

**AS SEASONS TRANSITION** from flower buds in the spring to board shorts in the summer, the land is a transition of hues. Spring brings bursts of color as the forest recovers from hibernation, summer brings the aqua clarity of Lake Pinneo into prime view, fall favors a kaleidoscope of fire red and bright yellow leaves, and winter reveals blankets of white snow that cover the valley floor. Soon after the golf season comes to a close, Quechee Club turns on mountain snowblowers to prepare for the ski season.



# QUECHEE CLUB

Dedicated to Helping You Live a Longer, Healthier Life

*A true four seasons playground in the heart of the Northeast.*



Amenities run the gamut from two championship courses to a family-friendly ski hill with two black diamond runs; a natatorium with lap lanes; the Lake Pinneo beach house with a sandy beach; and a racquet pavilion offering pickleball, squash, and platform tennis. All told, there are 15 miles of maintained paths ideal for hiking, mountain biking, and cross-country skiing.

QUECHEE, VERMONT: The fastest-growing resident amenity at Quechee Club is fitness programming. “Several years ago, we decided to introduce ongoing golf fitness curriculums,” explained Zach Temple, personal training manager at Quechee Club. “With more year-round members and a growing work-from-home movement, the timing couldn’t have been more perfect. Our first class, which sold out in minutes, justified adding a second class. It, too, quickly filled up. I also think since sophisticated blood tests are readily available to measure our glucose level and cholesterol, there is a growing interest in ‘What can I do about it?’”

Zach is a jack of all trades. “I was an assistant golf professional at Dartmouth College in New Hampshire when I was invited to the PGA of America Vermont Chapter to work at Quechee Club. After two seasons, I found my passion in fitness,” continued Temple. “I think my experience as a golf professional enhances my ability to create a path to success for our golf membership.

“I’ve noticed some commonalities in mishits on the first tee,” reported Temple. “All too



Geoffrey Cornish, the longtime contributor to the Harvard Graduate School of Design, was the original architect behind both courses at Quechee Club. The Lakeland Course is adjacent to Lake Pinneo and the Ottauquechee River, where water is in view of 17 of its 18 holes. The Highland Course, set in the surrounding foothills of the Green Mountains, is true Vermont with lots of elevation change. If you yearn for the look and sounds of rustic New England, this is it.

**“WE TRULY ARE AN OUTDOOR PLAYGROUND** offering every imaginable activity, from laying on our sandy shoreline during the summer to skinning up the ski hill during snowy months. With ample land to work with, our 15 miles of mountain trails offer the bucolic scenery Vermont is famous for.” — BRIAN KELLEY, GM/COO

**“A WORKOUT SHOULD BE A PLAY DATE,** not a punishment. The key is to find the way your body likes to move. Consider creating a playlist of upbeat music to make you more active. What songs will light a fire under you? Another great idea is to find a community within the gym. You are more likely to enjoy your workout visits if you socialize with others. • Every exercise doesn't have to be exhausting or wreck you. Quality trumps quantity. Slow it down and complete the entire/proper motion. • It's more important to make sure you move every day instead of in fits and spurts. While stressing your body will enhance results, it's equally important for your body to have time to recover. As you age, hormone levels decrease, requiring more time to rest between workouts. • Finally, enjoy life and don't count every calorie. Have a treat and refuel the Ferrari. Make smart decisions, but don't deprive yourself.”

— REMI LEMAR-BROWN, PERSONAL TRAINER AT QUECHEE CLUB

often, after hunkering down at a desk all day, you hit five warm-up shots on the driving range and rush to the tee. Fifty percent of the time, you mishit the tee shot to the right because of tight shoulders and poor alignment.

“To mitigate the stress in your upper body, consider purchasing an inexpensive foam roller. Then, twice per day

for two minutes, lay on the ground and make ‘snow angels’ while taking deep breaths. Add this to your daily routine [like flossing your teeth]. If you are religious about the exercise, I guarantee you will see results. You will feel better, and your range of motion will dramatically improve.

“The most important aspect of fitness is repetition. If you go to the gym today, then go home and look in the mirror, you will see nothing. Do the same thing tomorrow, and you will see no change. However, if you keep the routine for three months, you will see progress. Continue for six months, and you will be unrecognizable. Consistency will always win. I like to reference a great quote from Usain Bolt [eight-time Olympic gold medalist], ‘I trained four years to run nine seconds, and people give up when they don't see results in two months.’” ■

For membership information, visit [QuecheeClub.com](http://QuecheeClub.com).

