

# BOW VALLEY SQUARE

FITNESS CENTRE NEWSLETTER

## UPDATES



Everyone is doing such a great job at our Habit Transformation Challenge! We are half way through this 6 week challenge so if you haven't started yet, there is still time to join in!

A reminder that May 22nd is Victoria Day - there will be no classes and the facility will be open with holiday hours.

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## GROUP FITNESS NEWS

Mondays are hard - we hear you! So starting May 1st, we are going to move our Sunrise Yoga from Monday mornings to Tuesday mornings! Same time - 7am, and same great vibes!

**A SPECIAL THANK YOU TO EVERYONE WHO PARTICIPATED IN THE CYCLE FOR LESS ENERGY EVENT SPIN CLASS!**

**THE EVENT SHOWCASED THE AMOUNT OF EFFORT NEEDED TO GENERATE ENERGY REQUIRED FOR EVERYDAY APPLIANCES AND IT WAS CALCULATED THAT OUR SPIN CLASS PARTICIPANTS PEDALED THE EQUIVALENT OF 4500 WATTS OVER 45 MINUTES. THIS IS APPROXIMATELY THE AMOUNT OF THE ENERGY NEEDED TO POWER A HOUSEHOLD WATER HEATER FOR 24 HOURS! CONGRATULATIONS TO BOBBY TORONCHUK, WHO WAS THE WINNER OF OUR GIVEAWAY DRAW FOR A \$50 OXFORD GIFT CARD AND A FREE MONTH'S MEMBERSHIP."**



## Single arm chest press

This is another favorite of ours, similar to the February move of the month. It is an exercise using weight in only in one hand, incorporating both strength and core stabilization.

### The set up

With one weight in one hand, lie down on the bench. Set the shoulder blades down and engage the core to ensure a strong position on the bench. Extend the non working arm so hand is in line with the shoulder straight up to act as a counter balance.

### How to do it

Start with the weight at chest level, take a deep breath in to engage the core and stabilize on the bench. Press up and exhale at the top of the movement. Complete all the reps on one side and then switch arms.

## MOVE OF THE MONTH



# GO ON, GET OUTSIDE!

But do it the safe and smart way!

Need some tips on getting out into mother nature's playground with confidence? Then check out these basic safety tips and reminders! And then get ready to plan for an epic summer of adventures and outdoor fun!



**Adventures of all Kinds** - Before you go, it is important to make sure the area/trail you have in mind is appropriate for the activity you want to do. Is it a hike or a scramble - and are you comfortable with the hazards? Most trails are dog friendly, but are they on leash/off leash? Your dog's behavior and recall could be an important factor. If there is any kind of scrambling, it may not be a good idea to bring them unless they are sure-footed or can be carried. If you are planning to bike, it is also important to figure out if biking is allowed and a reasonable option (example - steep trails are usually not great for biking). Some trails are busier than others, which may also influence your choices - a busy single track is less than ideal to downhill mountain bike on. And make sure you are comfortable with how technical a mountain bike route is. These things may influence when/where you go. Always bring the RIGHT GEAR for your adventure.

**Animal Safety:** Avoid surprising the wildlife by letting them know you are there - performing bear calls or just chatting loudly is a great habit to be in. Bear bells don't actually work very well, and shouldn't be relied upon. Read up on wildlife safety and learn how to respond if you have an encounter. ALWAYS carry bear spray (within 2 seconds reach!) and learn how to use it. Never leave garbage or food scraps out in nature, and never feed wildlife.

**Safety from the Elements:** Always check the weather before you head out on an adventure (and consider any elevation changes). What you carry will depend on your outing, but you may want sunscreen, an extra layer/water proof layer, an emergency blanket, a small first aid kit, along with plenty of water and snacks. You may also want a headlamp, water filter, and toilet paper for longer outings. Learn what to do in the case of extreme weather - things change fast in the mountains. And don't forget, even into spring/summer - be aware of any avalanche conditions!

**Staying Found:** Whether you go out with others or alone, always let someone you trust know when and where you are going, and check back in with them when you are done. That way if they don't hear from you, they know where to start looking. Download maps/GPS tracks (from trusted sources ONLY) so you know where you are headed. Guidebooks are the ultimate resource! If you are out often enough, a satellite communicator is a worthy investment for keeping in contact and for emergencies.

## **REMINDERS:**

- **A PARK PASS (NATIONAL PARK OR KANANASKIS) MAY BE REQUIRED - CHECK WHERE YOU ARE HEADED AND GET WHAT YOU NEED BEFORE HAND TO AVOID FINES.**
- **SOME TRAILS/AREAS EXPERIENCE SEASON CLOSURES OR HAVE SEASONAL RESTRICTIONS (LIKE MINIMUM PARTY NUMBERS) - DO YOUR RESEARCH BEFORE YOU GO TO AVOID DISAPPOINTMENT. THERE CAN ALSO BE UNEXPECTED CLOSURES OR WARNINGS TO BE AWARE OF. SOCIAL MEDIA CAN BE HELPFUL FOR FINDING OUT RECENT TRAIL CONDITIONS, BUT DON'T RELY ON IT ALONE.**
- **BE A STEWARD OF THE LAND AND LEAVE IT BETTER THAN YOU FOUND IT - NEVER LITTER, PICK UP ANY GARBAGE, CLOSE BEAR BIN LIDS, DO NOT FEED WILD ANIMALS**
- **KEEP YOUR FITNESS LEVEL, EXPERIENCE, AND SKILLS IN MIND WHEN CHOOSING A DESTINATION. WHAT YOU FEEL IS "HARD" OR "SCARY" MAY BE SOMEONE ELSE'S "EASY"**

## RECIPE OF THE MONTH:

### ROASTED SWEET POTATO, AVOCADO AND FETA SALAD

#### INGREDIENTS

- 1 sweet potato, diced
- ½ red onion, cut into thin wedges
- 1 tablespoon olive oil
- 2 cups spinach leaves (or your fav greens)
- ½ avocado
- 25 grams / 0.8 oz feta cheese
- handful chopped almonds (or try pine nuts, walnuts or pecans instead.)

#### HONEY LEMON VINAIGRETTE

- 2 tablespoon Extra Virgin Olive Oil
- ½ Lemon, juiced
- 1 teaspoon Honey, sub for maple syrup or brown rice / rice malt syrup
- Salt + Pepper, to taste

#### INSTRUCTIONS

- Heat oven to 200C / 390F.
- Place sweet potato and red onion on a baking tray lined with baking paper and cover with olive oil. Mix with your hands to ensure all pieces are coated.
- Place tray in oven and bake for 20-30 minutes, until sweet potato is cooked through, flipping once half way.
- Place honey lemon vinaigrette ingredients in a small jar, mix with a spoon (loosens the honey), then cover and shake until well combined.
- To assemble, place all ingredients into a bowl and drizzle dressing on top, then toss gently.



#### ***NOW PRESENTING: INSPIRATION CORNER!***

***HAVE YOU EVER WATCHED A MOVIE THAT HIT YOU HARD? MADE YOU WANT TO CLIMB A MOUNTAIN OR ENTER A COMPETITION? THAT STIRRED UP YOUR SOUL? WE WANT TO HEAR ABOUT IT!***

***ADD YOUR FAVORITE INSPIRATIONAL MOVIE TO THE GYM WHITE BOARD AND WE WILL SHARE THE TOP RESPONSES IN OUR JUNE NEWSLETTER!***