Fitness in the New Year

DFC Recreation for the Duke Community

January 2018
In **1918**, a small group of Trinity College professors had the grand idea of forming a club to foster fellowship and social recreation. With no permanent home, they met in various classrooms on campus and planned occasional speakers, pig roasts, and holiday dinners. Fast forward 100 years, and that small 15 person association has grown exponentially into the thriving 3600 member club we know today. Add to that over 100 employees and 12 acres of recreational and social facilities, and you can say it’s been quite a transformation!

In 2014, the club set the foundation for its second hundred years when it opened the doors to a new and improved DFC recreational campus. Local Durham architecture firm, DudaPaine, used the guiding principle of “a place in the woods” to shepherd the design, creating a warm and welcoming environment that blends with and compliments the natural forest surroundings. From the abundance of natural light throughout all of the buildings, to the authentic Duke Forest pine accenting the clubhouse hallway, the facilities create a connection between members and environment that just can’t be beat.

Since the opening 4 years ago, the new facilities have not only lead to increased engagement and participation of membership, but it has also won a few awards, as well!

- Durham Golden Leaf Award for Small Development – 2016
- WoodWorks Wood Design Award South East Region – 2017
- American Institute of Architects North Carolina – 2017

Looking toward the future, Treasurer and Facilities Committee Chair Ian Niedel says, "I'm very proud of the campus we’ve created for our community. It was based on the master plan that we (Board, Members, and Staff) designed as a community, and there are still a couple of pieces to that plan that we have to complete. The 7 & 8 tennis courts and the basketball court are legacy, original remnants of the 1970 campus that need to be replaced because of their deteriorated condition. We had also planned for a social pavilion, which we still believe will add value to our campus and to the social programs that the staff have developed.

"Our new physical campus is the visible part of our future but equally important to our future is the club's solid financial standing - it is well positioned to continue to foster the best in fellowship and social recreation for the next centennial!"
In ancient Roman religion and myth, Janus is the god of beginnings, gates, transitions, time, duality, doorways, passages, and endings. He is usually depicted as having two faces, since he looks to the future and to the past. It is conventionally thought that the month of January is named for Janus, which makes it the perfect month to reflect on the past year and to look forward to the coming year.

2017 was another banner year for the DFC. In April, we were able to open 56 new memberships, putting a small dent in the growing wait lists to join the club (152 deep for Duke Employee spots and 114 for Duke Alumni).

This was our first full year at membership capacity and the increased foot traffic was noticeable! Over the course of the year, members checked in over a record 72,000 times (with a peak of nearly 15,000 just in July) and brought 5,371 guests.

Fitness programming had over 3000 group fitness participants, over 500 personal training sessions, and 19,664 miles logged on the treadmills.

The tennis program had over 1000 adult clinic participants, 275 junior tennis clinic participants, 560 hours of private lessons, and nearly 100 adult players in each seasonal In-House Tennis Leagues.

Summer programming had similar turnouts with a record breaking 215 swimmers on the swim team and 1066 registrations in the summer camps.

What a great year!

Reflecting Back & Looking Forward

Looking toward 2018, DFC Board of Governors President, John Taylor, gives us a sneak peak of what is coming our way:

"As the DFC looks toward the future - both short term and long, one word comes to mind: Expansion. We have enjoyed exciting growth in programs and facilities over the last 5 years. And we are not done!

"While we have achieved the maximum number of members the club can currently accommodate, we can still expand in other ways. As noted elsewhere in the newsletter we have some incredible plans for facility improvements, but our expansion efforts do not stop there. We look forward to an expansion of activities and programs that will be informed by a series of membership forums being held in the spring under the auspices of our newly formed Diversity Committee. Following those forums, a member survey will be launched further informing club leadership in areas where expansion of programming is desired.

"These exciting plans, however, cannot be realized without the assistance and support of dedicated staff and volunteers. The new Diversity Committee and its dozen member volunteers are already making an impact. And I cannot thank our current Board enough for the many hours of leadership they provide. And there is always room for more if you’d like to be part of the club leadership team!

"One of the most impactful ways to get involved is to volunteer as a DFC Board member. Annual board elections will take place this spring, so please come forward and toss your name in the hat if you are interested in being more intimately involved in these expansion efforts!"
Fitness in the New Year

Use SMART Goals for Success

New Year’s resolutions are the reason we see crowded gyms in early January each year. However, as quickly as the crowds appear, they disappear again just a few weeks later. The reason behind this yearly phenomenon is that people set unrealistic or non-specific goals, and quickly find themselves frustrated, unsatisfied, and ready to give up.

What’s the secret behind the people who are successful in accomplishing and sustaining their fitness goals year round? It’s likely that they set incremental and achievable targets. This can easily be done using SMART goals - goals that are specific, measurable, achievable, realistic, and timely. Instead of making a very broad goal of “I’m going to spend more time in the gym this year”, make it something specific and measurable such as “I’m going to go to the gym three times per week, for 30 minutes each time”.

When setting your goals for this year, apply the SMART tool to aid in your success. If you find your goals overwhelming, break them down into smaller benchmarks and build upon the incremental successes. Set realistic timelines for your goals and encourage others to join you in the process.

The DFC is here to help you meet your 2018 fitness goals, so please let us know how we can encourage you along the way!

DFC New Year’s Resolutions

To drink less soda and sugar-based drinks.
- Chris Harper, DFC staff

To run more consistently and have earlier bedtimes for the family.
- Conrad Hall

I am going to learn how to do a cartwheel and a split.
- Ivan Kaiser-Potter, 7 years old

To add more aerobic activity through DFC fitness classes.
- Christina Christopoulous

To continue to focus on gratitude. We have recently started sharing something each morning we are grateful for and we plan to continue this in 2018.
- Jones’ family

To run more consistently and have earlier bedtimes for the family.
- Conrad Hall

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To be more purposeful about reaching out to friends I do not see regularly.
- Katie Hanczaryk

To do more yoga, finish reading Hamilton, and get back into book club.
- Virginia Hall

To continue to focus on gratitude. We have recently started sharing something each morning we are grateful for and we plan to continue this in 2018.
- Jones’ family

I’ve had the same resolution for 20 years and I hope this year to finally keep it: to pay my club dues on time!
- Kevin Fallon

To work on improving my shoulder and hip pain. Pilates helps this so I would like to add a second pilates class to my fitness schedule.
- Chantal Reid

Become a pescatarian, with one exception for turkey on Thanksgiving.
- Doran Cummings, 7 years old

To take a first time trip to the west coast.
- Patti Allen, DFC staff

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Meg McKean and John Paraza set a high goal for themselves in February 2017. They signed up for a rigorous High Sierra hike in the John Muir Wilderness with elevations of up to 12,100 feet. The hike was refundable until May 2017 and the plan was to train until then and make a final decision. David Lopez, a DFC personal trainer, began training Meg and John twice a week to prepare for the upcoming challenge.

“I was straightforward with them from the beginning that the hike may not have been possible. It was great to see their progression and dedication,” said David.

The guide in charge of the hike suggested training on a stairmaster for an hour per day, which was an unrealistic goal for the two of them. They decided to make their own goals, which included not only cardio, but increasing balance and strength. In addition to training twice a week with David, Meg and John made it a priority to come in at least 3 times per week on their own. They progressed to challenging exercises on the BOSU trainer and felt that their bodies were responding well to the increased demands. They did not request a refund in May and continued with their training regimen up until the hike in August.

“Not everyone is preparing for a High Sierra hike, but everyone should be preparing for a life of not falling down,” said Meg.

David’s instruction helped Meg and John strengthen muscle groups that increased balance and stability, which would come in very useful on their adventure. Meg experienced one fall while on the hike, but was able to brace herself and sustained no injuries. The hike took them over 70 miles in 12 days with elevation constantly changing. They both completed the hike with no injuries and have since completed more outdoor adventures.

“We have come to realize that inactivity is the biggest cause of inactivity,” Meg stated before her recent training session with David.

Meg and John continue to train with David on a regular basis and exercise on their own to maintain their increased fitness level. John reports feeling more agile and flexible, and they both continue to confidently take on new fitness challenges and live a physically active lifestyle.
Upcoming Events
For more information or to RSVP contact Tracey

January 10 - Registration opens for Summer 2018 Camps

January 12 - Kids' Night Out
- Games, pizza, movie for kids ages 4-12 years old
- 6:00-9:00pm
- $15 for the first child, $10 for each additional

January 15 - Mini Camp
January 16 - Mini Camp
- A day of games, crafts, and fun for kids grades K-6
- 8:30am - 5:30pm
- $45 per day

January 19 - Date Night: Wine Tasting
- An evening of appetizers, socializing, and wine
- 6:30-8:30pm
- $20 per person (free childcare available!)

Fitness
For more information contact Carrie

January 2 - Group Fitness Classes begin

January 2 to 15 - Fitness class two week free trial
- Start your new year off right and try out our fitness classes for free for two weeks.

January 31 - Deadline to buy unlimited fitness class pass

CLASS SPOTLIGHTS

January 6 - Ball Pilates
- 11:00am-12:00pm

January 13 - TRX Circuit
- 11:15am-12:00pm taught by Carrie

January 20 - Burn & Build
- 11:00am-11:45am

January 28 - Zumba Strong
- 1:00pm-2:00pm

TRX DEMO
We've added TRX training equipment to our group fitness and personal training programs. Drop by one of these free 30 minute sessions to try out our newest pieces of fitness equipment!

- January 8 at 11:00am
- January 10 at 5:00pm
- January 11 at 10:00 am
- January 15 at 11:00am
- January 16 at 10:00am
- January 16 at 4:00pm
- January 18 at 10:00am

Tennis
For more information contact Mike

January 3 - Sign up ends for Polar Bear Singles League

January 8 - Polar Bear Singles League begins

January 9 to February 1 - January Indoor Clinics
- 6:00-7:30 pm
- Tuesdays - Womens Intermediate
- Thursdays - Co-Ed Advanced Thursdays

January 29 - Junior Clinic Session 1 begins

Looking Ahead ...

February 1 - American Red Cross Blood Drive
February 5 - Summer Staff Applications posted
February 9 - Date Night: Social Dancing
February 10 - Chili Daze Cook-off
February 12-28 - Tennis Racket Restring Special
February 16 - Kids' Night Out
February 19 - Mini Camp