



February 6, 2023

Dear Homeowner,

Let it Snow!

We are having a phenomenal winter season in Vail. The ten-year historical average snowfall winter total is 244 inches, and this year we are already at 241 inches with 3 months still to go. While this is ideal for enjoying our alpine environment, it makes snow removal an ongoing challenge. Don't forget that our parking policy requires all vehicles in primary and secondary lots to be moved at least daily so we can clear spots during and after snowstorms. If you have a vehicle here on property but will not personally be in-house, please be sure to make arrangements with someone to move your vehicle for you. While we understand that it is tempting to use a cover to protect your car from the elements, vehicles with covers cannot be parked in primary or secondary parking areas, and even in overflow areas must be moved regularly to allow required snow removal. Thank you for your continued cooperation with these rules, we are grateful for the good fortune of lots of snow!

Après Café

We are thrilled to share that Après Café is having a great winter and is becoming a beloved spot for the East Vail community for après ski fun and to enjoy wonderful dinners. Après Café is open Thursday through Monday (closed Tuesday and Wednesday) from 3 pm – 9 pm. I hope you have a chance to visit soon, Après Café is truly a fantastic amenity for not only the Vail Racquet Club but also our neighbors and friends.

The Mountain Shoppe Sale

Starting this weekend, the Mountain Shoppe is offering 20% off clothing to our homeowners. You'll find a great selection of items from Kuhl, Prana, Kari Traa, Patagonia and more, plus you'll get a free reusable shopping bag with any purchase of \$50 or more. We also have some new accessories that will make a perfect gift for your favorite Valentine. Stop by and enjoy this great deal!

Annual Homeowners Meeting

The Annual Homeowners Meeting is scheduled for Friday, August 11th at 2:00 pm. The meeting will again be held remotely. More information will follow in the coming months, in the meantime please mark your calendars for this informative meeting.

Sincerely,

A handwritten signature in black ink that reads "Kim Rediker".

Kim Rediker
General Manager
(Direct) 970-476-4233
krediker@vailracquetclub.com





Vail Racquet Club

The Old Muddy Gazette

Happy Valentine's Day
February
2023



We are open every Thursday thru
Monday from 3pm to 9pm.

Come see the new bar upstairs!

No reservations!

(970)688-5437 or

hello@aprescafevail.com

MASSAGE

Massage Therapists available

Thursday through Monday!

\$80 for a 50 minute Custom

Massage. Call or stop by the

Front Desk to book your

appointment today!



VRC Class

Update

for February



Masters Swim w/Katie

Monday-Wednesday-Friday @ 6:30 am

Yoga w/Joey

Wednesday's & Sunday's @ 5:30 pm

Winter Sports Conditioning

w/Kinna

Monday's @ 5:30 pm

Yoga w/Laurel

Thursday's @ 5:30 pm

Pilates Mat w/Patti

Monday's & Thursday's @ 8:00 am

Stretch w/Jill

Saturday's @ 9:00am &

Sunday's @ 4:00pm

Hula Hoop w/Jill

Friday's @ 7:00pm &

Sunday's @ 10:00am





Vail Racquet Club

How much exercise do I need?

(Article is from Harvard Health Publishing)

How much exercise you should be getting depends on several factors, including your current level of fitness, your fitness goals, the types of exercise you're planning to do, and whether you have deficits in such areas as strength, flexibility or balance.

As a general rule, 150 minutes of moderate intensity aerobic activity (or 75 minutes of vigorous exercise) is recommended as a weekly minimum. As you become more fit, you'll want to exceed that in order to reap maximum benefit. A natural way of splitting up the 150 minutes might be to do a 30-minute session five times per week, or you can break it up and do two 15-minute sessions during a single day. Adopt whatever schedule fits your lifestyle.

For strength exercises, aim to work all your major muscle groups twice to three times each week, leaving 48 hours between each workout for recovery. If you do "total-body" workouts, that's two sessions per week. If you choose to split your workouts to target a specific muscle group (e.g., "leg day"), that will require more frequent workouts. Just make sure you're leaving 48 hours of rest before you re-work a major muscle.

If you have noticed problems with your balance, such as unsteadiness, dizziness, or vertigo, talk to a healthcare provider for recommendations about balance-specific exercises. Get in three half-hour workouts each week in addition to a 30-minute walk at least twice weekly.

It's best to stretch after you have warmed up for a few minutes, or perform stretching exercises after you completed your workout. When stretching each muscle group, take it slow and steady, release, repeat again.

But how much exercise is too much? You should expect a little muscle soreness after workouts, especially in the beginning. But if you find that your body is simply not recovering between workouts, you may be overtraining. Remember that seniors need more recovery time than younger people. With the exception of "welcome" muscle soreness, an exercise program should make you feel good. If it doesn't, you're probably overdoing it. That doesn't mean you should quit, only that you should dial back the intensity or frequency of your workouts until you hit the "sweet spot" in which you've "tired out" your body but then recovered enough to tackle your next session with enthusiasm.

What are the benefits of exercise? A smartly designed exercise program will benefit your body and mind in innumerable ways.

The benefits of exercise on mental health are well documented. For example, one major study found that sedentary people are 44% more likely to be depressed. Another found that those with mild to moderate depression could get similar results to those obtained through antidepressants just by exercising for 90 minutes each week. The key appears to be the release of brain chemicals such as serotonin and dopamine, which help lift mood and combat stress.

We're all familiar with exercise's ability to improve cardiovascular health. But how does exercise lower blood pressure? Interestingly, when you stimulate your circulatory system through aerobic exercise, you're temporarily increasing your blood pressure by forcing the system to work harder—but when you've finished exercising, your blood pressure drops to a lower level than it was before you began.

Many people think of exercise as an integral part of weight loss—and, although diet is also extremely important, they're not wrong. But what exercise burns the most calories? Generally, aerobic exercises (cardio) are great for expending calories and reducing fat. But don't overlook the effectiveness of strength training, which optimizes your body's ratio of lean muscle to fat (It's also the best exercise for bone strength). There's no Holy Grail when it comes to a single best weight-loss exercise. The best exercise to lose weight is the one you'll do consistently. Whatever gets your heart rate up and gets your body moving—while having fun and staying motivated—is the exercise that will help you shed pounds.