So... raise your hand if you skipped breakfast today. Do not be alarmed, but if your hand is in the air, you are on the sumo diet. It is a dramatic analogy, but an accurate one, and always good for entertainment when I do public speaking. We are talking about the frequency of eating. Lean bodyweight is a big determinant because muscle is the one substance in our bodies that uses calories to do work – the more muscle you have, the faster your metabolism. Frequency of eating is a big determinant because our bodies need calories to carry on the millions or billions of chemical transactions that occur in humans every day. If you are someone that skips breakfast, your metabolism adapts to going from dinner until noon the next day before it gets more calories. The way your metabolism adapts to this long stretch without calories is by slowing down like a bear in hibernation, trying to conserve as many calories as possible. Subsequently, your body converts as many calories as possible to fat mass and stores the newfound fat. This is why eating one or two large meals per day is such a great eating plan for the sumo wrestler who wants to gain as much fat mass as possible. Eating breakfast, lunch, dinner, mid-morning snack, mid-afternoon snack, and an evening treat will supercharge your metabolism. If your body has a consistent influx of calories, it has no reason to conserve them, so it burns them, speeding up your metabolism and making your body a more efficient, calorie burning machine. Which is the opposite of the sumo diet. Do not eat like the sumo wrestler!

Tyler Norman, Ph.D.
Manager of Corporate Outreach
ACSM Exercise Physiologist
NCFI Corporate Fitness Specialist

West Hills Athletic Club has many options to help you meet your training and nutrition goals.

PERSONAL TRAINING >
BIOMETRICS >
SMART START >
MEMBERSHIP
Options for benefits-eligible employees

Targeted Club Access M–F

11 a.m.–2 p.m.
4:30–6:30 p.m.

Employees
$150 will be reported as extra income and will be taxed.
Spouses
$150/year upfront cost

Targeted Club Access M–F

5 a.m.–5 p.m.

Employees
$270 will be reported as extra income and will be taxed.
Spouses
$270/year upfront cost

Full Access
All hours of operation

Employees
$318/year or $26.50/mon.
Spouses
$336/year or $28/mon.

New Membership Includes

Both options include an equipment orientation, access to fitness center and group fitness classes, sauna and whirlpool.

Add on weekend access for only $18 a month

Includes equipment orientation, consultation with trainer and a body composition analysis, access to fitness center, group fitness classes, sauna and whirlpool.

Option 1 and 2 can update to full access at any time.

Kids—Same Access Option as Parents
Ages 12 and under FREE
Ages 13–20 Add. $228/year or 19/mon. (Must be 13 to use the Fitness Center.)

Kids all in the same household.

Tennis
Tennis lessons
Tournaments
Court rental

Pickleball
Intro classes
Tournaments
Open play

Fitness
Group Fitness classes
Personal Training
Small Group Training
Pilates Reformer

Weight Management
Smart Start
Biometrics Nutrition and Fitness

Services
Massage Therapy
Pro Shop
Kids Club
Sauna and Whirlpool

For questions or to set up a tour of West Hills Athletic Club, please call (269) 387-0410.

MORE INFO >