

MIDTOWN Spirit

Fall 2019

Tennis Legend

Todd Martin

Leading Youth Into the Future

El A. Panda: Avante-garde Artist + Woman in Business

Joseph Lauricella: Midtown Yoga Instructor + Author

Healthy Eating: Keto vs. Fasting



TENNIS MAGAZINE 2019 EDITOR'S CHOICE AWARD FOR
BEST NEW INNOVATION



M I D T O W N
Spirit
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without notice.*



DID YOU EVER WONDER...

How the unique window displays at The Shop are created?

Meet Kate Solomon. Kate has a BFA in studio art and a professional background in merchandising and visual design. Her designs promote Midtown products and activities in an artistic and emotive way. She describes her creative expressions as "suggestive," not literal. Kate is most rewarded when members and guests comment and react to her designs. Stop by and say hi to Kate the next time you see her creating her works of art.



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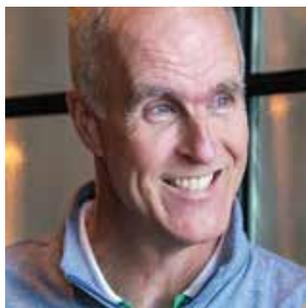
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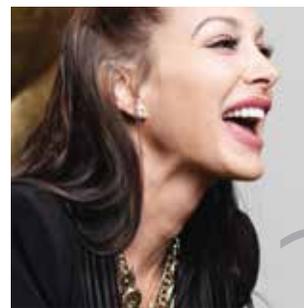
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Welcome to the new Midtown *Spirit*! *Spirit* is more Midtown than ever with a fresh new design. I hope you enjoy, as I do, the magazine's larger scale combined with beautiful page layouts and photography.

Spirit is a magazine devoted to Midtown members and their interests. The stories capture members' personal and professional goals, their active lifestyles, dreams and passions. The articles inspire; many stories tell of members' personal challenges overcome by faith, optimism and a commitment to healthy living and regular exercise.

Spirit illustrates the communities of Midtown members and frames the Club's varied social groups, shared interests, and appreciation of each other's company. It is comprised of the social fabric of the Club woven together by the diversity of Midtown members.

Not only has the design dramatically changed, *Spirit* has a new teammate. We've partnered with *Modern Luxury*, publishers of luxury and lifestyle brand magazines including *Chicago Social*,

Michigan Avenue and *North Shore* (there are many more). *Modern Luxury* is more than an upscale magazine publisher. Like Midtown, it is made up of some committed and creative personalities; Gary Pizzati, Anna Saavedra, and Hector Galvez are all representative of the *Modern Luxury* brand and are wonderful people.

I must also recognize the efforts of the Midtown personnel who, since the beginning, have made *Spirit* what it is, and have led the charge to create the new book. They are Glenn William, *Spirit* founder, our internal marketing team led by Alex Schwartz, *Spirit* designer Kathryn D'Amanda, and *Spirit* Editor, Joelle Beranek. *Spirit* would not be what is today without their commitment, attention to detail, and ongoing contributions.

With change come new opportunities. *Spirit* is published quarterly and now distributed in *Chicago Social* magazine. We've literally doubled *Spirit* distribution allowing us to dramatically broaden our reach to tell amazing Midtown stories.

To our advertisers, a special thanks for making *Spirit* possible. We are fortunate to have their support. They too recognize and appreciate the value attributed to partnering with Midtown, and now *Chicago Social*; two remarkable lifestyle brands targeting an exclusive, highly desirable demographic.

I request your feedback on what we present and promote, and for your suggestions for future *Spirit* issues. Enjoy!

Michael Mahoney
SVP and General Manager

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Dallas Cube Hugo's Frog Bar and Chop House
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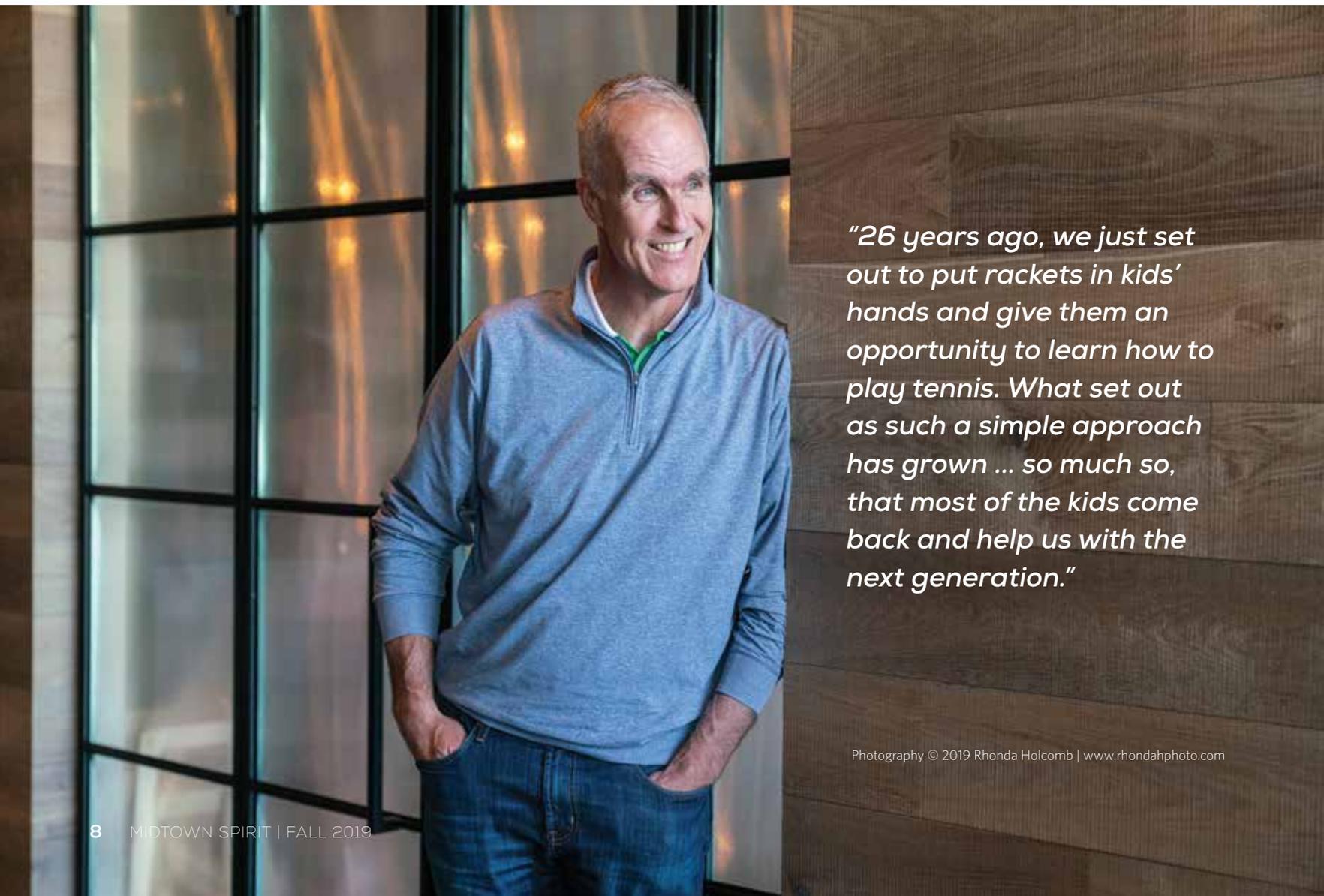
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MIDTOWN
ATHLETIC CLUB AND HOTEL

Todd Martin

THE NEXT GENERATION

Todd Martin is no stranger to Chicago, having played two years at Northwestern before turning pro in 1990. He forged a successful career during the golden era of American men's tennis, routinely battling Andre Agassi, Jim Courier, Michael Chang, and Pete Sampras. At the height of his career, which included becoming a two-time Grand Slam finalist and four-time semifinalist, Todd decided to look for more ways to give back to his Lansing community. After a typical practice with his mentor and coach, Rick Ferman, the two discovered a mutual appreciation for the discipline and respect tennis demands, along with a desire to give back to the youth of Lansing. This conversation sparked what would become Todd Martin Youth Leadership (TMYL), and by the summer of 1994 the program was in full swing. Ten years later, after participating in his fifteenth consecutive U.S. Open, Todd retired from the tour. Now CEO of the International Tennis Hall of Fame, the former No. 4-ranked player in the world spent the last weekend of April at Midtown, which hosted the 6th Annual TMYL Tennis Extravaganza.



"26 years ago, we just set out to put rackets in kids' hands and give them an opportunity to learn how to play tennis. What set out as such a simple approach has grown ... so much so, that most of the kids come back and help us with the next generation."

Photography © 2019 Rhonda Holcomb | www.rhondahphoto.com

SPIRIT: How are you enjoying the Penthouse?

TODD MARTIN: Yeah, it's all good. It's ridiculous. So beautiful. Over all these years of being in hotels, I value daylight. You can't get away from the daylight in there if you tried.

SPIRIT: What was your experience like at Northwestern University?

TM: My experience at Northwestern is one of the more valued experiences of my life. My dad was a really wise, really wonderful father. When he drove me to school my freshman year, he said, "Son, this is going to be the best four years of your life." After two years, I knew exactly what he meant, because to that date, they were the best two years of my life. Northwestern was the absolute epitome of a perfect fit; the people were the right people, the size was the right size, the tennis team had the right collection of misfit personalities. And even though with academics I felt like I was on the bottom looking up, since Northwestern I have never looked at failure as a horrible thing; I look at failure as an opportunity to get better and learn.

"Since Northwestern I have never looked at failure as a horrible thing; I look at failure as an opportunity to get better and learn."

SPIRIT: How does your foundation help kids in your community?

TM: Our foundation is Todd Martin Youth Leadership, but the program National Junior Tennis & Learning exists in 350 communities around the country

and serves over 200,000 children. 26 years ago, we just set out to put rackets in kids' hands and give them an opportunity to learn how to play tennis. The evolution of programming to serve the community has grown so much. What set out as such a simple approach has grown into something that I think the children, families and the communities value. So much so, that most of the kids come back and help us with the next generation.

SPIRIT: What skills do you think you're teaching on the court that carry into their lives off court?

TM: I'll speak about the program nationally. At its core, it comes down to the values that tennis instills in young people, and frankly demands

You're responsible for every element of preparation. You're responsible for every element of participation of competition and analysis. It's all on you right down to the officiating. In this way, tennis challenges the strength of character, because if you know you didn't cheat me, then you have to say, "You know what? I appreciate where you're coming from, but I expect you to treat me the way I am going to treat you. So I'm going to treat you the fairest possible way." Sometimes fair is actually calling your shot out. It's interesting to think about it as a personal responsibility.

SPIRIT: If your sport weren't tennis, what would it be?

TM: Basketball was my first real love. My dad was a high school athlete and



of young people. I played basketball, I played soccer, I played baseball. I played all sports, and I learned about values through all of them. I think tennis is the most unique from the standpoint of when it comes down to it you're responsible for every element.

played football, basketball and baseball. Basketball was what drew me in the most that he introduced me to from a very young age. I was the kid who—if I just had a basketball or a basketball hoop—didn't need any friends. I could be the total loner that just went out to

the driveway and shot baskets. And I did a lot of that. That's one of the reasons tennis fit me in the long run. I mean, I got the height for basketball, but I don't and didn't, and regrettably never will have, the foot speed.

SPIRIT: Midtown's tennis director Mike Haber is curious how finding out you were first alternate in the National Tournament in Kalamazoo set you up for later success? What was on your mind at that moment?

TM: I was 15 years old, which meant I had spent two years in the 16 & Unders. I was the first alternate outside of the 28 kids that got into the tournament. Number one: I wasn't good enough, first and foremost. Number two: it wasn't easy to be there for the first several days of the tournament waiting for somebody to say, "I can't play." Pretty painful, if I remember correctly. And three: it was motivation. It was like being told, from a meritocratic standpoint, that you're not allowed in this "club." Nobody loves that sense of being left out. Fortunately, my coach recognized that. He pushed a few buttons and got me to continue to be patient but persistent. He was a great coach because even if I wanted to just cross my arms, he reminded me that first alternate was actually an upgrade from where I was when I was 13 years old. I think he probably would have said, "Well, you can either look at it and say, 'Why am I getting left out? This is unfair. This is really discouraging.' Or you can say, 'I wasn't even close to being in the club two years ago. So where will I be two years from now?'" And as it turns out, two years after that I was in the top two.



SPIRIT: So what are you most excited for with the Tennis Hall of Fame?

TM: There's a lot of exciting things that we're doing. I don't come from a perspective of being a historian or a preservationist, or any of the sort of stereotypical backgrounds of people who are ultimately responsible for a museum or a place of heritage. But there's one thing that I feel like we are more committed to doing now than ever, and that's telling the stories of these great individuals who've built the history of the sport. We're not just doing it in the museum, we're doing it across multiple media platforms. And one of those storytelling platforms is called "Tennis Worthy." It is actually about the values of the sport, but the values of the sport as they have been applied by Hall of Famers. It's on video and it's all accessible through our website. It can also be found in social media posts and

long-form articles. It's one thing to know how many Grand Slams Rod Laver won, and know who the next best players were in that generation, and I love that. But I don't love them because they won all those tournaments; I love them because they're really good people. They've been unbelievable for the sport. If I had to go into battle, I would like people like that with me. And to be able to have them tell stories about their childhood and moments of conflict during their careers makes me get excited about the history of the sport. In this day and age, where not every athlete is someone to really look up to, I think tennis has done fairly well. Consider the value that our younger population of athletes place on the Twitter-sphere and in deeming success to be the number of followers they have as opposed to the kind of example they're setting. Am I honoring my parents the way I need to in the way I'm representing myself publicly? Am I honoring the sport and honoring those who built the foundation of the sport? The last time I was here at Midtown was during Laver Cup and that's where people like Roger Federer set an example.

"I don't love them because they won all those tournaments; I love them because they're really good people. If I had to go into battle, I would like people like that with me."

SPIRIT: When you were playing professional tennis, what could throw you off guard?

TM: I refer to myself occasionally as the fifth Beatle of American tennis. Nobody knows who Pete Best was except for John, Paul, George and Ringo.

“I refer to myself occasionally as the fifth Beatle of American tennis.”

Riding under the radar provided me with a lot of comfort. Pete Sampras, Andre Agassi, Jim Courier, and Michael Chang were all world beaters. And then there were a few other guys in with me, and I would say I lead that other group. The value in that was that when things weren't going well, nobody took note. Sometimes I overreacted in a negative way to when things went really well, because I was so comfortable under the radar and then all of a sudden I'd get these moments of notoriety or attention.

SPIRIT: Like playing until 12:51 am?

TM: That was in the fourth round of the US Open, and that was exactly where I was comfortable. I was up two sets to one on Andre Agassi. I managed that match quite well, but I was no longer playing a tennis match, I was playing the final season. So when I won the fourth round match at one in the morning, I was just playing another tennis match. And if you look at the greats, they know. Roger knows when he's in the finals of the Australian Open or the finals of Wimbledon, but he also has the wisdom and experience to be able to treat that like it's just another tennis



match. I think those four guys were the four reasons I had a successful career, because they always forced me to chase them. The other contributing element is at the end of the day, I never had a superstar mentality. Nobody ever told me, “Your destiny is the movement.” I was fortunate to have people that said, “You know what tomorrow holds for you, because you're going to take another step forward.”

SPIRIT: I think that's a very Midwestern way to think about it.

TM: I am very much a product of the Midwestern ethos of “We're going to do our work, and we're going to show up tomorrow to do our work.” Yep. And we're going to enjoy it. We weren't entitled to anything. ■

“I am very much a product of the Midwestern ethos of “We're going to do our work, and we're going to show up tomorrow to do our work.” Yep. And we're going to enjoy it. We weren't entitled to anything.”

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(counterclockwise from top)

Evita and Josh Sanchez
in San Pedro de Atacama,

CHILE

Ron Russell in Puerto Vallarta,

MEXICO

Grace Lee with her son at Disneyland,

PARIS

Sebastian and Camila Hook in Cabo,

MEXICO

Tyler Peters at

GOOSE ISLAND



SHREDDING FOR THE WEDDING



After their engagement on January 20, 2018, C.J. Lamb and Samantha Bonamassa decided it was time for their “wedding shredding” to commence. Like most of us, the newly engaged couple wanted to look dynamite on their big day. C.J. discovered Midtown and as soon as Samantha saw the Club she was “100% on board.” Along with the lean muscles they were looking to immortalize in their wedding photos, they both recognize that working out gave them more energy overall and better sleep. Though the wedding has come and gone, C.J. and Samantha look forward to continuing to “shred” and staying healthy at Midtown.

Photograph by Shauna and Jordon Photography

How did the two of you meet? We were both involved in student government while in law school and what began as friendly, albeit flirtatious, encounters soon turned into a budding relationship. As fate would have it our careers brought us both to Chicago.

get back into the swing of our workout routine. The variety of classes that Midtown offers motivates us!

What's your Midtown routine? Our typical weeks at Midtown include cardio, weight training and group classes. We



How did C.J. propose? C.J. planned an afternoon seeing *Wicked* and then mentioned a casual dinner at a new restaurant afterwards. After being escorted to the top of the Tribune Tower by a hostess (who was actually the manager) and greeted by a bartender (who was actually the photographer) we made our way outside to an amazing view of the Wrigley Building, the river and the skyline. C.J. got down on one-knee, I remembered to say, "Yes," and we were greeted with champagne and a candid photo session.

What are your current fitness goals? As a reward for all of the pre-wedding hard work, we definitely indulged on our honeymoon. We made it our goal to

often take boxing and spin classes together, as well as an occasional class in the yoga room or on the Field. Samantha also likes the different barre classes and virtual CXWORX, and C.J. swims. Midtown has allowed us to develop a consistent workout routine, but also one that changes and expands throughout the year.

What athletic activities do you participate in outside of the Club? We like to golf, bike, ski, hike and participate in recreational sports leagues like beach volleyball, softball and kickball. Aside from traditional sports, we also practice ballroom dancing from time to time.

Current Positions

C.J. is a Co-Owner of The Gunderson Law Firm and Samantha is the Owner and Principal of Coast to Coast Compliance, LLC.

Shared Passions

We absolutely love to travel. We also love to explore different parts of Chicago, including new restaurants and the never-ending food, art and music festivals. In the colder-months, you'll find us trying new dinner recipes and hosting game nights with friends.

Honeymoon

South Africa and Mozambique.

Surprise Fact

We are adrenaline junkies and love to scuba dive, cave dive, dune-board and have even jumped out of a perfectly good airplane!

"Because of Midtown, we not only got in the shape we wanted for our wedding, but we also reignited our love for fitness, which has continued thereafter."

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JOSEPH LAURICELLA

YOGA INSTRUCTOR & MASSAGE THERAPIST

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773.235.2300

After college in the mid-90s, Joseph Lauricella packed a van and headed west of everything he knew. After a year of travel, he attended the New Mexico Academy of Healing Arts in Santa Fe, and began an apprenticeship with a Native American elder who taught him prayer and ceremony. His exploration of the body and spirituality led him to Yoga. Joseph fell in love with Chicago and its people and moved here three years ago.

At the Club:

Joseph is passionate about Teaching Yoga of Heart. He joined Midtown's team as a yoga instructor just as the new facility opened in the late summer of 2017. His favorite thing about working at Midtown is the positive energy from the members and fellow employees.



"I consider myself a senior teacher and student of yoga, but not just because I'm older. My belief and understanding of yoga are unshakeable."



Outside the Club:

Joseph loves to write, cook and travel. For years he has been gathering inspiration from his yoga practice and used it to create a book entitled: *Postures, Prayers and Poems*. A friend encouraged him to turn one of these poems into a children's book and the idea grew from there. *Codi and the Maple Tree* will be officially released in September.

Outside the Country:

Joseph was hired by the Mexican government as a consultant to help indigenous people create sustainable business in the jungles near the Guatemalan border.

Photograph by Jason Price

TENNIS INJURY?

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Join us in congratulating these Midtown graduating players for their effort and achievement.

JACOB WATSON
DePauw University

Jake began playing tennis when he was 10. Jake is well respected by his peers and Midtown coaches for his commitment, his work ethic, and genuine desire to help others. He attended North Side Prep HS, where he qualified for the 2019 IHSA State Championship. At the tournament, Jake helped his team secure 2nd place. One of Jake's long-term goals of playing college tennis will be realized this fall at DePauw University.

NATAN SPEAR
Northwestern University

Natan started playing tennis when he was 7 years old. Today you can watch Natan around the Club helping out with our younger juniors and giving back to the game. Known for his effort and hunger to consistently improve, Natan has established himself as one of the top players in the Midwest. He finished his high school career at North Side Prep by winning the 2019 IHSA State Singles Championship. Natan will play for Northwestern University.

QUINTEN NEVENHOVEN
Chattanooga University

Quinten began his tennis journey at Midtown at age 7. He developed a strong game around his serve and big forehand and has established himself as one of the top players in Illinois, achieving success at the sectional and national level. An integral part of his Rockford Auburn HS team, he was a 4-year State Qualifier, captained the team his junior and senior years, and led them to two conference championships. Quinten graduated with honors and will play for Chattanooga University.



KETOGENIC DIET

“Keto” is a high fat, moderate protein, low-carb diet, which means cutting out sugary foods, white flour and most fruits and vegetables. The goal of this is to send your body into ketosis, a fancy word for when your body runs out of glucose and starts using fat to keep you energized and functioning.

Average diet: 50% carbs, 20% protein & 30% fat

Ketogenic Diet: 5-10% carbs, 15-25% protein & 70-80% fat

PROS

- May help diabetics and pre-diabetics control their blood sugar
- May help lower triglyceride and cholesterol levels
- May help with brain disorders
- Weight loss
- Fat and protein make you feel fuller longer
- You eat less calories when multiple food groups are eliminated

CONS

- The “keto flu” (fatigue, muscle cramps, soreness, dizziness, nausea, irritability) sets in for the first week of this diet
- Long term symptoms include constipation, dehydration, nutrient deficiencies, kidney stones, and bone fractures due to acidosis
- Not enough research to show if weight loss continues long term
- Low in fiber and nutrients and can be high in saturated fat
- Dangerous if not followed properly
- Some studies show people who get off the ketogenic diet have more health problems than before they started
- Hard to sustain as a long-term lifestyle

Thoughts: If you are willing to follow an extreme diet, try eating plant-based, whole, real foods first and practicing portion control. With a balanced diet, you can have a little bit from every food group, enjoy options when you dine out, and have the reassurance that this diet has been well researched and shown to promote weight loss and maintenance, disease prevention, and great energy levels. If you want to try the ketogenic diet, consider a modified version or have a doctor and dietitian monitor you.

KETO vs.

Dietitian Jenny Maloney



FASTING

INTERMITTENT FASTING

An eating pattern that cycles between periods of fasting and eating. It doesn't specify which foods you should eat but rather when you should eat them. There are 3 main types of fasting:

- 1] 16/8 Eat within 8 hours and fast for 16 hours**
- 2] 5:2 Restrict to 500 calories on 2 non-consecutive days**
- 3] Eat, Stop, Eat Fast for 24 hours 1-2 times per week**

Thoughts: Fasting is difficult if you have an unpredictable schedule or long days and you want to exercise within a short time period. I recommend the 16/8 fasting if you want to try it and even to start with a 14/10 fast to adjust easier. Try two non-consecutive days a week and go from there.

Diets are not "one size fits all." Ask yourself these questions when considering a diet:

Is it too good to be true?

Can I do this long term?

Does it go against basic nutrition and science?

Am I eliminating major food groups?

Am I losing weight really fast?

Is it expensive?

Do I need to take medication or extra vitamins?

The key to a successful diet is to make it a lifestyle. If your goal is weight loss, it's better to find a weight you can sustain with a realistic plan than be extreme and inconsistent.

PROS

- Research shows this diet helps with weight loss, gut health and lowers the risk of disease
- During fasting your body adjusts hormone levels to make stored body fat more accessible
- You consume fewer calories

CONS

- Side effects of fasting include: hypoglycemia, fatigue, headaches, and weakness
- Fasting for 24 hours can lead to overeating on other days



Questions about nutrition?

Ask Jenny Maloney,
Midtown's Registered Dietitian/Trainer
jenny.maloney@midtown.com
773.687.7571

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EQUILIBRIA



COCO MEERS — Midtown member, ballet dancer, cardio tennis devotee, mom of two, and serial entrepreneur — was searching for a more natural solution to her immobilizing autoimmune SI-joint pain. When she discovered CBD, she knew this powerful compound was that solution, and she wanted to make it accessible to all. Coco and her team at Equilibria, including fellow Midtown member and Head of Partnerships Bonnie Knobloch, break down the must-know CBD facts and secrets of cannabis science.

CBD: HEALTH OR HIGH?

So, what is CBD? CBD is short for cannabidiol. It is one of over 140 naturally occurring compounds (aka “cannabinoids”) found in the Cannabis Sativa plant. The Cannabis Sativa plant is bred in two different ways: 1) as “industrial hemp” with less than 0.3% THC content, making it a 100% federally legal agricultural crop and 2) as “marijuana” with up to 30% THC content. THC is the psychoactive component of cannabis and causes the intoxicating “high” effect. Equilibria’s advanced genetics program works to ensure the therapeutic benefits of medical marijuana while falling under the legal limit of THC. The best of both worlds!

How does CBD work in our bodies? Cannabinoids like CBD are chemical compounds that interact with receptors in our Endocannabinoid System (ECS). The ECS plays a crucial role in regulating sleep, inflammation, mood, anxiety and overall homeostasis (a body’s state of balance). Our bodies naturally produce cannabinoids called endocannabinoids. CBD and cannabinoids from the Cannabis Sativa plant are called phytocannabinoids. Phytocannabinoids enhance our ability to make more of our own endocannabinoids!

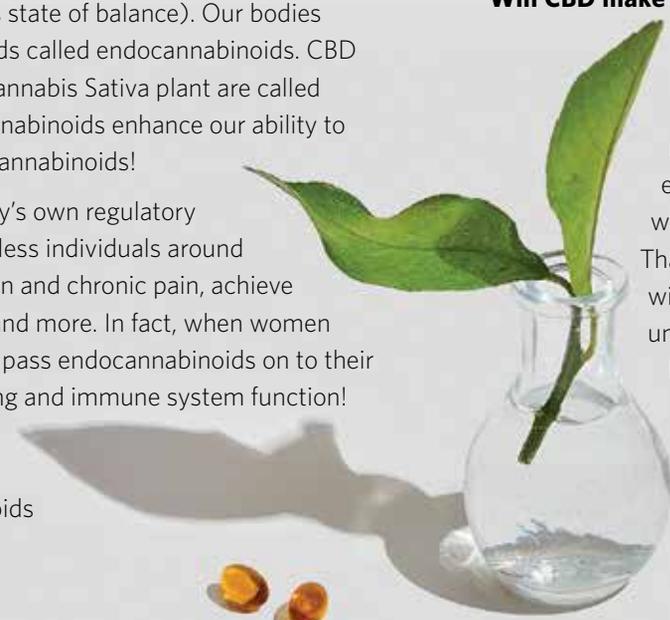
Through augmenting our body’s own regulatory functioning, CBD helps countless individuals around the world reduce inflammation and chronic pain, achieve restful sleep, balance mood, and more. In fact, when women breastfeed, they produce and pass endocannabinoids on to their newborns to help with suckling and immune system function! Over time, our levels of endocannabinoids decrease, which is why phytocannabinoids are so powerful!



Should I look for THC-free CBD products? CBD helps decrease inflammation and improve mood, but it’s just one of 140 cannabinoids available from the hard-working Cannabis Sativa plant. Other examples are CBN, CBG, CBC, CBDa, THC, and THCV — all naturally occurring in industrial hemp strain.

“Full-spectrum” products are more effective problem-solvers than pure CBD alone. This is because CBD works best when surrounded by other cannabinoids found in the plant, including THC. The combined chemical reaction is called “the ensemble effect,” meaning the cannabinoids amplify each other and work together to achieve their mission.

Will CBD make me fail a drug test? Because industrial hemp is bred to contain less than 0.3% THC, it won’t get you high or make you feel stoned, and it’s federally 100% legal. Most people simply feel relaxed and centered, not sleepy or altered. The effect should be subtle but substantial, like that warm feeling after a few sips of your favorite wine. That said, when using a full-spectrum product with trace amounts of THC, it’s possible, though unlikely, for it to flag on a drug test. Everyone’s body chemistry is different, so though it’s highly unlikely even at ~ 70 mg/ day+, we recommend you grab an over-the-counter THC test at your local pharmacy to find out for sure.



Coco’s latest company, Equilibria, is a premium, farm-to-home CBD membership, offering both medical-grade products and personalized dosage advice to members around the country. Got questions or want to collaborate? Contact Coco at info@equilibriawomen.com

EL A. PANDA

Director of Innovation
and Business
Development at Accel
Entertainment &
Licensed Video Gaming
Terminal Operator

**"No matter how
tough a day you're
having, when you
walk into Midtown
all your stress goes
out the door!"**

Are you a Chicago native? I was born and raised in a small town about 30 miles outside of Chicago. I have a teenage son, his name is Oz. He's the coolest, I'm so proud of him!

What do you do for a living? I'm an artist as well as a Director of Innovation and Business Development for a company that I love. Being an artist full-time is tough! Because of my son, I couldn't allow myself to be a "starving artist." I feel so lucky to be able to work hard all day, provide a beautiful life for my son, and still be able to follow my dreams and create all the art that fills my mind.

What made you choose this career path? My path chose me, really. When you envision art in your mind all the time and you do nothing about it there's a real feeling of hopelessness that comes over you. I went years and years not being able to figure out why nothing felt good or seemed like it was going right in my life. When I started dedicating myself to decoding my thoughts and visions, that's when my life turned around and everything started going my way. I don't have a choice about doing art. For me, it's do art and be happy, or don't do art and be sad. I chose happy!

When did you join Midtown? I joined in December, 2018. This is the most beautiful gym I have ever seen. I felt like it was more of a resort. I loved the feeling I got when I walked in and everyone was always so nice and helpful. I needed a "zen zone" and that's what Midtown is to me.

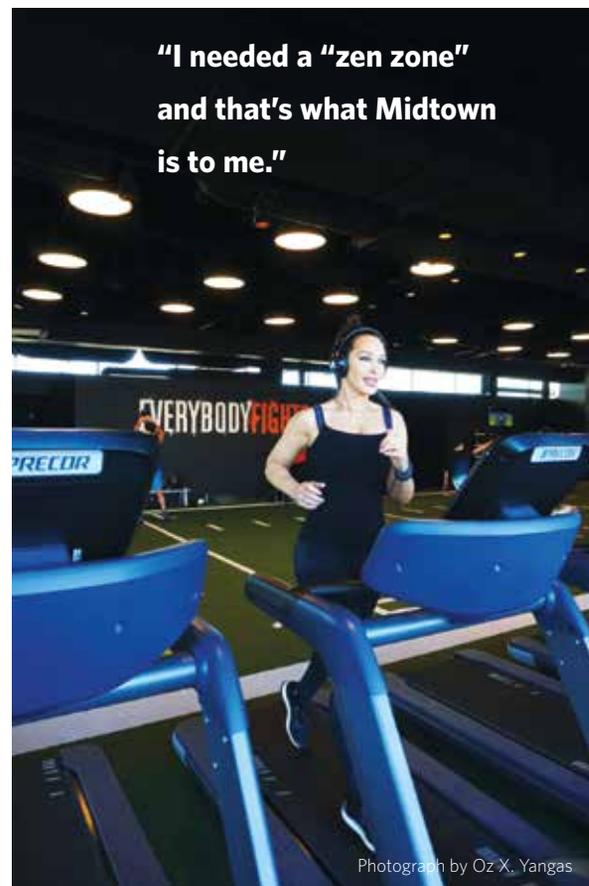


Photograph by Oz X. Yangas

What were your goals when you joined?

Get healthy. Feel strong. After a year of not working out, I started noticing my body changing and didn't like it. I wanted to be as proactive as possible and fight this whole aging thing. Art is physically demanding. I'm not like Bob Ross standing and painting trees. Don't get me wrong, I love Bob Ross, but I'm climbing up and down ladders and building sculptures that weigh hundreds of pounds. Being fit helps me work longer and stay focused, which prevents me from getting hurt.

What are you passionate about? My charity, Panda's Purpose, gives help and hope through art. 50% of the profits from my art always go to help others. It's a privilege to be able to create, and it's my purpose to help people that need it. The other 50% is used to reinvest in my art so I can create more work and make it even bigger and better.



Photograph by Oz X. Yangas

Go-to Workout:

Treadmill and Power Pilates when I'm feeling scatterbrained (which is most of the time) or Battle and Voltage on the Field when I feel like I can focus myself.

PandaZone:

MyZone was a total game changer. My workouts are so much more intense now. I push myself so much harder watching my percent and what color zone I'm in. MyZone is seriously the best.

Inspiration:

Life. It's really mind blowing the stuff you go through and see on a daily basis.

Surprise Fact:

I can say my alphabet backwards and do backflips on a trampoline.



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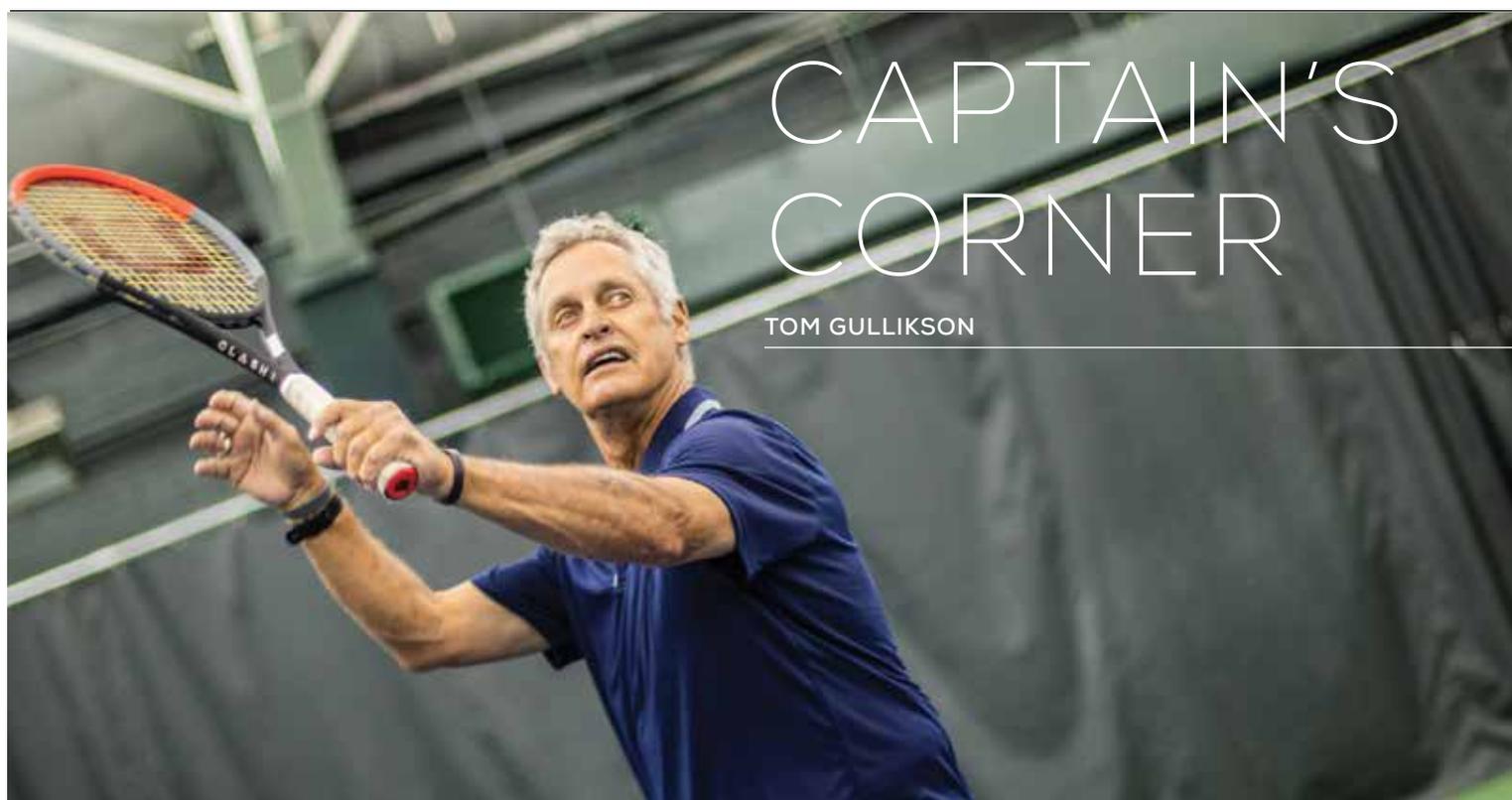
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LIVE HAPPIER





CAPTAIN'S CORNER

TOM GULLIKSON

Remember this phrase: ready, read, react and recover.

READY Just before your opponent hits the ball you square your shoulders to the oncoming ball and make a split step.

READ Assess where your opponent's shot is going immediately after leaving the racket.

REACT Immediately execute a "unit turn," opening up your near foot to the ball and turning your shoulders at the same time. Early preparation is a big key to executing solid shots.

RECOVER As soon as the ball leaves your racket, move to a position on the court based on where you hit your shot and in anticipation of your opponent's return.

These basic fundamentals need to be executed on every shot. Tennis is an athletic and dynamic sport. Good anticipation and explosive movement will put you in position to execute your shots with consistency and accuracy.

See you on the court,

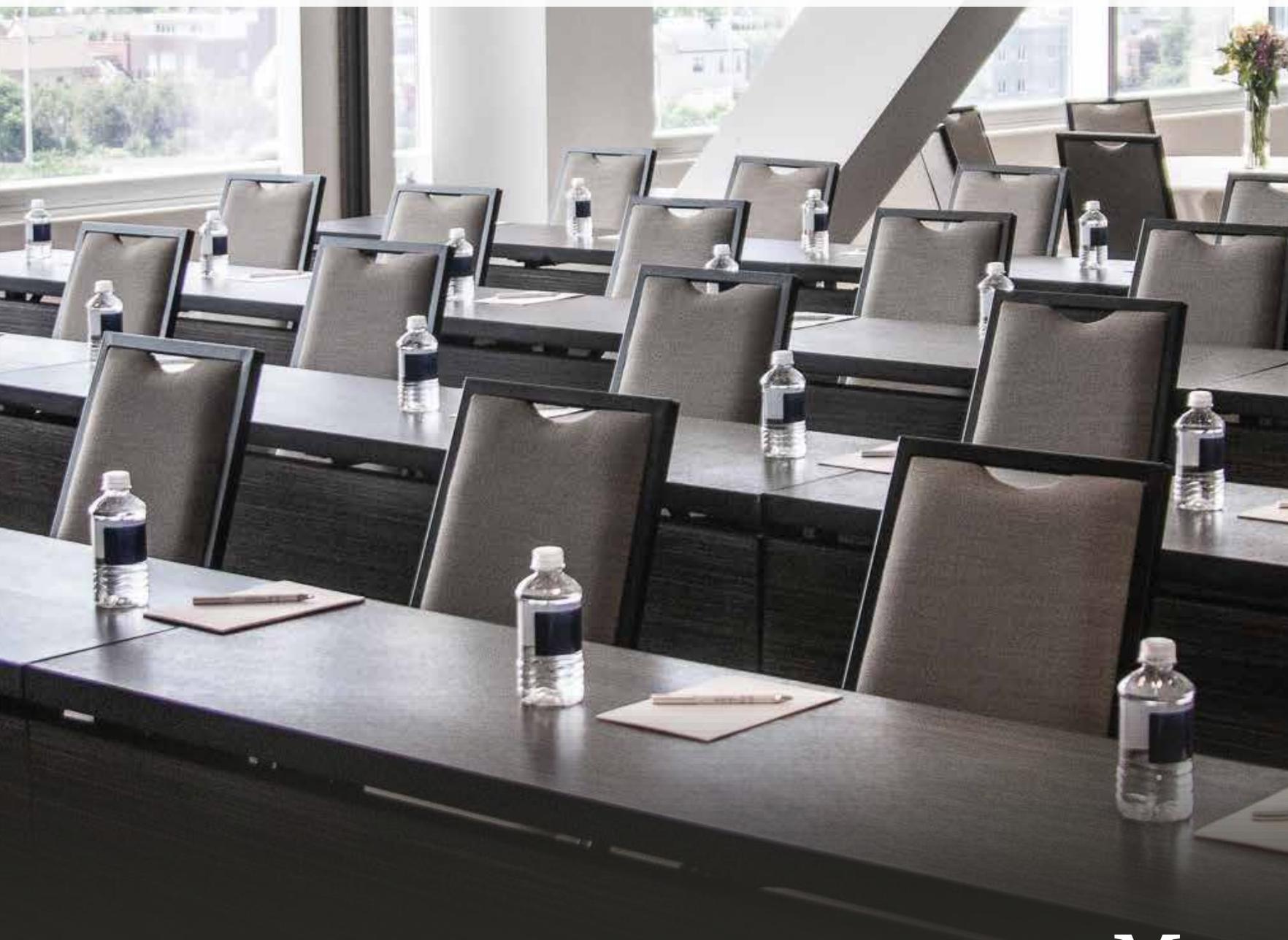
Captain Gully



Tom Gullikson is a Midtown tennis coach. He was ranked as high as #3 in the world in men's doubles on the ATP tour, winning 16 doubles titles with brother Tim. He captained the US Men's Davis Cup team between 1994 and 1999, capturing the Davis Cup as captain in 1995.

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To learn more, contact Amy Lawhorn at amy.lawhorn@midtown.com

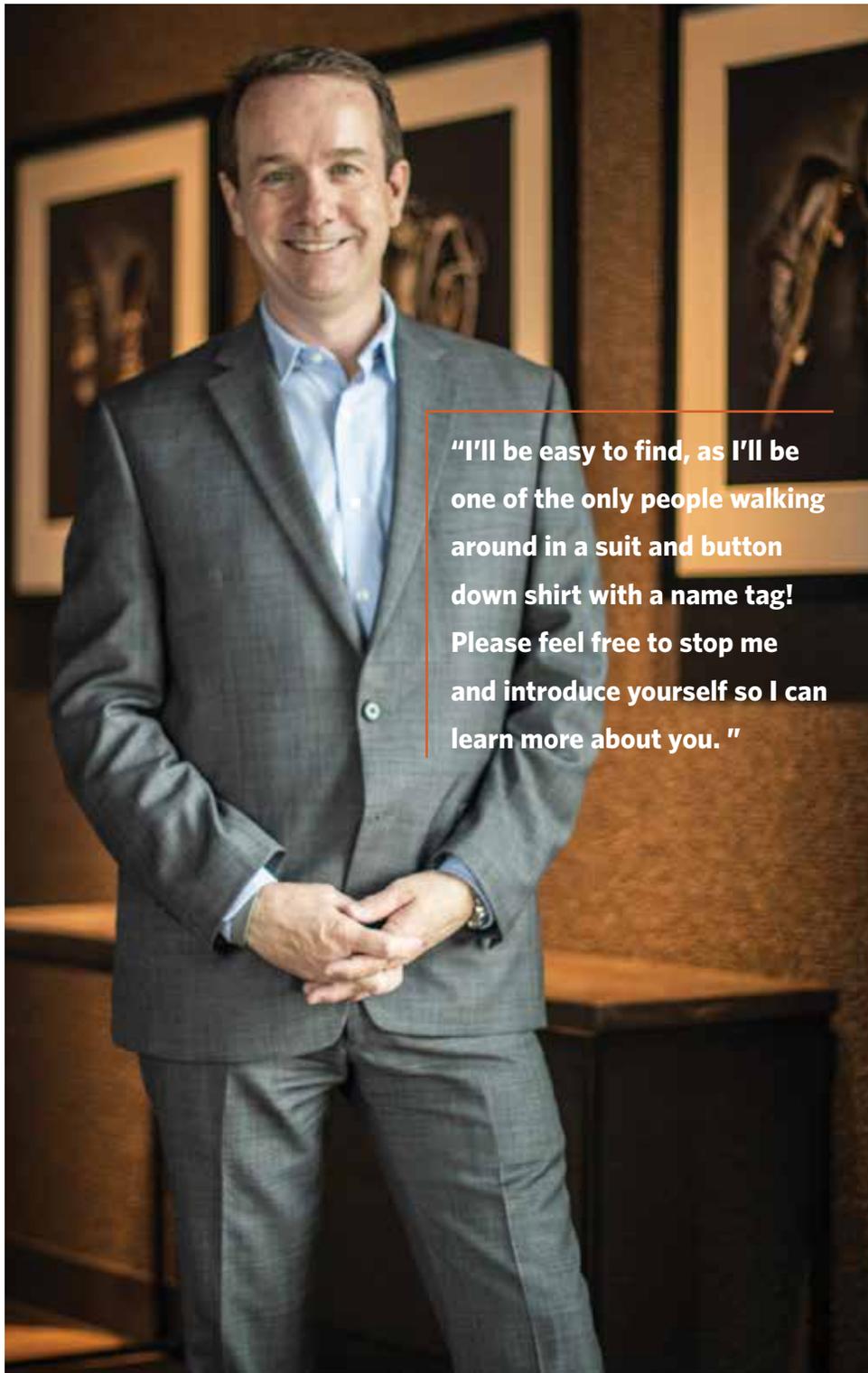


MALCOLM SMITH

ASSISTANT GENERAL MANAGER, HOSPITALITY

malcolm.smith@midtown.com
773.687.7326

As the Assistant General Manager of Hospitality, I'll be overseeing the teams that serve our members and guests in the Hotel, Food and Beverage, Front Office, Retail, Spa and Salon. Not only am I new to this Club and Hotel, but I'm also new to Chicago! I have had the privilege and pleasure of serving people for over 30 years while working in hotels, resorts as well as private clubs. Most recently, I was the Clubhouse Manager at Rolling Hills Country Club in Los Angeles. Prior to that I was General Manager at Balboa Bay Club in Newport Beach. Both clubs, and their members, have a very special place in my heart and I look forward to similar relationships with Midtown members.



"I'll be easy to find, as I'll be one of the only people walking around in a suit and button down shirt with a name tag! Please feel free to stop me and introduce yourself so I can learn more about you."

Listen for that brogue

I want to learn more about you as a member, and how we as a team, can help improve your experience here at Midtown. As we talk if you hear a little bit of an accent that is because I am originally from Edinburgh, Scotland. My mum remarried an American in 1986 and I was able to move to California in 1987. No one understood me back then so I made a conscious effort to lose my brogue, but it often comes out if I talk about it, or speak with someone from home.

A foodie at heart

When I'm not at the Club serving our members and team, I love to travel with my wife, explore different eateries and cook at home. We've been married for just over three years and for our honeymoon traveled to England and Scotland to visit family and then went to Turks and Caicos to relax and recharge.

MIDTOWN CHALLENGE

Participants competed in three unique events, pushing themselves in strength and endurance to crown the fittest Midtown members.







NARESH KOKA, MEMBER SINCE 2017

Naresh Koka is part of Midtown's early morning workout crew, kickstarting his day at the club before he takes on his role as Vice President for a digital technology consultancy. He embraces his passion for cycling in RIDE, hits the bag and tightens his core in EBF, and takes to the court with his tennis coach.

A husband and father, volunteer and philanthropist, foodie and former break dancer, Naresh is just one of Midtown's many members who lead an active lifestyle. How will you choose to kickstart your day and who will you meet along the way?

FALL ATHLETICS AND TENNIS PROGRAMS LAUNCH SEPTEMBER 1.

Visit [midtown.com/classes-programs](https://www.midtown.com/classes-programs) to view the schedule.



SHOULD I EXERCISE WITH A FRIEND?

BY ATHLETICO PHYSICAL THERAPY

Many of us are aware of the benefits that come with getting 30 minutes of exercise daily, such as reducing the risk of type 2 diabetes and cardiovascular disease.¹ Research also shows that exercise can improve mood, sharpen our memory and increase our muscle and bone strength.²

What if I told you that exercising with a partner or friend comes with even more benefits? Read below for a few reasons why you should invite a friend to your next workout.

Working out with a friend:

- **Increases your commitment.** A workout partner can keep you accountable by checking in on your fitness goals and helping you stick to your gym schedule. After all, you won't want to skip a day and leave your friend hanging.
- **Can make working out safer.** You will be with someone that cares about your wellbeing, can check your form and help you with new training techniques.
- **Can be incredibly motivating.** Seeing another person work toward and meet a fitness goal can push you to achieve your own goals as well.

Some tips for keeping up with a partner routine:

- **Pick someone that you like and that likes working out.** That way, if you happen to feel unmotivated, you won't have an enabler to skip a workout session. You also want to be around someone that makes working out a positive experience.
- **Switch up the type of workouts you do.** If one of you likes running and the other likes lifting weights, take turns leading the workout. Adding variety not only keeps your training interesting, but it teaches your muscles to recruit in different patterns and can break through a weight loss plateau.
- **Make shared calendar invites.** This will ensure that you both make time for each other and your commitment to fitness.
- **Motivate each other outside of the gym.** Exercise is just one element of living a healthy lifestyle. Motivate your workout partner in other areas of health and wellness, such as eating properly, getting enough sleep and drinking enough water throughout the day.



WORKING OUT WITHOUT INJURY

If you start feeling unusual aches or pains after exercise, make sure to schedule a free assessment* at a nearby Athletico clinic. Our team will take a look at your injury and recommend treatment options to help you heal and get back in the gym with your workout partner as soon as possible.

*Per federal guidelines, beneficiaries of federally funded plans are not eligible for a free assessment.

References:

1. Elmagd, Mohammed Abou. "Benefits, Need and Importance of Daily Exercise." International Journal of Physical Education, Sports and Health, 8 Aug. 2016, www.kheljournal.com/archives/2016/vol3issue5/PartA/3-4-55-201.pdf.
2. Richards J, Jiang X, Kelly P, Chau J, Bauman A, Ding D. Don't worry, be happy: cross-sectional associations between physical activity and happiness in 15 European countries. BMC Public Health. 2015;15:53. doi:10.1186/s12889-015-1391-4.

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LAST LOOK

A DREAM MADE REAL



When Midtown member and history buff Brad Rosset made plans for a bucket-list trip to Iwo Jima, he knew there would be great physical demands for the excursion. He worked with Midtown personal trainer, Monica Pabian, for months prior to hiking the terrain of the Volcano Islands archipelago, and completed a dream to hike to the top of Mount Suribachi. Brad was honored to meet WWII veteran Roy Drinkard, who at 97 years of age is the oldest living United States Marine, and traverse this important landmark in American history. Midtown echoes his reverence and respect to all who have served our country.

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