



Updates

- Thank you all SO MUCH for your patience while we work to repair our space after the burst pipe. We recognize that the space isn't ideal right now, but please know they are working hard to get our beloved space back to 100%! See page 4 for more details.
- **Congrats** to our single leg balance champions! Josh C. and Jessie G. were the steadiest ones out there!
- February is Heart Month! And we want you to get your cardio hardio on during **The Healthy Heart Challenge!** Do 30 minutes of any type of cardio, any intensity, for your daily sticker! At the end, your number of stickers determines your number of prize entries!
- Jason's **Deadlift workshop** is back - The first session is Feb. 6 from 1:00pm-2:00pm, and the second is on Feb. 14 at 10:00am-11:00am. The **Women on Weights** workshop will be on February 7th at 10:30 -11:30 am. See page 2 for more.
- Please note there are **no classes or staff on February 19th for Family Day.** The gym is open with weekend hours (6am-10pm).

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Group Fitness and Events

Have you tried Lana's Pilates class on Wednesdays at 1pm yet??? Everyone is loving it so far!

We are beyond excited to announce a new yoga class on Mondays at 10:15 am with Trudy! Trudy teaches our beloved Barre class here on Tuesdays, so you may already know her cheerful face! Mondays new Yoga Flow class will start February 5th!

Connexus Circuit will be cancelled until further notice. That area of the gym is just too crowded at this time. Once the dumbbells return to their usual spot, the class will resume.

Workshops this month:

- Jason is holding his **deadlift workshop** this month! Work on techniques and get direct feedback on your form. The first session is Feb. 6 from 1:00pm-2:00pm, and the second is on Feb. 14 at 10:00am-11:00am. Stop by the desk or email jwong@LIVunLtd.com to join!
- **Women On Weights** is going to be on Feb.7th from 10:30-11:30am this month. We will spend this session on portable equipment. Sign up at the desk or by emailing sdavies@LIVunLtd.com.

Exercise of the month: TRX Row

Why do it?

The TRX is a great tool for changing up your workouts. It is a great way to challenge and increase core stability and strength.

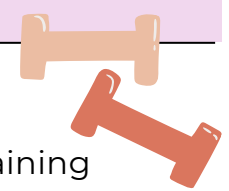
The Set Up

Adjust the TRX handles to a high position. Facing towards the TRX anchor point, grab the handles and set your feet hip distance apart. Ensure your arms are locked out, set the shoulder blades down and this is your starting position

How to do it

Take a deep breath in, brace the core and begin to pull yourself towards the anchor point. Keep the elbows close to your side and drive them back. Once the handles are close to touching your chest, begin to lower yourself back to the starting position and don't let your shoulders and upper back round, repeat for set number of reps. To make the exercise more difficult, move your feet closer to the anchor point. To make it easier, move your feet further away.





Cardio vs Strength Training- Part 1

Whether you are team cardio or team lifting, there are benefits of both training modalities. And we truly do need them both. Not convinced? Read on! And stay tuned for part 2 next month - how to do them both!

But first.. Cardio

First of all, when we say “cardio”, what do we even mean? Well, your cardiovascular fitness is your lungs ability to take in air, the hearts ability to pump blood efficiently to your muscles, your muscles ability to take that fresh oxygen supply in, and to utilize it at a cellular level. Cardio (or aerobic exercise) is typically rhythmic activities that get our heart rate and breathing rate up.

Benefits include burning calories, improved sleep quality, increased lung capacity, lowers stress and improves mood, improved heart health (and reduced risk of heart related disease and disorders), and improved vascular health. All very important stuff!

Variables (Type, intensity, duration, and frequency)- The type you do should be something you enjoy. If you don't like it, you probably won't do it for long. Intensity and duration are related - the higher the intensity, the less time you need to do it for. And the frequency is how many times a week you do it - again, if your intensity is very high, you may need to reduce how often you do it (to prevent injury and facilitate recovery). The Canadian 24 Hour Movement Guidelines suggest: Moderate to vigorous aerobic physical activities such that there is an accumulation of at least 150 minutes per week. Research supports various durations are beneficial - it isn't so much about how long you do it but that you end up with a good weekly total (they call 2 minute bouts “exercise snacks”!)

Do you even lift?

Strength training is about building and strengthening muscles and connective tissues (tendons/ligaments) that help make everyday activities easier and less likely to leave you injured. Results come from strategic progressive overload - lifting heavier and heavier over time so the muscles adapt and get stronger once they recover from a workout.

Benefits can also include burning calories, improved mood, and improved sleep quality. Also, reduced risk of injury, improve bone health and density, improved self esteem, and an overall improved quality of life. Studies are also linking cognitive health with weight lifting!

Variables (Type, intensity, duration, and frequency)- There are a lot of different ways to strength train - body weight, machines, cables, bands, dumbbells, barbells. None are superior to another, but they depend entirely on what your goals are. Intensity is how heavy the weight is, often described as a percent of how much you could lift if you only did one rep (written as: % of 1RM). Duration - in this case, repetition number, depends entirely on the intensity - the heavier the weight (or higher that % 1RM is), the less reps you will be doing. Lighter weights can go higher rep. The last couple reps should be a challenging but doable no matter what your intensity or rep range. While cardio can be done at any frequency however, strength training should ALWAYS be followed by a recovery period for each muscle group worked. So if you only did upper body, you could work the lower body the next day. The amount of rest required depends on the intensity - usually heavier efforts require longer recoveries. Canadian guidelines suggest training each major muscle group at least twice a week.

Recipe of the Month: Tomato Bisque

Is there anything better than comforting tomato soup on a cold winters day?
Nope... we didn't think so either. here you go!



Ingredients

- 1/4 cup herb-infused olive oil
- 1 onion, diced
- 8 garlic cloves, minced
- 3 (14 oz.) cans of fire-roasted tomatoes
- 2 cups stock (chicken or vegetable)
- 1/2 cup half & half (or similar)
- 2 tsp. dried basil
- Pinch of cayenne pepper
- Salt and pepper, to taste
- Crumbled feta cheese, for topping

Directions

1. In a heavy pot over medium high heat, heat the olive oil and saute the onion until translucent. Add the minced garlic and cook with the onion for a few minutes. Add the cans of fire roasted tomatoes (juice included) and cover for about 15 minutes, stirring every few minutes.
2. With the lid off the pot, add the broth and half & half and bring the soup to a simmer. The mixture should start to thicken as it reduces (~10-15 minutes). Once slightly thickened, season to taste with salt and pepper. Lower the heat to medium and cook for 5 minutes more.
3. Using either an immersion blender or a regular blender, puree the soup until smooth. Be careful if using a regular blender as the soup is hot! You may need to puree the soup in several batches.
4. Serve with a generous mound of crumbled feta cheese (and fresh basil if you've got it)

Facility Update

We know the temporary layout of the gym isn't ideal, and ***we thank you so much for being patient while we go through our repairs!*** Please note:

- Our front desk phone line is currently out of order
- The core bags were damaged and we are looking at replacing them.
- One Peloton bike had a damage but it has been officially repaired! We know how much you love those bikes!

Luckily our equipment other than that didn't suffer much, and for that we are grateful! We will keep everyone posted on further repair timelines as we learn more.