



Exercise Is (the Best) Medicine by Pat Riley, Jr.

The leading cause of preventable death in the U.S. in the 20th century was a lifestyle choice – i.e. the choice to smoke. In 1964, when Surgeon General, Dr. Luther L. Terry published his landmark report, stating clearly that “smoking causes cancer”, 46% of Americans were smokers.

Even with the overwhelming and damning evidence in the Surgeon General’s report (e.g. smoking increases the odds of having lung cancer by 1000%) the decrease in smoking was painstakingly gradual. Today, with stark warning labels on each pack, 70% tax rates, and indoor smoking almost non-existent, the rate of smoking is down to “only” 20% of the population.

Even at these lower levels, smoking is still the leading cause of preventable death in the U.S. (435,000 deaths in 2008). Soon, however, another lifestyle choice will overtake smoking as the number one cause of death. “Inactivity/poor diet” and its consequence, the obesity epidemic, caused 400,000 deaths in 2008. Unlike smoking, these numbers are on the rise.

In 1964 public health officials could examine the data and easily connect the dots – more smoking equals more illness equals more death equals huge medical and societal costs. Today public health officials can see a similarly ominous trend regarding inactivity and obesity but so far efforts to reverse the tide have failed.

On the eve of the 1996 Olympic games in Atlanta, the Surgeon General released a report on Physical Activity and Health that was hoped to have the same galvanizing effect as the one in 1964. It purposely evoked 1964 by using the catchphrase “failure to exercise may be hazardous to your health”. The 1996 report contained data from numerous scientific studies that proved beyond a doubt the efficacy of regular exercise in the prevention of disease along with indisputable evidence that living a sedentary life can cause premature death.

So, what happened? Well, since 1996 the percentage of Americans who qualify as obese has increased from 20% to 34% (a 70% increase). Meanwhile it’s estimated that 50 million American

adults are completely sedentary and only about 30% achieve the recommended minimum standards of exercise (i.e. 30 minutes/day, five days/week). In other words, things are going in the wrong direction.

Last November, researchers from Harvard, examining the causes and trends in obesity predicted that rates will continue to grow before topping out at about 42% of the population (another 24% increase from where we are now). According to this study, obesity is spreading in the same pattern and manner as an infectious disease.

Scientific studies show that regular exercise:

- Lowers the risk of stroke by 27%
- Reduces the incidence of diabetes by 50%
- Reduces the incidence of high blood pressure by 40%
- Reduces the risk of mortality and the risk of recurrent breast cancer by 50%
- Lowers the risk of colon cancer by 60%
- Reduces the risk of developing Alzheimer’s disease by 40%
- Decreases depression as effectively as Prozac or behavior therapy

Source: American College of Sports Medicine

Posing an even greater threat than obesity is being sedentary. Lean men and women who are inactive are at a higher risk of death and disease than obese men and women who exercise. Medical experts say inactivity poses as great a health risk as smoking, contributing to heart disease, diabetes, hypertension, cancer, depression, arthritis and osteoporosis. So, while reducing obesity is an important goal – a better objective would be encouraging everyone to walk 30 minutes a day.

All of this brings us to the latest effort by the health care community to stem the rising tide of obesity and inactivity – an initiative called **Exercise Is Medicine** (EIM). Launched in November, 2007, EIM is a joint effort by the American College of Sports Medicine (ACSM) and the American Medical Association

(AMA) and has been endorsed by more than 25 medical, health, fitness and wellness associations and organizations.

The main goal of the Exercise Is Medicine program is to encourage physicians to record physical activity as a vital sign during patient visits and actually prescribe exercise to patients who are not meeting the minimal recommended standards.

“We already advise against smoking; recommending exercise should be no different, says Robert Sallis, M.D. and chairman of EIM. “Exercise can be used like a vaccine to prevent disease and a medication to treat disease,” adds Dr. Sallis. “If there were a drug with the same benefits as exercise, it would instantly be the standard of care.”

A recent survey found that 65% of patients would be more interested in exercising to stay healthy if advised by their doctor. Indeed, studies in Spain and New Zealand found that patients with written prescriptions to exercise were more physically active than a control group who was given general advice but no prescription.

Other studies show, logically enough, that physicians who exercise themselves are more likely to advise patients about exercise than those who don’t. There are certainly many physicians who work out regularly at the Little Rock Athletic Club – if you’re looking for an exerciseminded physician we know where you can find them.

Will **Exercise Is Medicine** help? It certainly can’t hurt and if the proven benefits of exercise are sincerely championed and prescribed by the greater medical community it could be a game changer. However, I imagine that only a seismic shift in the public’s attitude about exercise and its effects will create meaningful change.

The good news for the readers of this newsletter – you are among the physically active minority who achieve or exceed the recommended amount of exercise each week. If so, keep it up – your healthy example may be what persuades others within your circle of influence to get moving and that can only be a good thing.

2010 Club Championship

With almost 260 entries, this year's annual Club Tennis Championship, held January 14-16 was one of our largest turnouts ever. Players competed for the right to see their name engraved on the wall of fame in twenty-five separate events. The LRAC is widely acknowledged as having the strongest team tennis contingent in the State, so winning a Club Championship event is no easy feat.

The Men's Open (top division) final match was a repeat of last year's final. For the second year in a row 16 year old phenom, Julio Olaya, Jr. defeated Robert Cain in the final match. It wasn't easy though with Olaya winning 4-6, 6-4, 10-6. Shortly after the singles finals, the young Olaya teamed up with David Barnett to win the Men's Open doubles 7-6, 6-2 defeating the tough team of Guy Guilliland and Wyatt Miller. In the women's top division (4.5 doubles) the final match was also a repeat pairing from last year. This year though a different team came out on top with Club Pro Linda Sneed pairing with Mary Ann Rhoades to edge out Alexis Fowler and Marcie Palecek, 6-4, 6-7, 10-6.

There were many exciting matches and a high level of sportsmanship throughout the tournament. We would like to congratulate all winners and runners-up in each division (see chart on right for complete results) and thank everyone who played in this year's tournament. If you weren't a winner this year, don't give up – there's always next year!

Tournament Results

Men's

Singles Winner

Open Julio Olaya, Jr.
4.0 Haley Wilson
3.5 Tom Stanton
3.0 Bill Baxter

Runner-Up

Robert Cain
Ryan Oyos
Pat Hamilton
Terry Murray

Consolation Winner

Jake Jacoby
Ken Berry
Glenn Cunningham
Ellis Martin

Men's

Doubles Winners

Open David Barnett and Julio Olaya, Jr.
4.0 Brent Birch and Stuart Jones
3.5 Landon Luzader and Alexander Varela
3.0 Peter Biagioni and Jim Jacoby

Runners-Up

Guy Gilliland and Wyatt Miller
Larry Price and Haley Wilson
Eric Miller and Steve Rowell
Bob Harrison and Jim Vick

Consolation Winner

Paul Bowersock and Jake Jacoby
Brian Scott and Mark Smalling
N/A
N/A

Senior

Men's

Doubles Winners

4.0 Rick Carmichael and Larry Price

Runners-Up

Wayne Blanchard and Brent Bumpers

Consolation Winner

N/A

Super Super Senior

Men's

Doubles Winners

Jerry Saubers and Pete Slager

Runners-Up

Sam Sanders and Frank Thibault

Consolation Winner

N/A

Women's

Singles

4.0 Kathy Perkins
3.5 Mary Carolyn Bailey
3.0 Anna O'Donnell
2.5 Susan Murray

Runner-Up

Keri Ingraham
Mitch Taylor
Sally Stokes
Sarah Henry

Consolation Winner

Rachel Berryhill
N/A
Allison Baker
Mollie Birch

Women's

Doubles Winners

4.5 Mary Ann Rhoades and Linda Sneed
4.0 Leslie Biagioni and Natalie Mahler
3.5 Cathy Edwards and Dee Whalen
3.0 Janet Baker and Shara Turk
2.5 Mollie Birch and Ashley Hurst

Runners-Up

Alexis Fowler and Marcie Palecek
Ellen Dugan and Kelly Gleason
Michelle Blalock and Missy Overton
Brittany Murphy and Teresa Murphy
Theresa Huber and Julie Powell

Consolation Winner

Cindy Lucas and Christine Olsen
Lori Kagy and Griet Salinas
Michelle Damon and Laurie Houff
Caroline Fox and Maggie Minshall
Sarah Rector and Sally Stokes

Senior

Women's

Doubles Winners

4.0 Mary Bowen and Mindy Morrell
3.5 Paula Aultz and Joy Schaeffer

Runners-Up

Tricia Buchman and Maureen Dickson
Cindy Howard and Becka Reed

Consolation Winner

Lindsay Harp and Melody Lile
N/A

Mixed

Doubles Winners

8.0 Kelly Gleason and Mike Schimming
7.0 Lynette and Paul Bowersock
6.0 Caroline Fox and Dale Aldridge

Runners-Up

Betty Harrison and John Magee
Michelle Damon and Landon Luzader
Monica and Jerry Weigle

Consolation Winner

Jodie Ammons and Brad Rickett
Valerie and John Cloud
N/A



Mary Ann Rhoades and Linda Sneed, Winners, Women's 4.5 Doubles



Alexander Varela and Landon Luzader, Winners, Men's 3.5 Doubles



Brent Birch and Stuart Jones, Winners, Men's 4.0 Doubles



Tom Stanton, Winner, Men's 3.5 Singles

Tournament Winners



Jim Jacoby and Peter Biagioni,
Winners, Men's 3.0 Doubles



Julio Olaya, Jr. and David Barnett,
Winners, Men's Open Doubles



Larry Price and Rick Carmichael,
Winners, Sr. Men's 4.0 Doubles



Bill Baxter, Winner, Men's 3.0 Singles



Pete Slager and Jerry Saubers,
Winners, Super Super Senior Men's



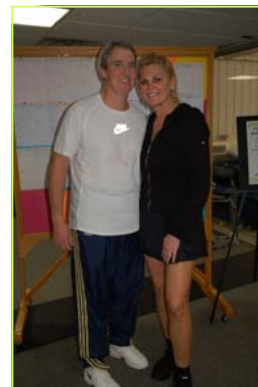
Mollie Birch and Ashley Hurst,
Winners, Women's 2.5 Doubles



Mary Carolyn Bailey, Winner,
Women's 3.5 Singles



Mary Bowen and Mindy Morrell,
Winners, Sr. Women's 4.0 Doubles



Paul Bowersock and wife, Lynette,
Winners, Mixed 7.0 Doubles



Anna O'Donnell, Winner, Women's
3.0 Singles



Paula Aultz and Joy Schaeffer,
Winners, Sr. Women's 3.5 Doubles



Dale Aldridge and Caroline Fox,
Winners, Mixed 6.0 Doubles



Mike Schimming and Kelly Gleason,
Winners, Mixed 8.0 Doubles



Shara Turk and Janet Baker, Winners,
Women's 3.0 Doubles



Cathy Edwards and Dee Whalen,
Winners, Women's 3.5 Doubles



Haley Wilson, Winner, Men's 4.0
Singles



Julio Olaya, Jr., Winner, Men's Open
Singles



Kathy Perkins, Winner, Women's 4.0
Singles



Leslie Biagioni and Natalie Mahler,
Winners, Women's 4.0 Doubles

Not pictured: Susan Murray, Winner,
Women's 2.5 Singles



Melinda Andersen, Betty Harrison, Melody Lyle, Carol Mugerditchian and Linda Ring



Pat Hamilton, Kevin Dugan and Bobby Ring



Troy Baker, Tammy Lukacs and Kim Baker



The Chao and Olaya Families



Thomas Andersson and son, Mattias



Eduardo Moros



Ann and Steve Rowell



Family of the Year

Congratulations to Teresa and Joe Murphy (pictured here) and their children, Patrick and Brittany, on their selection as the Arkansas Tennis Association's "Family of the Year".

New Earth-Friendly Cups

In January, we replaced the Styrofoam drinking cups with a new eco-friendly 16 oz cup. The Styrofoam cups are made from petroleum products, take several hundred years to decompose and are only recyclable with great effort. The new EarthChoice cups are made from completely renewable/sustainable sources (i.e. grass and bamboo byproducts) and they are also compostable and recyclable.

We have had many requests to replace the Styrofoam cups over the past several years and have been looking for a suitable replacement that wasn't outrageously expensive. When we first checked, such "green" cups cost about seven times more than Styrofoam. However, with

growing demand for the eco-cups and our high volume (we go through a staggering 400,000 cups a year) we were able to negotiate a price just over two times that of Styrofoam.

Notwithstanding the environmental improvement of the new cups – they still require energy to manufacture and take up room in the landfill. The BEST green solution for a water/ice container at the Club is a reusable water bottle made of stainless steel or BPA free plastic. We have both types available in our Pro Shop and we've included a 20% discount on Camelbak water bottles in the 2011 coupon books available for pickup in the Membership Office.

Program Notes

MIXED DOUBLES TENNIS PARTY
Friday, March 4. Pizza, salad, beer, wine, court time, balls and child care provided. Call Sharon to register, 225-3601, ext. 317; all levels are invited. The party starts at 6:00 pm, first round 6-game matches begin at 6:30 pm. \$15 per player. Please note, to avoid being charged, cancel with Sharon by noon, March 2.

LIFEGUARD TRAINING
Feb. 16 - 20 or Mar. 16 - 20. Call the Aquatics Office, 225-3601, ext. 311, to register. The schedule for each session is as follows: Wed. - Fri.: 4:30 - 9:30 pm; Sat.: 10:30 am - 6:30 pm; Sun: 1:30 - 6:30 pm; \$225.

SPRING BREAK CAMP
March 21 - 25. Call the DUC to register, 225-3601, ext. 335.

PARENT'S NIGHT OUT
February 4, 11 (Valentine's Party) and 25, March 4 and 18; 6:00 - 10:30 pm. Register by calling the DUC, 225-3601, ext. 335.

FOXTROT LESSONS
Fridays, Feb. 18 - Mar. 25. 7:00 to 9:00 pm. Fee: \$225 per couple. Call Lisa, 225-3601, ext. 318, to sign up.

BURN 30/30 SPRING SHAPE-UP
Tuesdays & Thursdays, 5:30 to 6:30 am. Feb. 14 - Mar. 10. \$120. Call Lisa to register, 225-3601, ext. 318.

BOOT CAMP
Mondays, Wednesdays and Fridays, 5:45 to 6:45 am. Feb. 14 - Mar. 18. \$220 (choose 4 of the 5 weeks for \$180). Enlist with Carla at 225-3601, ext. 236.



Jeff Glasbrenner with daughter after crossing finishing line

Competitor's Corner

JEFF GLASBRENNER

On December 15, Jeff completed his 8-month, 8-Ironman quest to celebrate the 30th anniversary of losing his leg in a farming accident. Congratulations, Jeff!

JINGLE BELL JOG

Congratulations to our beginning running group and their coach, Aimee Larkin, on completion of the race. Aimee won the women's overall and Nancy Gardner, Kris Halpin, Rodney Parks, Christina Peace and Teresa Williams completed their first ever 5K. Interested in training with the group? Contact Aimee at bitbanana@yahoo.com.

2010 HOLIDAY FITNESS CHALLENGE

This year we made the challenge more about participation and less about point accumulation. 120 members bravely entered the contest and 90 managed to accumulate 250 or more points during the holiday season. To determine the ten "winners", we entered all of the 250+ point earners into a drawing and the following names were selected: Lisa Carpenter, Michele Clark, Jane Elphingston, Diane Freeman, Andy Hermann, Jennifer McCallum, Cori McGrath, Annette Prieur, Scott Rypkema and Christi Searls. For those curious about the high point earner, it was Steve O'Nan with 1301 points. Congratulations to all.

