

# NEWSLETTER

August 2023 *Bow Valley Square Fitness Centre*



## In this issue:

- Page 1 - Updates
- Page 2 - Group Fitness News
- Page 2 - Exercise of the Month
- Page 3 - Simple Nutrition Habits
- Page 4 - Recipe of the month - Summer Drink Hack Edition!
- Page 4 - Inspiration Corner

## Updates

- The facility will be operating under weekend hours with no staff or classes on August 7th. Enjoy the long weekend!
- A round of applause for anyone who did any of our 28 day core challenge (especially through Stampede!)
- This month, our challenge is for white board bragging rights - how many push ups can you do?



## Group Fitness Updates

Join us outside each Friday for our Outdoor Weekend Warrior!

Meet us at the front desk at 11:05 (5 minutes before class time) so we can gather equipment, and then we will head upstairs to the +30 patio. Make sure you bring sunscreen/water/sunglasses as needed! (Class will be indoors if there is bad weather/smoke)



## Move of the month: Straight arm pulldown



### Why do it

The straight arm pulldown is a great exercise that targets and strengthens the lats. It is also a great exercise to change up from the traditional lat pulldown or another exercise to include in your back workouts. You can do this with bands as part of a great at home/travel workout too.

### The set up

Attach a straight bar to the cable machine. Adjust the height of the cable to above your head. Setup with your feet hip distance apart to provide a stable base. Grab the bar with both hands about shoulder width apart and take 2-3 steps back from the cable.

### How to do it

With your arms straight and hands slightly above the shoulders. Set the shoulder blades down and brace the core. Initiate the movement by pushing down on the bar and bring the bar down to the hips. Return to the starting position with control so the lats stay engaged and complete the set number of reps.

# Nutrition tips: Simple habits that can make a big difference!

Last month we talked about macronutrients and how to play with the ratios of these nutritional building blocks. This month, we continue with our nutrition focus by talking about simple nutritional habits that you can implement that can make a very big difference! Without making huge dietary changes or restricting yourself, you can slowly start to shift your habits to reflect your goals.

## If your goals involve weight loss, try these habits:

- Eat slowly. Not only can this improve your digestion, it increases your satiety (feeling full and satisfied), and can lead to you eating less overall. The brain takes some time to realize we are full, eating slow gives it that chance.
- Pay attention to your hunger cues - only eat when you are actually hungry. If you think of hunger on a scale of 1-10, eat when mildly to moderately hungry (about a 4-5) and stop when you are satisfied (about a 7), not full (an 8-9)
- Focus on adding in to your diet, not restricting. Add foods that are high in fiber, protein, vitamins, and minerals. This slowly "crowds out" the foods that are not conducive to your goals without feelings of restriction. This is critical for long term adherence and results that last. It can also help improve your nutritional intake resulting in you feeling better!

## If your goals involve building muscle mass, try these habits:

- Eat faster. If you eating a little quicker than usual, you can consume more calories before your brain realizes you are full. This can help you get in those extra calories necessary for building mass.
- Eat until full or slightly overfull. So if we use that 1-10 scale again, you would want to eat until you are full (closer to an 8-9)

## Tips for everyone:

- Drink plenty of water. Being well hydrated helps with energy, focus, and clearing waste. Aim for 1/2 your body weight (in lbs) in ounces as a starting point and go from there.
- You do NOT have to be perfect to reach your goals. Meet yourself where you are at now, and work to slowly and sustainably shift your habits. Any improvements you make will add up over time, no matter how small they are.

## Recipe of the Month: Summer Drinks Edition!



Looking for ways to beat the heat? Try these tasty beverage hacks !

- Freeze any left over coffee (or brew up some extra if that doesn't happen at your house) in ice cube trays. Then you can use the coffee cubes to make smoothies or ice coffee without diluting your coffee with melted ice.
- Make healthier ice tea! Brew up regular tea as per usual, and let it cool slightly. Pour into mason jars (or any other container with a lid) and throw it in the fridge to get icy cold. Any type of tea works, but for a real hot weather quencher, try fruity, mint, or lightly flavored green teas.
- Make a healthier popsicle. Blend up your favorite fruit smoothie, pour it into a silicone popsicle mold, and freeze. You can use an ice cube tray if you don't have a mold. This works great for making hot weather dog treats as well as human ones!
- Flavor your still or sparkling water with fresh fruit, fresh herbs from the garden, cucumber slices, or a splash of juice. (It is a great way to use up all that extra mint you've been growing)



## Inspiration Corner: Let's make a playlist!

What songs get you stoked? What do you put on when you aren't in the mood to get you there? What is your favorite running jam? Your lifting PR soundtrack? We wanna know! Add your song to the white board and next month, we'll share the results to make the ultimate BVS Workout Playlist! (that we will play in the gym!)