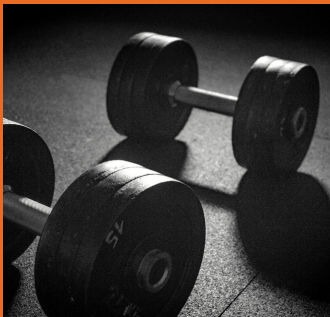


October 2023

bvsfitness.livnorth.com

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UPDATES

- 🎃 The facility will be operating under weekend hours with no staff or classes on October 9th. Happy Thanksgiving!
- 🎃 Congratulations to our BVS Land winners Steve E., Gina B., Louise D. and Kyly T.! You guys all did awesome and we had some fun gamesmanship with some of those squares! On October 16th we start our next challenge - this one is all about applying the nutrition habits we have spent the last few months talking about in our newsletter article as well as our lunch and learn from September! See us at the desk for your tracking calendar!
- 🎃 Check out page 2 for all the fun events happening this month at BVS - including Women on Weights, and our deadlift workshop. Also happening this month is the BVS Health Fair!

GROUP FITNESS AND SPECIAL EVENT NEWS

GROUP FITNESS

✨ A reminder there will be no classes on **October 9th**. ✨

Kickboxing is moving to a new time- Thursdays at 9:50 am.

Have you tried our two new classes yet? Core express with Lana on Mondays and Spin with Kim on Thursdays!

EVENTS

Women on Weights with Steph will be on **October 5th at 10am!** This is a great way for women to get more comfortable in the weight room. Our focus this time will be on Portable Equipment. Email sdavies@livnorth.com to sign up!

This month, Jason's workshop will be on the **Deadlift**. It will be running twice - Session 1 is **October 17th at 10am**, and Session 2 is on **October 26th at 1pm**. Email jwong@livnorth.com to sign up for these sessions.

MOVEMENT OF THE MONTH:

WALKING LUNGES

Why do it

This exercise is great for your glutes, hamstrings and quads. It helps increase range of motion in turn improving flexibility. With the added component of walking it improves stability and balance.

The set up

You can start without weights, once you feel comfortable with the movement add a pair of dumbbells

How to do it

Stand with your feet hip width apart and arms beside you. Then step forward with your right foot and bend down till both legs are bent at a 90 angle. Then step forward with your left and repeat for a set number of reps. Ensure the knees are inline with the toes, avoid the knees collapsing inwards.



HOW TO STAY CONSISTENT

TIPS FOR BUILDING YOUR WORKOUT HABIT

If you have spent any time creating a regular workout habit, you have probably experienced an ebb and flow of some kind. Not only is it normal to go through phases where you can devote more or less time to your fitness than others, it is healthy to experience short breaks or reduced volume, especially if you are training hard. The physical and mental break can be rejuvenating and help with recovery. The key is not allowing an ebb to turn into an extended break, which can easily happen to people after vacations, injuries, reaching a milestone goal, holidays, or just busy periods in life.

Many people find starting or restarting a work out habit harder than the actual work outs! If that is you, take a look at the tips below to help build some consistency - whether you are just starting up, restarting, or know someone else who is!

- Focus on activities that you enjoy - If you like doing it, you are going to be way more likely to do it often. Plus, more joy in life is an excellent thing.
- Track your workouts - This is important for making sure you are progressing your workouts, but is also awesome to look back on old workouts and see how far you've come! That can be really motivating and empowering!
- Schedule your workouts - whether it's a class, a run, or a gym session - plan your workout, block it off in your calendar, or schedule it into your day in some way. That way you are far less likely to let fate decide when you "have time". *Spoiler alert - if you wait for the "right time" you won't ever find it*
- Find company - whether that is a workout buddy, or a group (run clubs/group fitness classes, sports), spending time with like minded people is a guaranteed way to not only make your workouts more fun, but create accountability. The bonus here is the potential for finding new friends who are into the same things as you - making friends as an adult is hard!
- Meet yourself at your current fitness level - If you are just starting, you want to ease in. If you've had a longer break, you won't be exactly where you left off. Make sure you can get in your next workout by not overdoing the first one and taking yourself out of commission.
- Ditch the all or nothing attitude - Something is always better than nothing when it comes to building consistency.



Remember that motivation will naturally come and go and cannot be relied on. Stick with it even when you don't feel motivated, and enjoy the boost when the motivation is high!

RECIPE OF THE MONTH:

3 INGREDIENT BANANA PANCAKES

INGREDIENTS

- 1 Banana
- 2 Eggs
- 1/2 cup of oatmeal

DIRECTIONS

- Put all ingredients into your blender and blend well for 15-20 seconds.
- Cook your pancakes on a griddle heated to medium-high, cooking from for about 2-3 minutes on each side.
- Top with your favorites! I love pecans, walnuts, peanut butter, or maple syrup, and loads of fresh fruit.



OXFORD NEWS:



Bow Valley Square is pleased to welcome back our annual health fair this October!

Offerings and tables will be set up throughout the complex featuring health minded vendors from our building. Stay tuned for more information from the Oxford management team and be sure to stop by the fitness centre's display to say hi and enter our draw for a one month membership on us!

