



Get your
Cholesterol
checked
here!

Are you looking after your heart as well as you could? Take 15 minutes and find out your cholesterol number.

Too much cholesterol in the body can lead to serious problems like heart disease. Many factors can contribute to high cholesterol, but the good news is there are things you can do to control them.

At Lifelines we can test your cholesterol using just a small finger prick sample of blood. From the results we will give you advice on how to bring it down with information on lifestyle and nutrition.

Prices are as follows:
Non-Members & VRC members £12
Gym members £10

Booking Line 01582 748238

Dave's Running Hard



As if putting himself through the ITV series, *The Biggest Loser* and keeping up a fitness regime wasn't enough, Lifelines member David Dickinson will be facing an even bigger challenge on the 25th April.

Dave will be running the London Marathon in aid of the British Lung Foundation. The British Lung Foundation is a UK charity that provides support for sufferers of lung diseases and helps to fund research into the treatment and prevention of lung disease.

If you would like to sponsor Dave please go to <http://uk.virginmoneygiving.com/davidcharlesdickinson-1>

Bank Holiday Opening Hours

Saturday 1st May

Lifelines 8.30am - 7pm
Bar 11am - 11pm
Food Service 11am - 8pm
All other Facilities 9am - 10pm

Sunday 2nd May

Lifelines 8.30am - 7pm
Bar 11am - 10:30pm
Food Service 12noon - 6pm
All other Facilities 9am - 10pm

Bank Holiday Monday 3rd May

Lifelines 9am - 4pm
Bar 11am - 5pm
Food Service 12noon - 3pm
All other Facilities 9am - 9pm

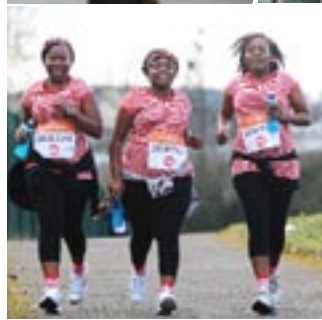
The People of Luton rise to the Challenge for Sport Relief

Over 300 local people turned out in force on Sunday 21st March at the Sainsbury's Sport Relief Mile here at the club. Milers of all ages rose to the challenge and were sponsored to do 1, 3 or 6 miles.

The day was a massive success with friends, families and work mates joining together in friendly rivalry to rise to the challenge. Gladiators Doom and Enigma were on hand to get the 3 milers ready for the race with a warm up. Luton Town FC coach Allan Nielson and his family ran the 1 mile

race. The Mayor of Luton was also in attendance. All the money you raised will help transform lives here in the UK and across the world's poorest countries.

Duty Manager and Event Organiser Marc Carter said "I was delighted with the turnout and together with the sunny weather the day was a great success. We are already looking forward to the event in 2012 and hoping for even more runners. A big thank you goes to all those who took part and to the volunteers who assisted on the day.



Non Executive Board Directors of VRC Required

Following the acquisition of the Brache estate land and therefore the significantly enhanced value of the club's assets we have been advised by our legal advisor that our registration as a company limited by guarantee is an appropriate change to make to the way we are constituted.

This change is not uncommon and has been adopted by many organisations in similar situations to us. In essence it protects against liability for all concerned including volunteers and provides financial security.

At its meeting on 17th March 2010 the Management Committee unanimously approved this change which will see them replaced by a Board of Directors at an extraordinary general meeting, date to be advised.

It is important to advise you that this is an administrative change and that the day to day operation of the club and

its facilities as currently enjoyed by members and visitors will remain unchanged.

Briefly, the role of director will entail the attendance at 4/5 meetings a year to discuss the club's strategic direction and major operational and financial issues.

Directors should be prepared to make a positive business focused contribution to discussion and decision making.

Expressions of interest are invited and this must include a personal profile together with reasons for applying and an indication of skills and experience that you can bring to the board. If you are interested in applying for this position please contact the club reception for an application form.

These must be received by 28th April 2010 and should be addressed, marked confidential, to The Chairman, Vauxhall Recreation Club, 20 Gipsy Lane, Luton LU1 3JH.



New Stand Up Sun Bed

We have recently had a fantastic new stand up sun bed delivered and have removed the lie down beds. The new stand up machine is stronger with sessions of 5 or 10 minutes. There are many benefits of vertical tanning; it is more hygienic and you get more of an even all over tan.

The sessions are for either 5 or 10 minutes depending on your skin type and how often you use a sun bed. Building a base tan before going on holiday with our stand up bed will reduce the chances of burning in the natural sun. Why not try out some sessions to start building your tan gradually before your holiday. If you have already had a holiday and want to keep your glow then top up your tan and keep it maintained with a weekly tanning session.

Prices : Members - 5 mins £3, 10 mins - £6 Non-Members - 5 mins £6, 10 mins £8

Live at the Riverside

News & Activities

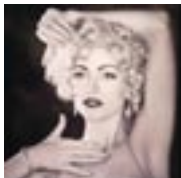
Spectacular Tribute Act

Comedy Night - Buy One Get One FREE!

On Thursday 22nd April The Riverside is hosting a Magners Funhouse Comedy Night. The Funhouse has been running for nearly six years holding comedy shows at more than 30 venues across the UK. It's sense of fun, friendliness and great atmosphere have led to it winning prestigious comedy awards. Tickets are £8 but if you buy one you will get one FREE! Doors open from 7.30pm. For more info please contact Nora on 01582 748225. Booking Line 01582 418873.

Vogue Madonna - Fri 28th May

Bringing you all the biggest hits from Madonna's phenomenal 25 years of world domination! The voice, moves and image are all perfectly recreated by uncanny lookalike, Elly Jarman. 'Not to be Missed!' Tickets £16.50. Booking Hotline 01582 418873.



Programme of Events

Booking Line 01582 418873

April

Thurs 22nd Magners Comedy Night

May

Thurs 13th Magners Comedy Night

Friday 28th Vogue (Madonna Tribute) with DJ Murray Mint

June

Sun 20th Theatre of Widdershins (children's puppet show)

July

Weds 6th/7th World Cup Semi-finals Sun 11th World Cup Final

Friday 30th Counterfeit Quo (Status Quo Tribute)

September

Friday 17th Back to School Disco with Babs from Heart FM

October

Friday 8th Blues Brothers Reloaded

Fri 29th Mission Blue (Motown Tribute) with Babs from Heart FM

November

Friday 5th Michael Jackson Tribute with Babs from Heart FM

Sat 20th Ultimate Madness

December

Saturday 11th Complete Beatles with DJ Murray Mint

Saturday 18th The Rat Pack is Back!

New Years Eve The Tribute Show



Live Action in the Balcony Bar



Football

			Kick off
Sat 17th April	Premiership	Man City v Man Utd	12.45pm
Sat 17th April	Premiership	Tottenham v Chelsea	5:30pm
Mon 19th April	Premiership	Liverpool v West Ham	8:00pm
Sat 24th April	Premiership	Man Utd v Tottenham	12.45pm
Sat 24th April	Premiership	Arsenal v Man City	5:30pm
Sun 25th April	Premiership	Aston Villa v Birmingham	12:00pm
Sun 25th April	Premiership	Chelsea v Stoke	4:00pm
Weds 5th May	Premiership	Man City v Tottenham	8:00pm
Sat 15th May	F.A. Cup Final	Chelsea v Portsmouth	3:00pm

Rugby Union

Tues 27th April	Guinness Premiership	Wasps v Bath	5:30pm
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Grand Prix

Sun 9th May	Spanish Grand Prix	Live	1:00pm
Sun 16th May	Monaco Grand Prix	Live	1:00pm

Please note that all fixtures and times may change

Weekend & Lunchtime Squash League



VRC's first ever weekend and lunchtime league proved to be a big success. Each league started in January and ran for 10 weeks finishing on Tuesday 30th March. The lunchtime league was held on Monday to Fridays from 11:15pm to 2:15pm and the weekend league all day Saturday and Sunday. Six players participated in each league, both men and ladies, ranging from complete beginners to the more advanced.

Congratulations to Jon Orange who finished top of the weekend league winning all of his games, and to Mark Weston who hasn't been playing here for very long who finished top of the weekday league. They both won a share of the pot at £30 each.

The league is a good way of meeting new people and competitors, improving your skills and enjoying some friendly competition. Squash is also an excellent way to get fit. The next league will be starting on Monday 10th May and is open to members and non-members. If you are interested and would like to take part then please leave your contact details at reception, along with your availability and your ability level.

If you have any queries then please contact Teresa Gleeson on 01582 748240. or email t.gleeson@vauxclub.co.uk.

Children of Chernobyl Visit VRC

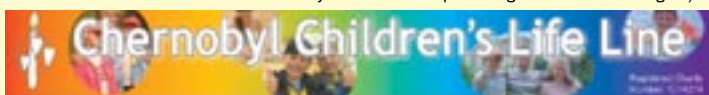
In March, VRC was delighted to be able to work with long-standing member Raj Parmar and some of his colleagues from Admiral Solutions and Support to offer 10 children from Chernobyl a morning of sporting activity and a spot of lunch.

Admiral Solutions and Support were approached by charity Chernobyl Children's Life Line, a charity that organise respite breaks for children from the affected area, to see if their staff would be interested in being host families. Several families, including Raj and his wife, jumped at the opportunity to help such a worthy cause.

Chernobyl Children Life Line is a charity that exists to provide assistance to the children who have been born into the fallout of the Chernobyl disaster. Thousands are born every year with, or go on to develop thyroid cancer, bone cancer and leukemia. While the children who came to stay with the host families were not ill as such, their life expectancy is greatly reduced by living in the affected areas. By coming to stay in England and other uncontaminated countries for just a four week period it can add up to 2 years onto their life expectancy.

The children and their host families came to VRC for a morning of tennis. Ex-Vauxhall tennis player and an Admiral employee, Mark O'Keefe took the children, aged between 8 and 10, through some fun activities and basic skills lessons. They then enjoyed some complimentary food and drink in the Balcony Bar. Recreation and Operations Manager, Jason Goodall said "While it is not always possible for VRC to help all of the charities and fundraisers that approach us, it is nice when we are in a position to support good causes. It was lovely to know that as well as helping Raj and his colleagues provide the children with an enjoyable stay in England, the visit provides such a valuable contribution to their lives in the long term."

For more information on the charity and its work please go to www.ccll.org.uk/ho



Lifelines News & Information

Lifelines Extended Weekend Hours!

As from the 1st May we will be extending our weekend opening hours. Our hours will change to 8.30am-7pm on Saturday and Sunday, this will be for a **trial period** of 2 months and will be reviewed at the end of the trial period.

Lifelines Down the Alleys

On 26th March, 13 Lifelines members went to Go Bowling in Dunstable, feasting on a buffet and enjoying a couple of hotly contested games. A clear winner emerged however and Andy Freeman was declared Lifelines' star ten-pin bowler of the night.



Three of our group also managed to win prizes for bowling a strike when the lead pin was under the green spotlight. Chrissie and Elaine won DVD's and Andy Gotch took away a pink inflatable flamingo! (which led people to comment on his extraordinary talent for taking a bird home after a Friday night out!!)

It was a fun night out and at a recession-beating £10 a head for a full buffet, a drink and two games of bowling. We will be doing this again soon!



Lifelines Quiz Night

A wide range of general knowledge questions kept the brains of 60 members and their friends active at the Lifelines quiz night on 5th March. The change from Sunday night to a Friday certainly made a healthy difference to the numbers competing. The 12 teams fought it out over 90 questions with an answer break after each set of 10 questions.

Throughout the evening there was a close battle between three teams. In the end it was victory for the Guys and Dolls' team led by Janet Berton with 69 points. Runner ups were 'Universally Challenged' with 67 points and third place went to, 'Here come the Girls' who accumulated 55 points. A good night was had by all and lets look forward to the next quiz.

Flexibility Training

Flexibility training is basically stretching exercises, which increase the elasticity of muscles. Flexibility training exercises can be done by people of any age. Ideally, these exercises should be done three times a week, while repeating each exercise three to five times. Flexibility training benefits you by helping to maintain an overall fitness of the body and increasing the oxygen supply to your muscles. These are adopted by athletes in order to slowly prepare the body for rigorous physical activities and reduce the risk of injury while performing.

Types of Flexibility Training

Dynamic Stretching - It involves dynamic movements of the body parts, gradually increasing the speed of movements.

Static Stretching - Static stretching involves creating tension in the body by holding a particular posture for some time. This boosts muscle elasticity.

Top Benefits of Flexibility Training:

1. It improves the physical fitness of the muscles. It increases the range of motion of the joints. Some muscles in our body are overused due to heavy exercises or bad posture. Flexibility training helps in balancing this out.
2. Stretching activities help re-align displaced muscles, which may get disturbed due to factors such as bad back postures or various other factors specifically in women. Flexibility exercises aid in realigning these soft muscle tissues and help regain proper posture.
3. It is essential that joint tissues have an uninterrupted supply of nutrients. Flexibility training increases the production of synovial fluid (which is like WD40 lubricating the joints), which thereby helps in the transport of nutrients to tissues of the joints.
4. Stretching relaxes the muscles from constant contraction. Stressed muscles require more energy in order to regain a relaxed state. Muscles attached to the pelvis such as quadriceps and hip-flexors need flexibility so that they can reduce muscle soreness from lower back.
5. Muscle relaxation helps in decreasing toxins from muscles and reduces muscle soreness. Stretching helps to alleviate lower back pain.

6. Stretching relaxes the mind and body and keeps them stress free. Flexibility training benefits will definitely help you to keep yourself fit and youthful.



Pregnancy & Exercise

Is it safe for me to exercise during pregnancy? Although some questions have been asked about the effects of exercise on pregnant women, there is no proof that exercise has any bad effects on pregnancy. Studies haven't shown any side-effects for the baby, and exercise might help you feel better and maintain your weight. Some studies have shown that the following benefits can be found from exercising during pregnancy:

- Exercise can reduce swelling and blood pooling as it increases circulation and gets rid of waste
- If the exercise is continued after birth body fat losses are higher and quicker
- Labour time can potentially be reduced



If you have no serious medical problems and you have an uncomplicated pregnancy, it's probably safe for you to exercise.

What types of exercise are best when I'm pregnant?

The most comfortable exercises are those that don't require your body to bear extra weight. Swimming and stationary cycling can be continued throughout pregnancy. Walking and low-impact aerobics are usually well-tolerated.

What should I be careful about?

Avoid activities that increase your risk of falls or injury, such as contact sports or vigorous sports. Even mild injuries to the "tummy" area can be serious when you're pregnant. After the first 3 months of pregnancy, it's best to avoid exercising while lying on your back, since the weight of the baby may interfere with blood circulation. Also avoid long periods of standing.

When the weather is hot, exercise in the early morning or late evening to help you avoid getting overheated. If you're exercising indoors, make sure the room has enough ventilation. Drink plenty of fluids, even if you don't feel thirsty.

Make sure that you're eating a well-balanced diet. Normally, pregnancy increases your food requirements by 300 calories a day, even without exercise.

How should I start an exercise program?

It's best to check with your doctor before starting any exercise program. You may have a medical condition that would make exercise harmful to you or your baby. If your doctor approves, you can start exercising at a level that does not cause pain, shortness of breath or excessive tiredness. You may then slowly increase your activity. If you feel uncomfortable, short of breath or very tired, you should reduce your exercise level. If you have already been exercising, it's easier to keep exercising during pregnancy. If you haven't exercised before, you need to start very slowly. Many women find that they need to slow down their level of exercise during pregnancy.

When should I stop exercising?

- Sudden/severe abdominal or vaginal pain
- Contractions that go on for 30 minutes after you stop exercising
- Blood or fluid coming from your vagina
- Chest pain
- Shortness of breath
- Headache that is severe or won't go away
- Dizziness/ Dim or blurry vision

Check with your doctor to make sure that it's safe for you to exercise during your pregnancy. The fitness staff at Lifelines can help put together a programme that suits your needs and can provide support and advice on exercising as your pregnancy progresses.

Information taken from the American College of Obstetricians and Gynecologists (ACOG)

Lifelines Challenge of the Month

The Lifelines competition for April is the Grappler Top Challenge. Your objective will be to pull the grappler for 50 metres then move on to the Cardio Top hand bike to complete a distance of 1 kilometre, all as fast as you can. Your combined times will give you a score. Members will choose between different levels advanced, intermediate or beginners. You can attempt this challenge as many times as you like throughout the month as long as an instructor is present to record your scores. It is a very tough challenge for your upper body, heart and lungs. Some members needed a full ten minutes to recover after this so good luck!

The **Press up** competition in March was very entertaining and competitive amongst members. A lot of egos were on the line for some and as soon as press up scores were beaten they were trying their utmost to better their scores again and again. Well done to all those who took part both men and women in particular Claire Noller, Mike Callin, Metab Malik for a great effort. The most improved score was Kris Harrison an impressive 75 ¾ press ups. David Kenworthy was again this year's winner with an amazing 109 full press ups an outstanding effort well done.

Curry Night

Lifelines will be hosting a curry night in the Balcony bar on Friday 30th April from 7.30pm. All Lifelines members are welcome, just speak to a member of the fitness team to book in advance. The cost of a curry and a drink is great value at £6.90 and will be followed up with a few drinks in town after with Michael and Anna.



Come and Join our Tennis Club... the Best Club in Town!

Luton and Vauxhall Tennis Club is going from strength to strength. A recent survey of the members showed that 99% of members felt that the membership was excellent value for money and that the facilities were the best available in the area.

A lot of work has gone into improving the tennis club over the last 12 months and as a result we are gaining more and more members.

We are making the membership package even better value by offering you the opportunity to join for 2010/11 at 2009/10 prices and getting the remainder of this year for free.*

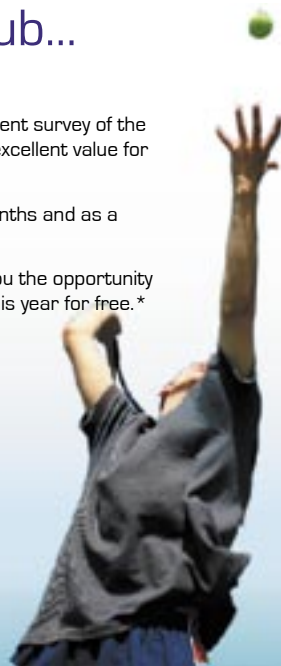
Membership to the tennis club gives you**:

- access to dedicated members sessions
- outdoor courts for free
- a substantial discount on indoor tennis courts
- discount on the Junior Development coaching programme
- a free club T-Shirt
- the ability to compete in tournaments and for the club teams

To take advantage of this offer please contact reception or contact Catherine Webb on 01582 748 236 for more details.

* The tennis year starts on 1st of June to the 31st May

** Benefits vary depending on the package you join on



Get Back Into Tennis

with our new Saturday morning sessions

Following the success of our Tuesday evening Get Back into Tennis sessions we are pleased to announce that a new session is now running on Saturday mornings from 9:30am to 11am.

The new sessions will take place on the outdoor courts so you can enjoy the lovely spring and summer mornings while getting fit and improving your tennis skills.

Whether you played in school or as part of a club previously these sessions are ideal for you to start to play the game again. The sessions are coach led and non-competitive, with the coach providing tips and hints on how to improve your game. The sessions also provide a starting point for those who want to join our tennis club but would like to improve their game to a before attending the main club sessions.

For further information please contact reception on 01582 418873

Tennis Club Members	£1.00 per session
VRC Members	£3.50 per session
Non Members	£5.00 per session

The Benefits of Badminton!



Badminton, believe it or not, is officially the fastest of all racquet sports with the pro's hitting the shuttle at immense speeds of up to 180 mph and players running up to 4 miles in a match! However it can be played at a more leisurely level and can still provide all the enjoyment and health benefits that go with it.

Badminton is the second most popular participation sport in the UK, second only to football. When you look at all the benefits of the sport it is easy to see why so many people of all ages and abilities take part in it.

A run around on a badminton court will gently raise your heart rate and make you breathe a little bit quicker. This will help improve your cardiovascular fitness and the health of your heart and lungs, which in turn reduces the chances of you developing related medical conditions.

It will help you burn calories, which as part of a sensible diet will aid weight loss and the amount of fat your body stores.

With Badminton being a gentle weight bearing activity and keeping you physically active it can, particularly in women, reduce the chance of developing osteoporosis.

It will help improve your hand - eye co-ordination, balance, flexibility and reaction speeds.

It helps build strength and power in the arm and leg muscles. As well as the health benefits Badminton is popular for several other reasons.

The rules of badminton are very simple and therefore easy for beginners to pick up and generally progress quickly.

It is an excellent sport for the older generations to participate in as it can be played as fast or as slow as you want to while still gaining many of the benefits above.

Playing badminton is relatively inexpensive. You can hire equipment from VRC Reception so you don't have to pay out a lot of money to get started and other than a racquet and a shuttle you do not require any other equipment.

It is a social sport. It can be played in singles or doubles and is a great way to meet new people or socialise with friends.

If you are interested in playing badminton you can hire courts and equipment at VRC or come along and join in with our over 50's Badminton on Wednesday mornings at 9:30am. For more details please contact reception on 01582 418873.

We also have a badminton club for Juniors and Adults of all ages. For further details please contact Malcolm Jewells at malcolmjewells@badmintonengland.co.uk

WORLD CUP FEVER IS HERE!

CORPORATE WORLD CUP 6 A SIDE TOURNAMENT

Held on Pro Zone 3 - Wednesdays 7-9pm
Starting 12th May 2010

Choose your World Cup Nation and play in a league against other local companies.
Two leagues - 4 teams in each.

WIN YOUR GROUP TO PLAY IN THE VRC WORLD CUP FINAL!

Runners up of each group to play in 3rd / 4th place play off

For further information
please contact

Marc Carter on 01582 748232

or

email m.carter@vauxclub.co.uk

£75 per team



Pilates

Have you ever suffered with back pain? Do you have postural problems? Would you like a stronger and more toned abdomen? Then Pilates is for you. It is a mat based exercise class, designed to develop core strength and stability. Its main aims are to improve posture and flexibility and increase back and abdominal strength. Suitable for over 18's only.



If you have never tried Pilates before why not come along to our beginner class on Wednesdays at 6pm, alternatively if you are experienced we have intermediate classes on Monday at 7.30pm or Wednesday at 7pm.

To book, please call reception on 01582 418873.