

NEWSLETTER

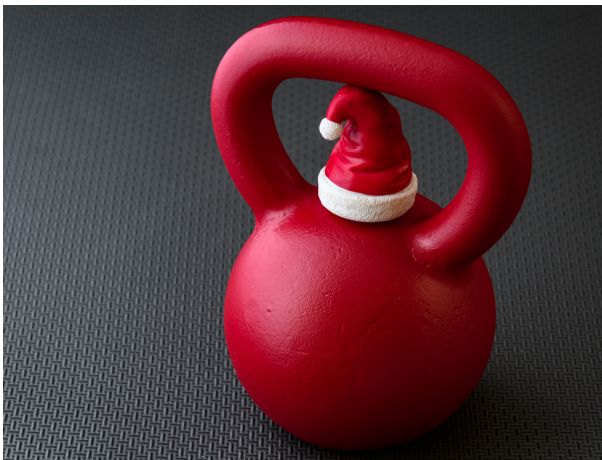
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UPDATES

Congrats to everyone who partook in the Choose Your Own Adventure Nutrition Challenge, especially our winner Amanda E.! So many of you made great progress with some valuable nutrition habits and you should be proud!

Jolly Jolene The Elf is BACK! Find her at the desk every weekday for the BVS 12 Days of Fitmas, running December 1st to the 18th. Each day JoJo will have a new exercise to do - complete it and get entered in for daily prizes.

Please see the Group Fitness Section for Class Schedule changes in December. The facility will be operating with holiday hours (6am-10pm) and no staff on December 25th and 26th, as well as on January 1st. We will have modified staffed hours on December 27th to 29th, which will be posted at the front desk.

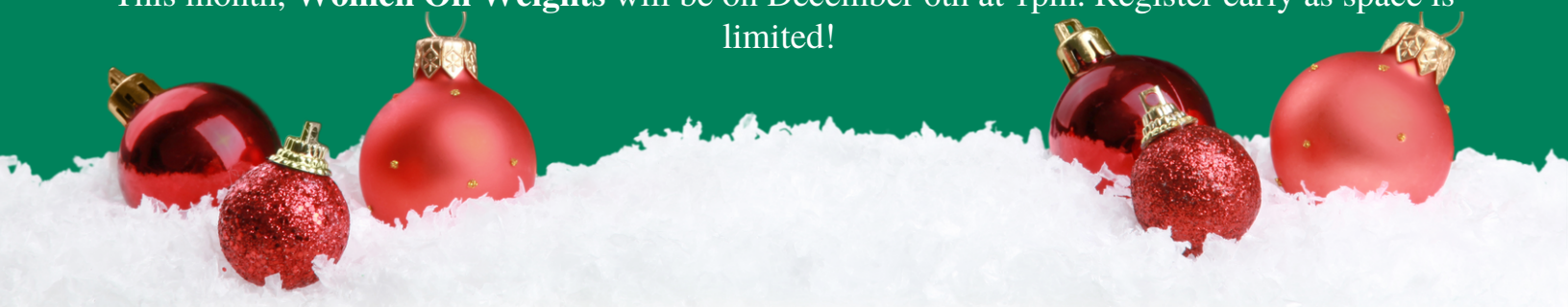
GROUP FITNESS NEWS AND EVENTS

Are you looking for some more late week cardio? We have changed the Thursday spin class to a **HIIT class** with Kim! Come get sweaty with a little bit of stepping and jumping, and a whole lot of fun and energy!

Did you ask Santa for a stronger core? Join us on December 7th at 12:05pm for a **Pop Up Pilates Class!** Lana will lead us through 45 minutes of strengthening and toning with a focus on core.

We will have a reduced group fitness schedule running December 18th-21st. Please see the desk and/or Wellness Living for full details. Don't miss The **Holiday Special Class** - a special one hour class taught by both Jason and Steph! It is our Christmas Gift to you!!! There will be **no classes** from the 22nd to the 1st with things back in full swing on January 2nd, 2024!

This month, **Women On Weights** will be on December 6th at 1pm. Register early as space is limited!



MOVE OF THE MONTH PLANK JACKS

Why do it

This is a whole body movement as it requires you to stabilize your hips, spine, and shoulders . It challenges you to engage your core while moving your lower body therefore also increasing your cardio capacity.

The set up


There is no equipment required for this exercise. Start in a high plank position, with your hands placed below your shoulders while keeping a straight line with your core engaged.

How to do it

With a slight bend in the knees hop both legs to the side landing on your toes. Return back to starting position with another hop, this is similar to a jumping jack motion. You can modify this by stepping out with your left leg first, return back to the start position and then step out with the right leg and keeping alternating until you complete the set number of reps.



HOLIDAYS WITH A SIDE OF HEALTHY



**It's the most wonderful (and indulgent) time of the year
And that is perfectly okay!**

The holidays are a special time spent with loved ones and this isn't the time to punish ourselves for being a bit slack on our exercise or nutrition. But things can quickly add up over the next month if we aren't mindful - stress, calories, missed workouts, and can lead to us just not feeling our best. So here are some tips at keeping a touch of healthy while also keeping all your holiday fun!

1- Workout With Friends - This has a few benefits - it helps create accountability, it is always fun to work out with friends, and if you are competitive, it can lead to a tough workout! Find a festive fitness class, hit the stairs, go for a run or a walk, or do a workout in the gym. Your fit friends will appreciate having the fitness date to keep them accountable during this time of year too!

2- Mindful Moments - The holidays are wonderful, but they can also be stressful. Don't forget to set time aside to turn inward for a few minutes each day. Set a reminder on your phone to list 3 things you are grateful for, find a holiday yoga class, spend a few minutes breathing deeply before you go to sleep at night, or try out a meditation app. It can be very easy to get overwhelmed when we get busy, so prioritize this important time for yourself and your mental wellbeing.

3- Aim for a Minimum Fruit/Veggie Serving Daily - Pick a number of servings of fruits and veggies you can reasonably hit - this isn't time for a diet overhaul. We are looking for a minimum number you usually do in your normal daily life, so that you can aim for it and know you are still fueling your body with the good stuff come the holidays. That way, when you hit the holiday parties, you know if you need to steer closure to the veggie tray to hit your daily target and keep feeling awesome.

4- Get High Quality Sleep - Showing up to every event tired isn't going to make your season merry. Prioritize your sleep schedule and pre-bed rituals to help keep your energy high and your immune system rocking. Be aware that alcohol can have a big impact on our sleep quality - if you partake, do so in a way to minimize any negative impacts on your sleep (watch quantity, time of night, and re-hydrate with plain water)

5- Watch the Liquid Calories - Whether they are alcoholic or not, high calorie beverages are everywhere during the holidays. Enjoy, but be mindful of your intake. Find balance by making sure you are still getting in lots of water - bring your water bottle with you everywhere you can, and try alternate drinks with plain water to help keep you hydrated.

RECIPE OF THE MONTH: PESTO TWIST PASTRY CHRISTMAS TREE



Ingredients

- 2 x sheets of square puff pastry*
- 8 tbsp pesto (homemade or from the supermarket) - red or green or half and half
- 90g Parmesan cheese, finely grated
- 1 egg (for egg wash) + 1 tbsp of cold water, milk or cream

* find puff pastry in the frozen aisles of supermarkets, defrost over night in the fridge or on the counter at room temperature for about 30 minutes until the dough is workable but not too soft. They are available in sheets or rolls or either squares or rectangles. It doesn't matter here which one you use



Method

1. Pre-heat oven to 375 and prepare a large baking tin with baking paper and set to one side
2. Layer one sheet of puff pastry on top of the other with a sheet of grease proof paper in-between each slice (they usually have sheets of grease proof paper between them when you buy them - this is great to use) on a chopping board, cut a 'tree shape' using a sharp blade. You can slice them individually if you like but I like the sandwich method as it ensures both top and bottom are the same size and shape. Once sliced, separate the two tree shapes
3. Discard the extra puff pastry or use to cut stars and shapes out with
4. Lay the bottom tree shape on the prepared baking tin and use a few tsp of your chosen pesto and smear thinly over the base. Avoid using tsp's with lots of excess oil in as this can make the pastry quite soggy. If using 50:50 do one half with green pesto and one half red
5. Carefully sandwich the top of the tree on. Use a sharp knife to cut the branches, which we'll twist later. Make sure you leave a 1-inch "trunk". See diagram, below (not to scale). The solid lines are the untouched pastry sheets and the dotted lines are the Christmas tree shape, base and branches
6. Once you've cut the branches, use your fingers to twist each branch, starting from the bottom (two or three twists depending on the size) up the the top (one twist). Once finished, place in the fridge for at least 10 minutes. This will help keep the twists in place
7. To make the egg wash, use a fork to whisk the egg and cold water/milk or cream together in a small bowl. Once the pastry comes out the fridge, use fingers or a pastry brush to cover the pastry. If you have any extra cut out pieces (stars etc.) then do this with them too
8. Scatter some very finely grated parmesan cheese over and bake for 20 minutes or until golden brown and crisp to touch. Smaller pieces and pastry cut outs may be ready quicker so use separate trays and keep an eye on them
9. Serve with dips, chutneys and relishes of your choice! Goes great with a veggie tray!

