
BVS Fitness Centre NEWSLETTER



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NEWS AND UPDATES

Well our Elf on the Shelf JoJo has packed her bags and headed south for some warm weather, but she had a great time with you all! **Congratulations to all our winners, especially our grand prize winner Laurie!**

This month we compete for bragging rights - how long can you do a **dead hang** for? Top females and males get a spot on the white board!

New this month: Afternoon Yoga and Women on Weights!

GROUP FITNESS UPDATES:

WOMEN ON WEIGHTS

Have you ever looked onto the weight floor and noticed how few women are lifting weights compared to men? Let's change that! Starting January, once a month we will offer a **ladies only weight lifting education session**. Each month will be a different day of the week and at a different time to accommodate a variety of schedules. Each month will focus on a different type of equipment. First up? **January 5th at 10:30 am** we will walk through all the machines on the weight floor. Learn how they work, what they do, how to adjust them, and then enjoy a lifting session! **Space will be limited - sign up in advance by emailing bvsinfo@livnorth.com.**

AFTERNOON YOGA

We are so excited to welcome Kate back to BVS for an **afternoon yoga class!** The class will be a blend of hard work and relaxation. Join us at 4:30 pm on Thursdays to finish your day in the best way!



EXERCISE OF THE MONTH: BOX SQUAT

A box squat is an excellent way to have a perfect squat. Whether you do it to help reach new PRs and get stronger, or to develop excellent form, it is a great exercise to keep in the tool box! The box sits in the way forcing the hips back while keeping the chest up. This is a low risk high reward move.

THE SET UP

Use an appropriate bench/box/step for your desired squat depth. If using the squat rack, set up the box in the rack, far back enough to allow you to rack/rerack the bar. If you aren't using the rack, just stand 3-6 inches in front of the box with your weight of choice.

HOW TO DO IT

With your weight (if using any), squat until the glutes touch the box, then drive back up. If you aren't using a bar, you want to avoid rocking back. Keep your upper body alignment steady as you hit the bottom and then rise. If using very heavy weight, you may want to pause at the box.

ARE YOU MAKING FITNESS TOO COMPLICATED?

A recent report showed that Americans spend more than any other country on physical activity (\$264.6 billion dollars in 2018), but they rank 143rd globally for actual participation in physical activity. While we may be north of the 49th Parallel, our habits are not all that different. **About half of Canadians aged 20 years and older (54% of women and 48% of men) are physically inactive.** The top five barriers to physical activity for Canadians, aged 15+, are lack of time (75%), lack of energy (64%), lack of interest/motivation (62%), illness and disability (57%) and cost (45%). Given that insufficient physical activity, along with poor diet, is the second leading cause of preventable death (only behind smoking), it is worth considering how we can do better.

The Global Wellness Institute listed a few causes for the discrepancy between dollars spent on physical activity in our country and actual participation: we don't have enough sidewalks or bike lanes, youth sports have become too expensive and hyper-competitive, we lack a supportive and communal exercise culture. In addition, the health and fitness industry has become obsessed with complexity. Sometimes this is warranted, but often it's not. One reason people make things complex is so they can sell them. It's hard to monetize the basics, but come up with an intricate and sexy-sounding approach to something and people will pay for it. So why are so many of us willing to fork over cash for often unnecessary services? Perhaps because complexity is a way to avoid facing the reality that what really matters for health and fitness is simply showing up and doing the work. Not thinking about it or talking about it. Just doing it. **The more complex you make something, the easier it is to get excited about, talk about, and maybe even get started—but the harder it is to stick with over the long haul.** Complexity gives you excuses and ways out and endless options for switching things up all the time. Simplicity is different. You can't hide behind simplicity. You have to show up, day in and day out, and pound the stone.

A common excuse is that people don't have time to exercise. While this may be true if you're working multiple jobs and struggling to meet your basic needs, it's simply not true for the majority of people. It is estimated that in 2022, Canadians had an average of 5 leisure hours per day. **Even if you insist that you're too busy to exercise because you work some kind of important job, you ought to consider re-framing exercise as an essential part of that important job.** Research shows that regular exercise increases creative thinking and problem-solving, improves mood and emotional control, and enhances focus and energy. There is no line of work that doesn't benefit from those attributes.

GET BACK TO BASICS

If you aren't sure where to start, it is here:

- A minimalist strength routine you can do with no/limited equipment
- Walking: it is one of the BEST and most accessible activities you can do. It builds your cardiovascular ability, maintains bone strength, increases endurance, and so much more. Bonus if it is outside and you get exposure to nature.
- Find community or a friend. The only thing better than being active is being active with others.

Physical activity is not rocket science, and it doesn't need to cost billions of dollars. It's actually quite simple—but simple doesn't always mean easy. . The key is consistency - show up, and pound the stone. Remember: move your body often, sometimes hard, and every bit counts.

This article was adapted from a great post on <https://thegrowtheq.com>. Check them out for more!

RECIPE OF THE MONTH: OVERNIGHT OATS

January is a great time to come back to some gold standard healthy habits, like meal prepping and eating healthy and regular meals. Breakfast cannot get any easier than overnight oats! Make a few days worth on Sunday night to set yourself up for some fast and healthy mornings. It is easy to modify the flavors and fruit to keep things interesting and tasty!



INGREDIENTS

- ½ cup old fashioned rolled oats
- ½ cup milk of choice
- ¼ cup Greek yogurt
- 1 tablespoon chia seeds
- 1 tablespoon sweetener honey or maple syrup
- ¼ teaspoon vanilla extract

DIRECTIONS

- Place all ingredients into a large glass container and mix until combined.
- Cover the glass container with a lid or plastic wrap. Place in the refrigerator for at least 2 hours or overnight. Toppings can be added the night before or immediately before serving.
- Uncover and enjoy from the glass container the next day. Thin with a little more milk or water, if desired.

FLAVOR COMBINATIONS TO TRY:

- Peanut Butter & Jelly (peanut butter, jam, berries, peanuts)
- Apple Pie (diced apples, pecans, maple syrup, cinnamon)
- Banana Nutella (banana, nutella, hazelnuts, chocolate chips)
- Almond Joy (coconut, almonds, maple syrup, chocolate chips)
- Or try adding in any combination of hemp hearts, cacao nibs, spices, protein powder, cocoa, fruit (fresh/frozen/dried), psyllium husk, granola, nuts, seeds, or whatever else is in your kitchen!

ARE YOU PT CURIOUS?

BVS has a team of Personal Trainers that can help you reach your goals! Why get a trainer?

- accountability - one of the biggest reasons PT is helpful - you can't benefit from a workout that you don't do. So if you struggle to get it done, accountability is a big deal.
- education - not sure what to do? A PT can teach you!
- challenge - not everyone will push themselves as hard as they are they are really capable of. PTs are skilled at pushing you within the boundaries of what is safe.
- fun! - if you get bored or like some *spicy* exercises thrown in to keep things exciting, a PT will have endless ideas for you
- specific goals - if you have very specific goals, you may need a tailor and progressive training plan.

What does it cost?

LIVNorth has *very* reasonable PT rates! Session rates are determined by package size and session length and begin as low as \$40 (for a 30 minute session). Got a work out buddy? Partner training rates start at \$43 (for 45 minute sessions). Email bvsinfo@livnorth.com or stop by the desk to learn more!