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BVS FITNESS CENTRE NEWSLETTER

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Updates

Our nutrition based “Choose Your Challenge” event is well under way! Don’t forget to use your tracking calendar to monitor your successes and set new weekly habits. Not participating? It isn’t too late to grab a tracking calendar and start setting some goals! See us at the front desk for all the details! We will wrap this challenge on November 10th, and will award our winners in the week after.

In observance of Remembrance Day, the gym will be open with holiday hours on Monday November 13th. There will be no staff or classes on this day.

The ladies change room will be closed on Saturday November 4th until 4pm. If you plan to use the facility, please plan for this closure.

See our Events section for the dates of this months workshops!

Group Fitness News and Events

Join us for a special one hour Spin in honor of **International Men's Day!** Raise your water bottle to celebrate on **November 21st at 12:05pm** with a heart pumping 60 minutes and special gift for attending while we shed light on important men's health topics. Email sdavies@livnorth.com to sign up early as space will be limited!

Women on Weights with Steph will be on **November 7th at 10am!** This is a great way for women to get more comfortable in the weight room. Email sdavies@livnorth.com to register!

This month, Jason's workshop will be on the **Bench Press**. It will be running twice - **Session 1 is November 8th at 10am**, and **Session 2 is on November 20th at 1pm**. Email jwong@livnorth.com to sign up for these sessions.

Do you have coworkers that are curious about the gym? Bring them along! Any non-members that are building tenants are always welcome to try out the facility for free! Just see us at the desk for information!

Move of the Month: Triceps Push-up

Why do it

A great variation to training triceps, also a great exercise incorporating shoulders and core. A way to train triceps if you don't have any weights or equipment to use.

The set up

Start by lying face down on floor with your hands positioned underneath your shoulders and feet hip distance apart. When you're ready, lift yourself into a high plank position. You can also modify the exercise by going to your knees rather than up onto your toes.

How to do it

Take a deep breathe in, brace your core and set your shoulder blades down. Begin to lower yourself to the ground while keeping the elbows tucked in. Ensure your chin is tucked in, eyes looking down to the ground, maintaining a neutral neck position. Lower until your chest almost touches the floor and then extend the arms and back in the high plank position. Complete the set number of repetitions or until failure.



The Four Tendencies... but Make It Fitness

WHAT DO THE FOUR TENDENCIES HAVE TO DO WITH YOUR WORKOUT?

If you've never heard of the Four Tendencies by Gretchen Rubin, you can head to her website and take the quiz [HERE!](#) Her amazing book deep dives into the topic, but her website briefly explains the following:

“What are the four tendencies?”

- We all face two kinds of expectations—outer expectations (meet work deadlines, answer a request from a friend) and inner expectations (keep a New Year's resolution, start meditating). Our response to expectations determines our “Tendency”—that is, whether we fit into the category of Upholder, Questioner, Obliger, or Rebel.
 - Knowing our Tendency can help us approach situations in ways that make us more likely to achieve our aims. We can make better decisions, meet deadlines, meet our promises to ourselves, suffer less stress, and engage more deeply with others. Just as important, understanding other people's Tendencies can help us reduce conflict and make significant, lasting change.”
- Upholders respond readily to outer and inner expectations—“Discipline is my freedom”
 - Questioners question all expectations; they'll meet an expectation if they think it makes sense; essentially, they make all expectations into inner expectations—“I'll comply—if you convince me why”
 - Obligers meet outer expectations, but struggle to meet expectations they impose on themselves—“You can count on me; and I'm counting on you to count on me”
 - Rebels resist all expectations, outer and inner alike—“You can't make me, and neither can I”

Okay, that is cool and everything... but how does this apply to exercise?

Because the tendencies are all about our typical response to expectations, we can utilize this knowledge to help ourselves achieve goals!

- **If you are an upholder:** you would likely do well with an online coach who sets clear expectations. You may thrive following a self directed program. And you may love a group fitness class for the push and direction the instructor gives.
- **If you are a questioner:** you may do best with a personal trainer who takes the time to explain why an exercise/program matters to you as an individual. You may do best with more direct communication with a coach so you can get feedback as you come up with questions/issues.
- **If you are an obliger:** You may do your best with a team/community to keep a consistent schedule and keep you accountable. You may not want a self directed program but a trainer checking in on you at regular scheduled intervals may work perfectly for you.
- **If you are a rebel:** You may like building your own workout program and schedule. Maybe working with a trainer to keep things fresh and exciting would keep you engaged, but ideally, you are in control of things in order to stay excited to get it done.

So take the test and see how you can learn more about yourself to help you reach your goals.

By utilizing systems and being aware of your tendencies, you can set yourself up for success!

PLEASE CHECK OUT GRETCHIN RUBINS WEBSITE FOR ALL THE DETAILS ON HER FULL WORK. ALL CREDIT IS GIVEN TO HER FOR THE SHORT EXERT TAKEN FROM HER WEBSITE.

[HTTPS://GRETCHENRUBIN.COM/FOUR-TENDENCIES/](https://gretchenrubin.com/four-tendencies/)

Recipe of the Month: Slow-Cooker Chicken Burrito Bowls

It's slow cooker season! Prep this in the morning and come home to a nearly ready to go dinner! Perfect for busy days and excellent left overs for batch cooking!

INGREDIENTS

- 1 to 1 1/2 pounds boneless skinless chicken breasts, chicken thighs, or a mix
- 1 (14.5-ounce) can diced tomatoes
- 1 cup chicken broth, plus more as needed
- 2 teaspoons chili powder
- 2 teaspoons salt
- 1 teaspoon ground cumin
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup uncooked brown rice
- 1 cup frozen corn kernels
- Optional toppings: shredded cheese, chopped cilantro, sour cream, diced avocado, salsa, hot sauce, diced green onions, shredded lettuce

DIRECTIONS

- Combine the chicken, diced tomatoes and their juices, chicken broth, chili powder, salt, and cumin in a 2 1/2- to 3 1/2-quart slow cooker. Make sure the chicken is covered with liquid, adding additional broth as needed. Cover and cook on the LOW setting for 3 to 4 hours.
- Uncover and stir in the beans, rice, and corn. Cover and continue cooking on the LOW setting for 3 to 4 hours more. Check the rice periodically in the last hour of cooking, stirring once or twice to make sure the rice cooks evenly and adding more chicken broth if the mixture seems dry. Cooking is done when the rice is tender – if the rice is done but there is still liquid left in the slow cooker, uncover and cook on the HIGH setting to let the liquid evaporate.
- Use 2 forks to shred the chicken into bite-sized pieces. You can do this either in the slow cooker itself and then mix it into the rice, or you can transfer the chicken to a clean cutting board if you prefer to keep it separate. Taste and stir in more salt or other seasonings as needed. Serve burrito bowls with a selection of toppings.
- OPTIONAL: If you won't be home to add the rice to the slow cooker, you can skip this step and cook it separately on the stovetop just before serving. To modify the recipe, combine the chicken, diced tomatoes, 1/2 cup of stock, and spices in the slow cooker and cook for 6 to 8 hours on the LOW setting. Add the beans and corn and cook for 30 minutes more, or until warmed through, while you're cooking the rice (omit the remaining chicken broth).

