



Updates

Congrats to our dead hang champions: Dan E. (1:52) and Jen G. (1:40)! The competition was fierce on this one! Nice work!!!

February is Heart Month! And to celebrate, we are playing **Heart Health Bingo!** Come by the desk and get your bingo card to start playing. Every completed line you get = one entry into our grand prize draw at the end of the month!

Jason is holding a squat workshop! Work on techniques and get direct feedback on your form. Our first session on Feb. 2nd is full, so we have added another on Feb. 22nd at 10:30am. Stop by the desk or email jwong@livnorth.com to see if there is still space!

This month, the Women on Weights will be on February 6th at 7:15 am and will focus on portable equipment.

In this issue:

- Updates - 1
- Group Fitness Classes- 2
- Exercise of the month- 2
- Article: Goal setting tips- 3
- Recipe of the month- 4

Group Fitness Updates

Our new Thursday afternoon yoga with Kate has had lots of positive feedback and so we are keeping that on the schedule! This month we will say good bye to Time to mobilize on Mondays, and hello to a new Tuesday Circuit class at 11:30! This class will be a mix of cardio and strength, with a focus on compound movements. It will take place around the Connexus Unit, so class size will be limited to avoid disrupting other gym users.

Classes have been busy in the last month which we LOVE to see! If you have your heart set on a particular class, sign up early to avoid disappointment. And PLEASE cancel yourself out of a class if you cannot make it as many of our classes are now on wait lists. If you are unable to cancel yourself, shoot us an email or give us a call at 403-705-1173 and we can do it for you.

Exercise of the month: Single Arm Overhead Press

This exercise is a favorite of ours because it uses a lot of core strength! Putting a heavy load in one hand only means the muscles of the core work hard to stabilize while you press.

The Set Up

Hold one weight in one hand, just below ear height. Find a neutral pelvis position, and engage the core. Keep that core engaged the entire time. Extending the other arm out will help with stability and is optional.

How to do it

Press the weight up overhead while you breathe out, avoiding locking out the elbow at the top. Breathe in and lower back to the start position without twisting or ending in the waist. Do all your reps on one side, then do the other arm.



It's February 1st... Do you know where your resolutions are?

It is easy to get wrapped up in the hype of wanting to change. We have big goals, and big expectations of ourselves. And January 1st feels like a great time to dive in!

But setting high standards right outta the gate is basically an invitation to failure. That doesn't mean big goals are impossible... but if we are being realistic, it's a lot more unlikely.

So what is a #goaldigger supposed to do?

It is simple (notice I did not say easy... it may not be easy, but it is simple) - start small.

Think of it like layers on a cake: You start with a small habit as your base layer. Maybe it is a quick habit that doesn't take long - like 1 minute of meditation. Or laying out your gym clothes the day before. Or prepping some bags of veggies for the work week ahead so that during the week (maybe a bigger investment on day 1, but zero effort on days 2, 3, 4, 5). Whatever your end goal desired habit is, find a very simple/fast/low effort baby step towards it. And that is where you begin. Make it so easy you CANNOT fail at it.

When you've had some practice at your base layer habit, and you are feeling confident, add your next layer. You don't add a cooked second layer to an under cooked base layer or your cake would fall apart. Cook your second layer - progress your habit.

Continue this cycle, adding on only once you have gotten a good grasp on the your current step. With time and consistency, you cannot fail. You will reach your goal. The only thing you cannot do is quit, and you will succeed. Even with setbacks. Things will happen, life will blow up, the stars won't align. But if you fall back on your most basic habit you can keep up instead of giving up entirely, you may find getting started after disruptions isn't so bad.

So what happens if you are still struggling? You just need to make your base layer habit easier. As easy as it needs to be to still be some kind of intention and action, and done with consistency.

Remember, bake your layer before you add another.
And eventually you will be going to have a fully baked habit.



No Bake Chocolate Peanut Butter Oatmeal Cups

Ingredients

peanut butter oatmeal cups

- 1 cup natural, unsalted creamy peanut butter
- ¼ cup + 2 tablespoons pure maple syrup
- 1 ¾ cups gluten free rolled oats

chocolate topping

- ½ cup chocolate chips
- ¼ cup + 1 tablespoon unsalted, natural creamy peanut butter

Directions

1. Lay a large or mini silicone baking pan on a medium baking sheet (this makes removal easier, but you can also use paper liners). Set aside for later.
2. In a large, microwave-safe bowl, add peanut butter and maple syrup. Whisk together until well mixed.
3. Heat in 20-second increments in the microwave until warm and fragrant, and the mixture begins to dry out (about 4-7 rounds). Whisk in between heating increments. You can also use the double boiler stove top method.
4. Add oats to the peanut butter mixture. Use a rubber spatula or wooden spoon to fold until thoroughly combined.
5. Using a small or medium cookie scoop, scoop and drop balls of cookie dough into the cups of the baking pan. Using a spoon, press and flatten mixture until tops are smooth and dough is evenly distributed in the cup. Use extra dough in another pan, or make thicker cups.
6. Make the Chocolate Topping: Use the double boiler method or do the following. In a medium, microwave-safe bowl, add the Chocolate Topping ingredients. Heat in 20-second increments until softened and melted. Stir until smooth.
7. Pour this chocolate mixture over the cups. Tap the pan to smooth chocolate topping into an even layer.
8. Chill in the freezer for 15-25 mins, until firm. Enjoy!

