



VIJAY NADKARNI FUNDAMENTAL FITNESS AND REHAB

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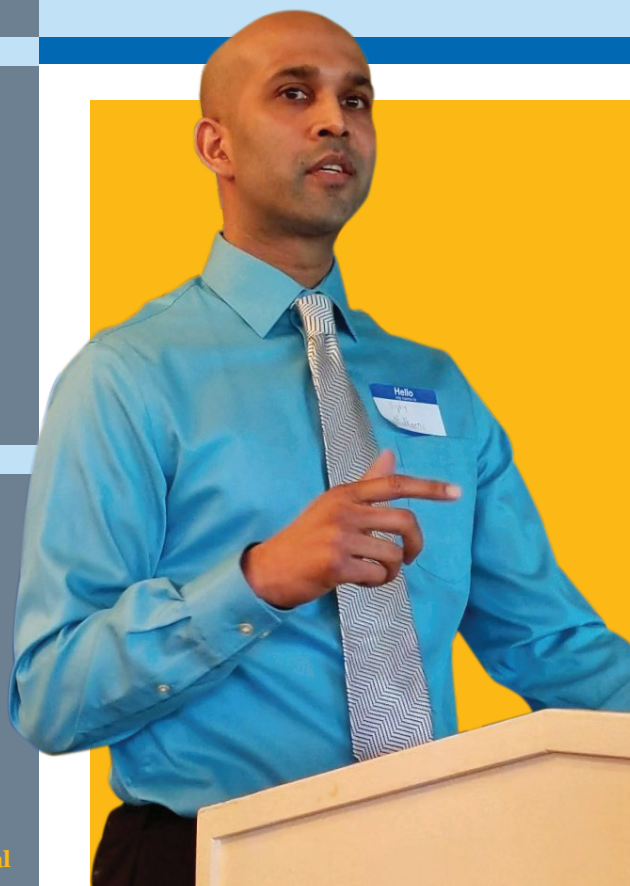
ON THE WEB

www.uarotary.org

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www.rotary.org

For make up locations, check the club web site or call the make-up hotline at (614) 470-1002.



Milt Lustnauer introduced **Vijay Nadkarni**.

Vijay is the founder and owner of Fundamental Fitness and Rehab. Originally from Erie, Pennsylvania, Vijay graduated from D'youville College in Buffalo, NY in 2001 with a B.S/M.S in Physical Therapy. He has worked in several settings (industrial, geriatric, sports/orthopedic) treating various conditions most recently focused on headaches and chronic pain. He has a certification in Mechanical Diagnosis and Therapy from the McKenzie Institute, and is also a Z-Health Trainer.

Vijay's talk covered 3 main topics: looking at diet and exercise through a brain and nervous system lens; understanding how fear and old habits sabotage good intentions; and using the power of the brain to create new, effective and lasting habits.

Vijay noted that in the U.S., there is a more than \$70 billion weight loss industry, but only 20-23% of the U.S. population meets cardio, strength and balance training guidelines, and the U.S. is the most obese country in the world.

He described 3 myths: we have to eat every 2-3 hours; exercise has to be hard and you have to push yourself to your limits; and diet and exercise is only about willpower and motivation.

Vijay explained how one part of our brains controls 95% of our activity, mainly at the subconscious level, and is devoted to survival. This can lead to overeating, since the primal part of our brains tells us that when we see food, we must eat as much as we can, since we don't know where our next meal is coming from. So, it is necessary to construct a "defense system" that will counteract our nature drives toward survival and instant gratification.

While Vijay urges consultation with a physician, he said that generally it is good to start with these two steps when trying to achieve fitness:

Step 1 is to be specific about goals: what do you want specifically, and why, and how will you do it.

Step 2 is to identify the #1 and #2 "enemy" to achieving your goals—for instance, particular kinds of snack foods or desserts.

Vijay pointed out that it is not realistic to try to cut out everything that is unhealthy. You need to attack the problem gradually and systematically, and set "mini-goals". As an example, he talked about the power of "1 less"—for instance, eating one less oreo cookie each day can eliminate a huge number of calories over the course of a year.



GREETERS

January 15

Barri Jones
Eric Stoll

January 22

Matt Rule
Brian Close

January 29

Allison Russo
Wade Giffin

REGISTRATION DESK

January 15

Don Leach
J.D. Dickerson

January 22

Dick Stone
Janine Hummer

January 29

Jon Hellstedt

CALENDAR

January 15 | Scioto CC

Ryan Miller
2nd & 7 Foundation
Host: Gillen

January 22 | Scioto CC

Craig Maxey
Rotary District 6690 Governor
Host: DeHays

January 29 | Scioto CC

TBA

VOLUNTEER OPPORTUNITIES

Submit your volunteer opportunity to herb@herbgillen.com for inclusion in the Rotaryview Newsletter.

SOCIAL EVENTS

Please submit your social event reminder to herb@herbgillen.com for inclusion in the Rotaryview Newsletter.

OUR NEXT MEETING

January 15th
Scioto CC

Upper Arlington
Rotary
Club



VIJAY NADKARNI

FUNDAMENTAL FITNESS AND REHAB

He also gave these tips:

- Prepare snacks the night before the day you will eat them.
- Plan meals on the weekend for the upcoming week.
- Look at a restaurant's menu before you go there, and then do not eat the entire portion; ask up-front for a carry out box, and put half of the meal in the box.

In other words, Vijay recommends replacing old habits with new ones, so that new connections in the brain are developed. Avoidance alone will not work.

Want to join Vijay's newsletter list?

Visit https://vijayn_26.fitproconnect.com/ReferAFriend/

The Meeting



Brad DeHays opened the meeting.

Bob Prior gave the invocation and led the Pledge of Allegiance.

John Adams introduced visiting Rotarian **John James** from the Dublin/Worthington club.

Matt Penrod introduced his guests **Steve** and **Danielle English**.

Notes and Announcements



Don Trotier spoke glowingly of **Bill Hosket's** earlier talk at Rotary Roundtable, on Big Ten basketball and OSU.

Tom Davis provided an update from the Community Service Committee, relating to the Club's grant last year to Bigs in Blue. This is a program of Big Brothers/Big Sisters, which matches local police officers with at-risk youth. There have been 6 matches of UA police officers with youth, and up to 4 more matches are anticipated.

Doug Godard thanked the members who participated in the effort in 2018 to collect winter coats for the Van Buren homeless shelter. This effort resulted in the collection of more than 1000 coats.

Bill Hosket conducted harassment, which mainly consisted of asking members at various tables to identify the utterers of supposedly famous quotes from the world of sports. With the exception of one table identifying Yogi Berra (a gimme), there was not any success, so some funds were raised.

Brad DeHays showed slides with faked photos of buffed-up members, representing what they arguably would look like were they to stick with their respective New Years' fitness resolutions.

Jim Hamilton would like to make sure that everyone has his new email address, which is jimham1938@gmail.com.

