavoisier, as the heat energy needed to raise 1kg of H₂O by 1 degree Celsius. As a scientific measurement the calorie is not in dispute. But as a measurement of what the body does with food and what it uses to create movement, the science is sketchy.

For starters, calculating the exact calorific content of food is far harder than the confidently precise numbers displayed on food packets suggest. Susan Roberts, a nutritionist at Tufts University in Boston, has found that labels on American packaged foods miss their true calorie counts by an average of 18%. American government regulations allow such labels to understate calories by up to 20% (to ensure that consumers are not short-changed in terms of how much nutrition they receive). The information on some processed frozen foods misstates their calorific content by as much as 70%.

That isn't the only problem. Calorie counts are based on how much heat food gives off when it burns in an oven. But the human body is far more complex than an oven. When food is burned in a laboratory it surrenders its calories within seconds. By contrast, the real-life journey from dinner plate to toilet bowl takes on average about a day, but can range from 8 to 80 hours depending on the person. A calorie of carbohydrate and a calorie of protein both have the same amount of stored energy, so they perform identically in an oven. But put those calories into real bodies and they behave quite differently. Two items of food with identical calorific values may be digested in very different ways. Each body processes calories differently. Even for a single individual, the time of day that you eat matters. Add in the influence of genetics, the microbiome, food preparation, and sleep, the more we realize that tallying calories will do little to help us control our weight or even maintain a healthy diet: the beguiling simplicity of counting calories in and calories out is dangerously flawed.

So what's a fitness buff to do? The world of nutrition research is impoverished, with enormous questions remaining unanswered. But what we do know is that eating smaller meals composed of real food (not food products!) with a high fiber content, modest fat content, and devoid of processed carbohydrates yields the best results. To account for your individuality, I recommend a diet diary recording times of meals and weighing food whenever possible to get a sense of what brings satiety, and to memorize portion sizes. Then stick to a relatively restrictive menu over a month and record either changes in weight, circumferences, clothing sizes, or some combination of each.

Ultimately, we each have to find a routine consistency that allows us to assess our own body's idiosyncrasies and a path towards healthy weight and wellbeing. Even if the science hasn't quite caught up.

CUT THE
COUNTING.

CONGRATULATIONS TO TLTFC MEMBER MATT EMERZIAN!

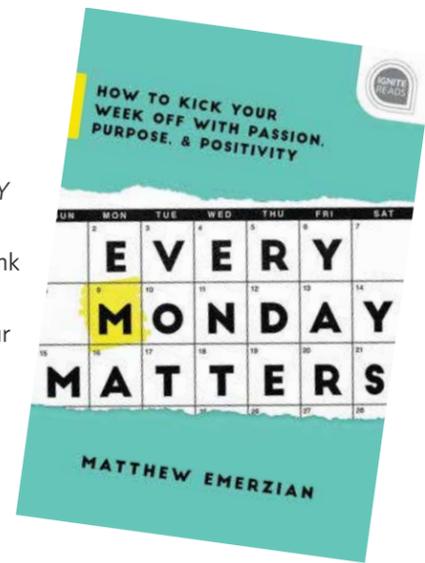


TLTFC Member Matt Emerzian was interviewed on the *TODAY Show* last month to talk about his new book, *Every Monday Matters*. The book is rapidly moving up in rankings. And to think that it all goes to support the EMM K-12 Education program. Wow! If you haven't ordered the book yet, maybe today is your day to make that happen. Or maybe you want to buy a copy for a friend or two.

ABOUT THE BOOK

Reconnect with what really matters: Each of us has the power to change our lives, find happiness and joy, and become a force for good. The only way to do this, however,

is one week at a time. Matthew Emerzian, founder and Chief Inspiration Officer of the not-for-profit organization *Every Monday Matters* will inspire you to find your purpose and tackle your goals week by week. Personal and social change happen when we step outside of ourselves, connect, and serve one another.



SANTUARI RESTAURANT

All Members of the Toluca Lake Tennis & Fitness Club **receive 20% savings at Santuari Restaurant.** Offer good on regular price items, not including special promotions, Social Hour specials, discounted items or promotional events.

Please tell your server that you are a Member of the Toluca Lake Tennis & Fitness Club upon arrival and prior to processing your final bill.

Free Event

#EARTH DAY 2019

#TASTE OF TOLUCA

8th Annual Earth Day / Taste of Toluca
Sun, 4/7/2019 | 11:00am - 2:00pm
Ramsey-Shilling Associates - 10205 Riverside Drive, Toluca Lake, CA

The Greater Toluca Lake Neighborhood Council is hosting its 8th Annual Earth Day Celebration featuring Taste of Toluca Lake! Bring the entire family and enjoy the Kids Corner, engage with our Environmental Booths and taste the amazing food while listening to live entertainment.

pro shop

NEW

TENNIS & FITNESS
APPAREL AVAILABLE
IN THE PRO SHOP!



member business network



You won't be ignored or cheated.

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EXCLUSIVE OFFER FOR TLTFM MEMBERS:
* Any repairs out of pocket, 20% discount
* All insurance claims: free rental, discount on deductible
(applies to insured and claimant)

Bringing our members and
local businesses together.

Market your business to some of the most influential and important
people in Los Angeles ... your fellow members.

For more information on how you can join the
TLTFM Member Business Network, please contact:

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