

JANUARY 2024

BVS Fitness Centre NEWSLETTER

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NEWS AND UPDATES

Our Elf on the Shelf JoJo had the BEST time with you all this December! As she packed up her things, she tipped her hat to all the hard work you guys did and asked us to pass along her **Congratulations to all of our winners!**

This month we compete for white board bragging rights and test our balance! **How long (in seconds) can you balance on your left and right side?** Too easy? Try eyes closed! Top females and males get a spot on the white board!

Thank you all for your patience with our water fountain! The new one is now installed and things are back to usual!

GROUP FITNESS AND EVENTS

WOMEN ON WEIGHTS

Are you unsure of lifting on your own? Join us for our Women on Weights Workshop to learn the how, what, why, and when! This months WOW will be on **January 10th at 10:30 am!** Sign up early as space is limited to 5 - ask us at the front desk or email sdavies@livunltd.com

INTRODUCING - PILATES!

We received so much positive feedback after our pop up class, that we are very happy to announce our new weekly **Pilates class!** Lana will be joining us every Wednesday at 1pm for 45 minutes of fitness for a balanced full body workout that will help improve posture and strengthen the core.

SQUAT WORKSHOP

Are you wanting to learn how to squat or perhaps want feedback on your form? Join Jason on **Thursday January 18 10:00am-11:00am or Monday January 22 1:00pm-2:00pm.** Space is limited so email jwong@livunltd.com to reserve your spot.

EXERCISE OF THE MONTH: TRX KNEE TUCKS

WHY DO IT?

THE TRX IS A GREAT TOOL FOR PROGRESSING YOUR CORE WORKOUTS. IT IS A GREAT WAY TO CHALLENGE AND INCREASE CORE STABILITY AND STRENGTH.

THE SET UP

IN A KNEELING POSITION FACING AWAY FROM THE TRX, GET YOUR FEET IN THE FOOT CRADLES. THEN POSITION YOUR HANDS AND UPPER BODY IN A PUSH-UP POSITION AND LIFT YOUR KNEES OF THE GROUND TO GET INTO A SUSPENDED POSITION. ENSURE YOUR SHOULDERS, HIPS AND FEET ARE LINED UP IN A STRAIGHT.

HOW TO DO IT

SET YOUR SHOULDER BLADES DOWN, TAKE A DEEP BREATHE IN AND BRACE THE CORE. INITIATE THE MOVEMENT BY BRINGING YOUR KNEES IN TOWARDS YOUR CHEST AND EXHALE. THEN RETURN TO STARTING POSITION AND COMPLETE YOUR REPS OR DO FOR TIME.



HABIT PAIRING

LOOKING TO BUILD A NEW HABIT? START WITH WHAT YOU ALREADY DO!

You hear it all the time - people mean to take their vitamins, stretch, drink water etc etc... but they forget! Starting a new habit is HARD! We aren't used to the task so it isn't a part of our daily routines, and it easily slips our minds. So if you are looking to add a new habit to your life, consider pairing it with a pre-existing one.

To pair an existing habit with something you are trying to add into life, begin by establishing what you are trying to add, where in your house/day that happens, and what other things occur in that same place/time.

For example-

If you want to: take daily vitamins **Try:** leave your vitamins (preferably organized or at least easy to grab) next to something you do every morning (like making coffee - so leave them next to the coffee pot)

If you want to: drink more water **Try:** leave a big water bottle on your desk at work next to your mouse. Try empty it once or twice (depending on size) a day. Or leave a large glass to be filled and drank next to something you do every morning, such as where you brush your teeth or next to the coffee pot.

If you want to: stretch, do mobility work, or physio exercises **Try:** Build it into the warm up of your workout (if you are consistently working out) or do it while you watch your favorite tv shows at night.

If you want to: bring your lunch **Try:** Packing it up for the next day as you clean up the dinner dishes. If you leave it until the morning, it is far less likely to happen.

This is a very simple but powerful idea.

It isn't about will power or commitment, it is just about tweaking your environment to help you build a new routine. If done long enough, you likely won't need that initial trigger to complete your now established habit. The point is cultivating your systems so that it helps create the results you want to see instead of relying upon your memory or whims to accomplish a task.

When we create great systems, it makes it hard to fail.

If you are still struggling with a new habit, use technology! Set a reminder on your phone or computer at whatever frequency you need! Electronic reminders are an excellent back up for building habits and work for almost anything. Set reminders for supplements, movement breaks, drinking water, cutting back on technology before bed, starting your unwind time, doing a meditation, stretching... anything. It just helps trigger your memory to do your new habit.

RECIPE OF THE MONTH: TRIPLE BERRY BAKED OATMEAL

January is the best time to come back to classic healthy habits, like meal prepping and eating healthy and regular meals. A warm and tasty breakfast that you can batch cook, freeze, and warm up on busy days is just perfect! Baked oatmeal is super easy to alter depending on your fridge contents and preferences.



INGREDIENTS

- 2 cups old fashioned oats
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 1/2 cups milk (any type)
- 1/4 cup maple syrup
- 1 large egg
- 1 teaspoon vanilla extract
- 2 cups mix of blueberries, blackberries, and cut up strawberries

DIRECTIONS

- Preheat your oven to 375 degrees. Grease a medium (~2 quart) baking dish and set aside.
- In a medium bowl, mix together the oats, baking powder, and salt. Add the milk, maple syrup, egg, and vanilla. Stir well. Stir in the berries.
- Pour the mixture into your casserole dish. Bake in the preheated oven for 20 minutes or until firm to touch. If using frozen berries, you may need to cook a little bit longer.
- Serve with a small splash of maple syrup, cut bananas, or a sprinkle of hemp hearts or chia seeds!

NEED A JANUARY KICK IN PANTS?

Try some (or all!) of the tips from this list to keep you accountable and consistent this month:

- Book it off - schedule your workouts like a meeting
- Plan your week - look at your week and plan what days your workouts will be, what days will be too busy, and what days can be “plan B” workout days or how you can modify your workouts if needed
- Do it early - a lot of people find morning workouts easier for consistency because the day can’t get away from them
- Get a trainer - there is no better accountability than a one on one training session! Did you know we offer personal training? Come chat with us if you have questions!
- Do a class - They provide a serious boost of energy and are always different, keeping things interesting. See our full class schedule online or at the fitness center front desk!
- Find a group - finding a group of like minded folks is awesome for accountability and also a great way to make friends who are also keen to be active. Try the meet up app!