



APRIL 2023

BVS FITNESS CENTRE

Newsletter

Updates

A huge round of applause for the white board challenge winners: x and x! This month's challenge to squat with your body weight on the bar was a tough one and there was a handful of members who took this challenge head on!!! Way to go!

This month we are SO EXCITED to announce our next event... **The Healthy Habits Challenge!** This 6 week challenge will run from April 9th to May 20th, and have a new habit for you to focus on each week. Track your progress with... you guessed it - STICKERS! 3 stickers = 1 draw entry. 5 stickers = 2 draw entries. 7 stickers = 3 draw entries. Through education and practicing habits, we hope to help you integrate some healthy habits on the regular. Watch for more details at the front desk!

April 7th is Good Friday and the facility will be open with unstaffed weekend hours and no classes. We are back on Monday with regular hours and classes! Enjoy the long weekend!

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Group Fitness News

Have you tried our new Monday Morning Sunrise Yoga? Start your week off in the BEST way with a little flow and breath work!

Do you have a coworker who is class curious? Bring them on down! **Any tenant who is not a gym member is welcome to come and try us out for free** to see what all the fuss is about! If you have a friend who would like to do a trial class and you are worried about space in the class, just let us know and we can put a spot aside for them. Build that gym buddy crew so that you'll never want to miss a workout!

While we can't make a schedule that suits everyone perfectly, we love your feedback and are listening! Keep it coming!

A Reminder that there are no classes April 7th

Move of the Month: The Sumo Squat

Why do it?

A sumo squat is a great squat variation for anyone with limited hip mobility or anyone having issues with squat depth. It's also a great exercise for targeting the adductors (inner thigh).

The set up?

Start in your typical squat position and then take your feet out to be shoulder width apart and position your toes pointing outward. Ensure that you're in a position where your knees are tracking over your toes. Engage the core and keep good posture and a flat back.

How do it?

You can do them as a body weight exercise, or add a dumbbell, kettlebell or barbell. Begin to squat, driving the knees out, tracking inline with the 2nd/3rd toes. Ensure that you are keeping the shoulders back and chest up as you're squatting down. Keep the core engaged and breathe in as you come down. Breathe out as you drive into the feet and press back to your start position.





Common Vitamin and Supplements - and some tips on taking them

Overwhelmed when you head into the vitamin aisle? In a marketing heavy wellness world, it is understandable to get confused when you are faced with a wall of options. What vitamins are necessary? What can you skip? Read on for a basic intro to the most common of vitamins! If you have questions or specific concerns beyond general information, a registered dietitian is an amazing resource to help guide you! Many company health plans cover a visit to an RD and they are the only ones with the proper certifications and scope of practice to give specific advice. They can make a big difference with specific issues or chronic conditions - approaching these issues more holistically through lifestyle and diet. But if you are generally healthy and curious if you reaaaaaaally need any vitamins, read on!

Commonly helpful vitamin/supplements for the average Canadian:

- **Vitamin D:** the "sunshine vitamin", vitamin D is made by the skin with sun exposure, but due to our longer winters, many Canadians are deficient. Some foods (like milk) are commonly fortified with it, and if you eat a lot of vitamin D heavy foods, you may not need to boost your intake. But for many Canadians, this is not the case, and a supplement taken throughout the winter (at least) is helpful to prevent deficiency.
- **Vitamin Bs:** the B family is big, and each one is found in certain foods and plays a certain role. A healthy and varied diet is the best way to get your B vitamins, but some people will find that they still struggle to get what they need either due to their diet or to limited absorption. A trip to your doctor for your annual blood work will help guide you from here - you can supplement with any necessary B vitamins, or take a multi B that supports the whole vitamin family at once! Vegans/vegetarians will need a B12 supplement as there are no plant sources of this vitamin.
- **Digestive help:** if you love fermented foods, you may not need any digestive support. But if you don't get a lot probiotics in your food, you may benefit from a daily supplement. Not all probiotics are created equal, and some trial and error may be required to find the best fit for you - dosages, bacteria strains, brands, and frequency (example: after a round of antibiotics) will be variable. Prebiotics are foods that feed and support probiotics, and are a lot easier to get through a varied and healthy diet. Some people who need a little extra help may benefit from digestive enzymes. Again, this will vary on the individual and a dietitian can be very helpful guiding you through digestive support supplements.
- **Omega 3s:** Supplementation of essential fatty acids may not be necessary if you eat a lot of dietary sources (the best sources being fatty fish), but many Canadians do not, and they play a critical role in our long term health. Consider the source, dosage, after taste, and pill size when finding the right fit if your doctor/dietitian thinks you need supplementation.
- **Magnesium:** This mineral plays a huge role in many body functions and a whopping 1/3 of Canadians do not meet their daily intake needs. Magnesium comes in a few forms and some are easier on the digestive system. Taking it at night can help with sleep quality and prevent some of those digestive side effects, but again, there will be individual variability on how and what works best for you.



PUFFED QUINOA PEANUT BUTTER BALLS

INGREDIENTS

- 1 cup puffed quinoa
- 1/2 cup peanut butter
- 3–4 tbsp agave nectar
- 1 tbsp crushed peanuts (optional, for extra crunch if using smooth PB)
- 1 tsp vanilla extract
- chocolate (optional)

INSTRUCTIONS

1. In a mixing bowl, combine the peanut butter, agave and vanilla. If the mixture is too firm, heat it up on the stove a little bit.
2. Add the puffed quinoa (and peanuts, if using), and stir to combine.
3. Place mixture in the fridge for 15 minutes to let it firm up.
4. Remove from fridge, roll into 12 balls, and return to fridge for 15 minutes before serving.
5. Optional: dip some or all of the balls in melted chocolate.



Room for oxford announcements or bonus piece

