



LIVING HEALTHY

Vol 1. Issue 3

Living Healthy is a free publication from The Village Sports Club in BF Homes Paranaque.

An Azkal in VSC

Angel Guirado-Aldeguer graced The Village Sports Club last July as Futbol Funatics' guest. Members and guests were treated to a photo-op session with the Azkal in VSC's Events Lawn.



Bike Trail

VSC recognized the growing sport of biking which is why the VSC bike trail was launched last June 2011. VSC created a 2.5 kilometer cross country trail targeted for BF Homes or south-based cycling enthusiasts. It was rated by a biker as a "challenging beginner's" trail. Training for a longer ride don't need to be far from your home. Biker's can hone their skills in VSC's bike trail before they pursue the trails of San Mateo.

FIGHT THE FAT

HEED THE SECRET TO KEEPING YOUR SIZE FROM GOING UP AS YOU GET OLDER.

If you want your favorite belt to fit years from now, you may want to watch what-not just how much-you eat. After tracking 120,000 people for two decades, Harvard researchers found that the average adult gained nearly 305 pounds every four years. But study subjects who increased their intake of meat, potatoes, and sugary drinks over time-even by just a few servings here and there-gained closer to 6 pounds, while those who ate more fruits and veggies, whole grains, and nuts gained about 1 pound during the same period. One explanation: High-fiber,

unprocessed foods, especially those that contain healthy fats and protein, may be more satiating than others. "All foods have calories, but not all calories are created equal," says Dariush Mozaffarian, M.D., a professor at the Harvard School of Public Health. To keep the number on the scale from creeping up, he recommends making a handful of modifications (like changing your standard size from mashed potatoes to roasted vegetables); doing so will have a much greater impact than counting calories and fat grams.

(Source: Shape Magazine, October 2011)

The Village Sports Club Sailfish Swimming Team Invitational Sprint Meet

VSC hosted a swimming competition last August 21, 2011 to provide a healthy and friendly environment for all swimmers as well as a fun and positive experience. Aside from promoting swimming, the competition will benefit the XSC Sea Dragons Foundation, Inc and its scholarship program. The teams who participated are Alabang Country Club Gators, Elizabeth Seton Saints, Thunder Sharks Swim Club, DLZ Junior Tankers and of course VSC Sailfish Swim Team.



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Yogilates Classes
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Every T, TH & S
7pm-8pm



Please call 822-1000 for more information

Wine & Cheese Night

VSC gathered wine lovers in its Wine & Cheese Night last September 2011. Members and guests were treated to wines of Manny O who was the major sponsor for the night. Red and white wines complete with pepperjack or blue cheese were served to guests who relaxed and mingled. Singer and VSC member Top Suzara was also on hand to fill the night air with great music. The event brought out new friendships and relished current ones among members. Keep up to date with VSC's events and join the next Wine & Cheese Night.

Solitude

If you want to savor your time with loved ones, make sure you also spend time away from them.

Adam Waytz, PhD, explains that our highly connected world leaves us "socially stuffed," which hampers our ability to genuinely empathize. Periods of solitude refresh our appetite for togetherness the same way being hungry before a meal can make it seem more delicious.

(Source: Prevention Magazine, November 2011)



BIGGER FORK, FLATTER BELLY?

The Flatware you choose may be best just as important for your waistline as what you're serving is. Diners who ate with large forks consumed less than those who used smaller utensils, according to a study in the *Journal of Consumer Research*. This may be because larger bites trick your brain-and belly-into feeling full faster. And though a salad-size plate can help you keep your portion in check, it's probably smart to make it a heavy glass one. New research from the University of Oxford in the United Kingdom showed that food eaten out of weightier containers was rated better tasting and assumed to be more expensive.



(Source: Prevention Magazine, November 2011)



FROM "OUCH" TO "AHH" IN A SECONDS

Burned your hand? Cross your arms to take the edge off the pain. Italian researchers found that people felt laser-generated "pinpricks" less when they crossed one arm over the other with palms flat on a desk than when their arms were straight. Placing limbs in unfamiliar spatial positions in relation to the body appears to confuse the brain and disrupts its ability to process sensory stimuli efficiently, weakening pain perception.

(Source: Prevention Magazine, November 2011)

MEMORY MAKING MUSIC

You should thank your guitar teacher for those lessons you took as a child. New research reveals that the benefits of learning to play an instrument persist long after those dreaded practices-and might even fend off Alzheimer's: Amateur musicians have better memory and verbal skills as they age than their nonmusical counterparts.

(Source: Prevention Magazine, November 2011)



SNOOZE NEWS



PERFECT THE POWER SIESTA WITH THESE HELPFUL TIPS.

Seizing some pre-meeting zzz's in your office or nabbing a post-work disco nap can do wonders for your energy and focus-provided you don't wake up groggy. Experts say the trick is in the timing, with 20 minutes being optimum (any longer and you might sink into a deeper sleep). So make this totally counterintuitive move to get it right: Drink a cup of coffee right before you lie down. Researchers at Loughborough University in the United Kingdom say the stimulant effects of caffeine take-you guessed it! – 20 minutes to hit, so your buzz will kick in right when your alarm clock goes off.

(Source: Shape Magazine, October 2011)

THE VILLAGE BAZAAR

AT

The Village SPORTS CLUB

EL GRANDE CORNER TROPICAL AVENUE, BF HOMES, PARANAQUE

NOVEMBER 19-20, 2011
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