



LIVING HEALTHY

Vol 1. Issue 1

ICE YOUR DEVICE



Close your eyes and picture the blinking light on your phone. Do you feel anxious? Impatient? Tense? These emotions are natural—and an example of how always being plugged in harms your happiness. “Constantly checking your Blackberry, Facebook, and Twitter can be addictive—when you aren’t online you worry somebody needs you or that fun things are happening without you,” says Daniel Sieberg, author of *The Digital Diet*. “This habit can stress you out and damage real-life relationships. It’s tough to connect with someone sitting next to you when you keep checking for your texts.” You don’t have to live completely gadget-free, but Sieberg encourages you to cut back. “Try going a day without using your cell or logging in,” he says. “Hang out with friends, read a book, enjoy nature. You’ll see things you never noticed when you were always looking at the screen.”

VOULEZ-VOUS A BETTER MEMORY?

Your mind is muscle, so use it!

You mastered high school Spanish—now a new study suggests you might also want to take up French or Italian. Becoming trilingual will not only make you sound clever and cultured, it may also protect your brain as you age. Researchers in Luxembourg found that seniors who spoke more than two languages were four times less likely to have memory loss than those who spoke just two. You don’t have to learn foreign tongues at a young age to reap the benefits. Simply engaging in mentally stimulating activities throughout life makes the brain work harder, say experts, which helps keep it nimble. *Capice?*



The Village Sports Club in BF Homes, Paranaque Hosts a Workshop on Chi Running

The Village Sports Club (VSC) members were introduced to a new running method called Chi Running last May 14 & 21, 2011 at the VSC grounds. VSC members learned from Asia's only certified Chi Running Instructors Cliff Eala and Lit Onrubia about posture, lean, ankle lift, arm swing, gears and stride length, hill running and cadence.

Eala and Onrubia explained the revolutionary running technique with demonstrations and drills. Instructors observed and made suggestions on improvement of running performance as workshop participants ran around VSC's asphalt running path. VSC members were appreciative of the Chi Running Workshop and are enthusiastic in using the concepts that were introduced by Chi Running in their future races.

ChiRunning®** is a revolutionary running technique that promotes energy efficient and injury free running through proper body alignment, balance, and biomechanics. The workshop includes topics like **Posture, Lean, Ankle Lift, Arm Swing, Gears and Stride Length, Hill Running, and Cadence.



A ROOM WITH A PLAN

You want to redecorate—fab! But before you think about paint colors and sofa styles, consider how you'd like to use the space. "For many people, deciding on a "look" feels overwhelming," says Meghan Carter, author of *The Meghan Method*. Narrowing your options by activity help you zero in on what you really need." Let's say you're tackling your kitchen: Do you want to have friends over for wine, host big dinners, or churn out load of cookies? "The answer helps you want the wall color to be relaxing or energizing," say Carter. This way, you'll end up with a spot suited to the life you lead.



CLEAN ROUTINE

The next time you're washing up in the public restroom, skip the electric dryer and reach for a paper towel. According to a recent study in *The Journal of Applied Microbiology*, wiping your hands is the best way to remove bacteria; using a dryer simply spreads the germs around. If you must go the hot-air route, don't rub; the study found that staying still and letting the air do its job is the better bet.

Living Healthy Cooking Seminar with Chef Giovasco Barlao



The Village Sports Club hosted a healthy cooking seminar with Magsaysay Institute of Hospitality and Culinary Arts (MICAHA) Vice President & Head of Operations Chef Giovasco Barlao as guest speaker / chef. Chef Barlao shared in his presentation that "Healthy food does not have to be bland."

The participants took notes and observed while the cooking process took place. The aroma from the cooking demonstration filled the venue and completed the learning process. The seminar finished with the participants sampling the food cooked by Chef Barlao.

The Village Sports Club went one step further in bringing health and wellness to people's homes through the Live Healthy Cooking Seminar. Start a healthy and holistic lifestyle with VSC.

Chef Barlao mentioned his 5 guidelines to make healthy food taste good which are:

1. Use fresh and in season ingredients.

2. Buy whole or prime cuts for meats to maximize all parts from meat to bones (good for stocks/soups/sauces).

3. Make time to... intensify! Magnify by using aromatics, spices, acids and herbs.

4. Add character by oven roasting and marinating.

5. Avoid process products.



*Experience the
Zenith Wellness Spa
only at VSC*

Be a Member, Call 514-22
www.thevillagesportsclub.com

The Village
SPORTS CLUB
In BF Homes, Parañaque



SPLIT DECISION

Cutting larger-dose pills in two is one way to save big at the pharmacy. But researchers from Belgium's Ghent University found that people who did this wound up with the wrong amount 31 percent of the time. "Getting too much or too little medication raises your risk for side effects," says Charlotte Verrue, Ph.D., the study's lead author. Before playing chemist, talk to your doctor or a pharmacist. Certain types of medications, such as capsules and extended-release tablets, aren't designed to be cut. Those that are maybe scored down the middle. For the most accurate dose, use a pill splitter.

CATCH YOUR BREATH!

Cardio can provide asthma sufferers with some relief.

If you struggle with asthma, you might want to tally more minutes on the treadmill. You can slash your symptoms by up to 60 percent just by notching half an hour of cardio twice a week, according to a study published in *Medicine & Science in Sports & Exercise*. Getting your body moving reduces inflammation in your airways, which helps prevent the wheezing and shortness in breath that causes attacks (This applies to those how have exercise-induced asthma too.) Plus, if you do have an attack it can feel less severe.



Kulinarya Kitchen at VSC

Enjoy the delectable food selection of Kulinarya Kitchen right inside BF Homes, Paranaque as they serve their famous meals at The Village Sports Club.

Feast on Kulinarya Kitchen's salads, pastas and pizzas. Plus a special iced tea blend, concocted just for VSC, will complement any meal. Kulinarya Kitchen is the exclusive food concessionaire of VSC.



KULINARYA
GLOBAL CORPORATION





The Village
SPORTS CLUB

Sales: 514-2211 | Hotline: 425-4953

Telefax: 836-2772

Address: El Grande Cor. Tropical Avenue,
BF Homes, Paranaque

Email: thevillagesportsclub@gmail.com

Website: www.thevillagesportsclub.com