

NEWSLETTER

Updates:

The facility will be operating under weekend hours with **no staff or classes on September 4th** for Labour Day. Enjoy the long weekend!

Congratulations to our push up champions! Josh C. got 72 and Sharon B. got 35! Way to go!

This month, we are adding a couple of classes to our schedule and to celebrate, **we are playing BVS Land!** Do a group fitness class, and you get to roll the dice. Move your player along the board for your chance to win!

Check out page 2 for all the **fun events happening this month at BVS** - including Women on Weights, a Lunch and Learn, and our squat workshop!



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Group Fitness and Special Event News

We are SO EXCITED to announce that we are adding two new classes to the schedule this fall!

45 minute Spin class on Thursdays at 12:05pm taught by Kim and an express 30 minute Core Class on Mondays at 1pm taught by Lana!

We have a few returning events happening this September!

Join us on September 20th at 12pm for our next **Lunch and Learn! Practical Nutrition Tips** you can apply to everyday life. Advanced registration is required - see us at the desk or email bvsinfo@livnorth.com to sign up.

Women on Weights with Steph is back on September 6th at 10am! This is a great way for women to get more comfortable in the weight room. And our **Squat workshop with Jason** will be running again for anyone who missed it the first time, or for those who want to check in on their progress. Session 1 is Sept. 13th at 1pm, session 2 is on Sept. 28th at 10:30am. Sign up for these sessions early as space is limited to ensure quality instruction!

Movement of the month: Bosu Ball Mountain Climbers

Why do it

This is a great exercise for your core and shoulders. It improves overall strength, stability and agility while incorporating an endurance component.

The set up

Have the dome side of the bosu ball facing down and hold on to the edges in a high plank position. You can modify by being a low plank position instead if you have any wrist discomfort.

How to do it

Starting in the high plank position, ensure your shoulders and hips are in a straight line. Begin to tuck one knee to the opposite elbow while engaging your core for stability on the ball. Alternate legs, tucking your knee toward your opposite elbow. You can do the movement for a set number of reps or a set number of time (ex. 15 reps/leg or 30 seconds).



What Is The "Best" Diet?

You've heard of them all, and maybe you've even tried some - Paleo, vegetarian, vegan, keto, low carb, mediterranean, raw food, gluten free, blood type, the zone, weight watchers... but what is the BEST diet?

Some of these nutritional methods are at complete odds with each other - so how are you supposed to know what is the best one? It would make things so much easier if we knew just what exactly the perfect combination of foods are that we need to eat for good health!

While it is true that at first glance, these diet camps are totally conflicting, if you start to dive into the guiding principles of each way of eating, you will begin to notice some common threads. There are certain things they all have in common:

- 1- They raise nutrition awareness and attention** - they make you stop and think about what you are eating which naturally leads to better choices.
- 2- They focus on food quality** - most if not all the different nutrition camps support eating whole, minimally processed, nutrient dense foods. This is a critical factor for people looking to improve their nutrition.
- 3- They eliminate nutrient deficiencies** - diets that have you eating more unprocessed and nutrient dense food help reduce common deficiencies - which can lead to us looking and feeling better quickly. We get more water, vitamins, minerals, proteins, and essential fatty acids eating more whole foods, no matter what they are.
- 4 - Help control appetite and food intake** - when we are more aware of what we are eating, eat higher quality food, and eliminate nutrient deficiencies, we end up eating less food overall due to feeling more satisfied.
- 5- They promote regular exercise** - when people pay attention to eating, they typically think of their activity levels too. This combination leads to a greater level of success.

Outside of this general advice falls gluten free and intermittent fasting. Gluten free is only necessary for those who react poorly to foods containing gluten. That could be a fully diagnosed Celiac, who has an autoimmune response to the gluten in food, or it could be someone who find themselves gluten intolerant - where there is no immune response from the body, but the food just isn't digested or tolerated well. You can apply gluten free eating to any one of the above diets as necessary.

Intermittent fasting is leaving large gaps between meals (aka "fasting window") and only eating within designated hours ("eating window"). The science on this one is split and inconclusive, and is even harmful for some folks (like a diabetic who needs to closely control blood glucose levels). However, if you decide this eating style works well for you and your lifestyle, you can apply any of the nutritional methods just the same. This one is not about "the what" you eat, but "the when".

In the end, there is no one "universal best diet". There is just what works best for you - something you can commit to long term, still experience life joy, and feel great following. People are so different, and at times in your life, you will be different than you used to be. You can find success with many different ways of eating, so there is no wrong or right - just what is right for you, right now.

Recipe of the Month:

Hot Spinach Artichoke Dip

INGREDIENTS

- 8 cups Fresh Spinach (mixed greens work as well)
- 2½ cups Chopped Artichoke Hearts
- ⅔ cup Cream Cheese
- ⅔ cup Greek Yogurt
- ½ cup Shredded Mozzarella
- ¼ cup Grated Parmesan
- 1 tsp Garlic Powder
- ½ tsp Black Pepper
- ¼ tsp Salt

INSTRUCTIONS

- Preheat oven to 350°F and lightly grease a 1 quart (4 cup) casserole/baking dish.

Prepare Spinach:

- Heat a large saucepan over medium and cook spinach until completely wilted, about 3-4 minutes.
- Allow to cool (place in fridge or freezer to speed up), then squeeze out all the water using paper towels if necessary. (Make sure you get as much out as possible).
- Chop artichoke into small chunks.

Make dip:

- In a large bowl, stir together cream cheese, yogurt, mozzarella, parmesan, garlic powder, salt and pepper. Add spinach and artichoke and mix.
- Transfer to casserole dish and bake for 25 minutes until cheese is melted, bubbly, and lightly browned.
- Optional: sprinkle with red chili pepper flakes, serve with tortilla chips or bread



Inspiration Corner: BVS Playlist Results:

Beastie Boys - Sabotage

Tiesto and Chainsmokers - Split (only U)

Nickelback - Burn it to the Ground

La Roux - Bulletproof

Bruce Springsteen - I'm Going Down

Junior Senior - Move Your Feet

Notorious BIG - Hypnotize

Static X - The Only

The Scratch - Another Round

Marten Harger/BIJOU - I know

West Rose - Next Big Thing

Sage the Gemini - Tick Tick Boom

Sturgill Simpson - Sing Along

High School Musical - Breaking Free

Avo Max - The Motto

Rammstein - Du Hast

Didn't add YOUR favorite song? You still can! email us at bvsinfo@livnorth.com your song and we will add it!