

March
2023

BVS FITNESS CENTRE

Newsletter



Updates

We hope everyone enjoyed our Healthy Heart Bingo! We sure enjoyed hearing about what new habits you tested out and hope some of them stick with you. Congratulations to our winners: Dustin R. and Laurel A.!

This month's challenge is for bragging rights - how many squats at your body weight can you do? Add your name and rep number to the white board! (example, you weigh 150lbs, the bar total weight is 150lbs)

On March 7th we are celebrating International Women's Day with a ladies only special Pilates fusion class! Advanced registration is required and class size will be capped, so sign up now!

We are adding two new classes to the group fitness schedule! Take a look on page two for details!

First we did squats, now let's talk deadlifts! Jason will be leading a deadlift workshop on March 16th and 29th at 10:30-11:30. The squat workshops all filled up so if you want to attend, we suggest signing up soon!

This month's Women On Weights will be on Wednesday March 8th from 10-11am and will focus on portable equipment. Sign up today to secure a spot!

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Group Fitness Updates

The classes have been busy and we are loving it! If you cannot make a class, please try to cancel yourself out of it with the website or app. If it is too close to class time, you won't be able to - but you can always give us a call or email us to let us know! We know work happens - so if you can't, don't stress out! But we appreciate the effort because that means someone else may get to join in the fun!

We have **TWO new classes** this month!

The Connexus Circuit was an immediate hit! So we have **added another on Thursdays at 11:30!** Jason will teach Tuesdays and Steph will teach Thursdays.

Namaste on Monday? Now you can! We are trying out a morning yoga class! Join us at **7 am every Monday for an energizing yoga flow!** Based on the feedback we receive, we may add more morning classes, so make sure you tell us what you want to see!



Exercise of the Month: The Pallof Press

Why do it?

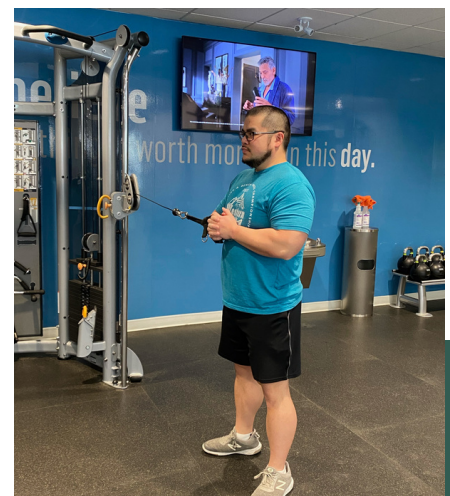
This is an anti-rotation exercise that is great for strengthening the core. It is a safer choice for those working through back pain/injury. It can also be progressed many different ways!

The Set Up:

Stand holding an anchored band or lightly weighted cable handle. Hold the handle/band at chest height with both hands, and step away from the anchor point. You should be perpendicular from your anchor point. Posture is everything in this exercise - neutral pelvis, navel drawn into spine and core engaged, ribs stacked over pelvis, shoulders down and back, head looking straight.

How to do it:

Once set up, slowly extend the arms out, and bring them back to the start position. Movements should be slow and controlled. You will feel your core kick on to resist the pulling of the band/cable.





Sleep: Quality and Quantity

How is your sleep quality and quantity?

Many of our members had a hard time with the bingo square labeled "3 x in one week of 7+ hrs sleep". The recommendation for sleep is currently 7-9 hours/night, and around 1/3 of adults do not regularly meet it. Even those who may get 8 hours a night but do not sleep well can suffer from sleep insufficiency. The sweet spot is quality and quantity.

The primary signs and symptoms of sleep deprivation include excessive daytime sleepiness and daytime impairment such as reduced concentration, slower thinking, and mood changes. Other side effects include reduced attention span, worsened memory, poor or risky decision-making, lack of energy, and weakened immunity. Symptoms can change depending on if the person is experiencing acute or chronic lack of sleep. Sleep plays a fundamental role in the effective functioning of nearly all systems of the body, so a persistent lack of sleep creates significant risks to physical and mental health. It increases risks of cardiovascular disease (and high blood pressure), diabetes, obesity, immunodeficiency, hormone abnormalities (and low sex drive), pain, mental health disorders, greater overall risk of death, and lower quality of life. Yikes!

Multiple factors can cause or contribute to sleep deprivation including poor sleep hygiene, lifestyle choices, work obligations, sleep disorders, and other medical conditions. You can improve your sleep quality by working on your habits and sleep hygiene. Try working on one or two things at a time and slowly build better sleep habits for lasting change. Once you've nailed one habit, try add in another.

1- Keep a consistent sleep schedule - while a weekend sleep in can seem tempting, going to bed and waking up at roughly the same time each day can really help your body prepare for sleep.

2 - Have a bed time routine - performing the same acts before bed - a warm bath/hot shower, a cup of tea, reading a book, a few mindful stretches - whatever helps set the tone for you, can be very helpful at cuing the body for sleep.

3- Keep your room dark and cool - This creates an ideal environment for high quality sleep.

4- Avoid doing other activities in the room you use for sleeping - try create a sleep sanctuary. This means no tv's in the room (which emit sleep harming blue light)

5 - Avoid stimulants/sleep disrupter - establish your caffeine cut off time and stick to it (typically around noon). Avoid or limit alcohol as it is a big sleep cycle disrupter and can reduce sleep quality.

6- Avoid napping longer than 30 minutes and altogether in the later afternoon or later.

7- Try get sunlight exposure during the morning - this helps set your circadian rhythm.

8- Avoid heavy meals before bed - this can cause discomfort and make falling asleep harder.

9- Exercise regularly - as if you needed another reason... just ideally not right before bed.

10 - And of course - Avoid technology and any stress producing activities before bed (like work!) Create boundaries and stick to them.



Recipe of the Month:

Chili Con Carne

Rich, velvety, deep and smokey chilli, packed with fiber and warming tex-mex spices. This dish is so versatile! Make it on the stove, in a slow cooker, make it as spicy as you like, make it veggie, make it vegan. Serve it with buns, rice, in tacos, over nachos, jacket potatoes or as a chili lasagna. It freezes incredibly well. The secret ingredient for a deep flavour - is dark chocolate!

Ingredients:

| | |
|-------------------------|--|
| 2 tbsp olive oil | 2 tsp hot chilli power (or cayenne) |
| 1 yellow onion, diced | 2 tsp dried oregano |
| 4 garlic cloves, minced | 2 x beef stock cubes dissolved in 360ml boiling water |
| 1 red pepper, diced | 2 tbsp Worcestershire sauce |
| 500g beef mince | 2 tbsp maple syrup |
| 2 tsp smoked paprika | 4 tbsp tomato puree |
| 4 tsp ground cumin | 2 x 400g cans chopped tomatoes |
| 2 tsp ground coriander | 2 x 400g cans beans, rinsed (red kidney and black beans) |
| | 30g dark chocolate |

Method:

1. Heat the olive oil in a deep, heavy bottomed saucepan over a medium - high heat. Add in the onion and sauté for a few minutes until soft and translucent. Add in the garlic and red pepper and sauté for another few minutes until cooked, being careful not to burn the garlic.
2. Add in the beef mince and cook until all the meat is browned, using a wooden spoon to break up the mince. Once browned, add in all of the spices except the oregano and stir to mix. Sprinkle in the oregano, rubbing it between your fingers - this releases the oils and imparts more of the flavour and aroma.
3. Pour in the stock and add in the Worcestershire sauce, maple syrup, tomato puree, chopped tomatoes and rinsed beans. Add 1 tsp of salt and let everything come to a gentle boil, then reduce to a simmer.
4. Simmer on a gentle heat for as little as 30 minutes or for up to 2 hours over a slightly lower heat for a deeper flavour and thicker, more rich sauce. Once it's ready, remove from the heat and add in the dark chocolate, allowing it to melt into the chilli and stirring through. Taste for seasoning and adjust as necessary.
5. Serve with sour cream (or greek yogurt/quark), lime wedges, guacamole and coriander.