

LAMORINDA SPORTS

Vegan Fitness

By Sophie Braccini



Jennifer Faldt prepares a "super drink." Photo Sophie Braccini

Lamorinda certified personal trainer Dan Attanasio chose to become a vegan three years ago to maximize his total body output and he hopes it will increase his life expectancy. While he does not think that it is mandatory to go vegan to be healthy and high performing, he does believe the change in diet was effective. Attanasio is also a performance enhancement specialist.

"A diet that incorporates very few animal products is excellent from a health perspective," said Attanasio, "it reduces inflammation in the joints and the whole body,

helps with heart conditions, obesity and diabetes."

He says that at 40, he feels better than he ever has. Attanasio began the diet as an experiment and has stuck with it, although he does admit to eating a little cheese from time to time.

He eats a lot of vegetables, whole grains and beans, and fruit.

He does not recommend supplements, saying they are not absorbed readily like real food. Instead, he makes his own super-drinks adding five natural foods: spirulina powder, a protein and mineral rich algae; maca root powder and hemp seeds; goji berries and cocoa powder, both powerful antioxidants.

Moraga resident and school teacher Jennifer Faldt trains five to six times a week and went vegan last spring under the guidance of Attanasio. As part of Faldt's conversion, Attanasio recommended she read Dr. Joel Fuhrman's *Eat to Live*.

After the switch, the already-fit mother of two teenagers reported that in addition to developing strength, she lost 20 pounds. The vegan diet allowed her to balance carbs, protein and fats to become leaner and stronger.

Both Attanasio and Faldt are also motivated by the challenge, more than just getting the good looks a fit and lean body provides.

Faltdt hopes to one day become fit enough to complete the Barbarian Challenge for Women: 25 dips, 35 push-ups, 15 pull-ups and 2 muscle ups in six minutes.

With this diet and proper training, she thinks she will succeed.

For more information, go to Attanasio's web site at www.thebarunion.com.

Fun at Meadow Mini-Meet

Submitted by Amy Campbell



Photo Doug Kohen

Lamorinda swimmers ages 8-and-under participated in the "Meadow Mini-Meet" held on Sunday, July 17 at Meadow Swim and Tennis Club in Orinda.

In a mix-up of the top three from last year, the Sleepy Hollow Legends took top honors. The hosts, Meadow Swim and Tennis took second, and Orinda Country Club took third.

Last year, Meadow Swim and Tennis Club went home with the first place trophy while Orinda Country Club came in second and Sleepy Hollow Swim and Tennis came in third.

"The great thing about this particular meet is that every child feels like a winner," said Kellie Williams, co-chair of this year's Mini-Meet. "This meet is designed specifically for the younger swimmers and each child competes against others their same age. The playing field is even for them."

Results:

Place	Team	Points
1	Sleepy Hollow Legends	525
2	Meadow Swim & Tennis Club	474
3	Orinda Country Club	410
4	Moraga Ranch Swim Club	391
5	Moraga Country Club	363
6	Orinda Park Pool Swim Team	304.50
7	Moraga Valley Pool Swim Team	200
8	Campolindo Cabana Club Marlins	97.50
9	Miramonte Swim Club	47

Lamorinda Divers Finish First, Second

Submitted by Steve Sherman



Two local divers from Sherman's Dive School took top honors in the 1-meter and 3-meter springboard in the Junior Olympic level competition at the Capital Invitational on July 16.

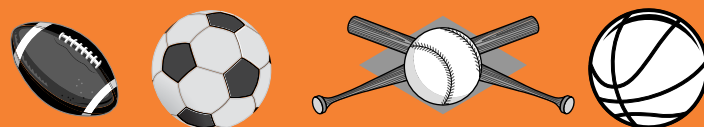
Brenna Cetrone, 11-year-old from Orinda, won silver medals. Morgan Matranga, 14-year-old from Moraga, won golds. Photo provided

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Summer Soccer Camp for Boys and Girls

The Martinez Pleasant Hill Futbol Club will be hosting two sessions of summer soccer camp for boys and girls ages 8-13 years old. Session one is July 25-28, 2011 and session two is August 8-12, 2011.

Sessions run from 9am-3pm at the

Adventist Academy, 796 Grayson Rd, Pleasant Hill.

Players of all experience levels are encouraged to sign up. The camp features buddy requests, a free camp t-shirt, training by college-level soccer players, fun games and prizes and more! Cost is \$165 per session and pre-registration is required by July 15th. To register, visit www.mphfc.com.

If you would like to list the registration information for a youth sports club please email wendy@lamorindaweekly.com or call (925) 377-0977. B&W listing will cost \$24 (3.75"x1").

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