

NEWSLETTER

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UPDATES

- OUR LOST AND FOUND IS FULL AGAIN! PLEASE COME CLAIM ANY LOST ITEMS BEFORE JUNE 30TH. ANYTHING THAT REMAINS WILL BE THROWN AWAY.
- CONGRATULATIONS TO OUR HEALTHY HABITS WINNERS! OUR GRAND PRIZE WENT TO KELLIE A., WITH OUR RUNNER UP PRIZES GOING TO SEAN B. AND LISA N. YOU ALL DID SUCH A GREAT JOB TRYING TO INCORPORATE THESE HABITS INTO DAILY LIFE, AND WE HOPE A FEW OF THEM STUCK!
- HOW HIGH CAN YOU JUMP??? FOR THE MONTH OF JUNE, COMPETE FOR BRAGGING RIGHTS ON THE WHITE BOARD AND TEST YOUR VERTICAL JUMP!

GROUP FITNESS & EVENTS

JUNE 7TH - JOIN US FOR A LUNCH AND LEARN ON PELVIC HEALTH!

This important but often overlooked topic is getting more and more attention as of late - and with good reason! A healthy pelvic floor can enhance your workouts and help reduce the risk of injury. Come for the info, and stay for the lunch! Email bvsinfo@livnorth.com to reserve your spot ASAP!



JUNE 21ST - SUMMER SOLSTICE ROOF TOP YOGA

Let's celebrate the arrival of summer in the best way! Join us on the roof top patio for a sunny 45 minute flow followed by some healthy treats! Space will be limited so sign up early at the desk or by emailing sdavies@livnorth.com!

Don't forget to sign up for classes! Not only does it reserve your spot in the class - which is important for those busy classes, but it also helps us track the attendance so we can see what is popular and what we could tweak. If you aren't sure how to sign up, we can show you! And if you didn't sign up but are popping into a class on the fly, just let us know at the desk as you walk by, and we will add you in.

EXERCISE OF THE MONTH: THE AB WHEEL

Why do it?

The ab wheel 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, grab the handles on the ab wheel and position the shoulders over the hands. The knees should be hip-width apart.

How to do it

Take a breath in, brace the core and squeeze the glutes. Roll out as far as you can without losing that braced position, stay flat like you are doing a plank. Once you've reached your end range of motion, being to roll back without bending at the hips (keeping a plank position until you must bend), breath out and return to the starting position.



TRAVEL FRIENDLY WORKOUT

Traveling this summer? Whether you are visiting family or hanging at the cabin, you can bring your workout with you! Try out the following circuit to keep your muscles fired up and your blood pumping. All you need is a band!

Start with a warm up of 5 minutes of gradually increasing movement. (A short walk or some dynamic stretches are great for this!)

10 push ups (any variety)

15 plie squats (feet are placed very wide, toes point at 45 degrees)

12 Banded Rows (anchor your band on something sturdy and perform a row)

10 (on each leg) walking lunges

1 minute plank

12 Glute Bridges (do it banded with the band tied just above your knees)

Perform each exercise one after the other, resting for 1-2 minutes at the end. Repeat 2-4 x. If you want to make it harder, turn the lunges into jumping lunges, add pulses to your squats, and make your push ups a harder variety! Finish with 5 minutes of stretching - focus on whatever muscles you find tight that day.

But.... what if I don't want to work out on vacation???

Then don't! Vacations provide an excellent opportunity to take a break from our regular structure and routines. If you thrive from these small breaks - and look forward to returning and getting back at it, a workout break is a great thing for you- mentally and physically.

If, however, you are someone who thrives most in routine, are trying to build a new habit, feel best and pain free when you move, or for other reasons (like maybe blood sugar management) prefer to keep the flow going, then a short routine you can easily do on the go may be your preference.

There is also a happy medium of trying to be as active as possible while away, in unstructured or unspecified ways - like going for a hike or walk every day, playing golf, or swimming. Activity takes many forms and the break from routine can be truly refreshing!

There is no right/wrong way to holiday - it depends on how you thrive. But having a short workout in your back pocket for the days you feel you want/need it is really handy. It can keep us moving and feeling our best for our holiday time!

RECIPE OF THE MONTH: CAMPING INSPIRATION!

Are you going camping this summer, and want a little more from your meals than hamburgers and hot dogs? Make a healthy and tasty meal plan before you go! check out this list of ideas to help inspire you before you go:



- Rotisserie chicken, buns, and bagged salad (great for your arrival day when you need something quick!) (left overs make great wraps for lunch the next day!)
 - Black bean and veggie Quesadillas (made on the camp stove with a pan or in foil over the fire)
 - Chicken Fajitas (prep ahead of time and just heat or make it on the camp stove)
 - Skillet gnocchi and veggie kebabs (cooked over the fire) - option to add steak or sausage to the kebabs
 - Pasta with pesto and smoked salmon fillets - add some cut up veggies on the side
 - Pre-portioned instant oatmeal baggies - fill with your favorite oatmeal toppings before hand and just add water!
 - Pulled chicken made ahead of time for nachos, sandwiches, or wraps
- Breakfast sandwiches - fry up an egg, add a meat of your choice or sliced tomato, avocado and put it all between an English muffin served with fruit!

INSPIRATION CORNER: WHAT MOVIES MOVE YOU?

The results are in! Here are the movies that you think are most inspiring:

Rocky
Talladega Nights
Legally blonde

And the top spot goes to: **Coach Carter!**

Other movies that got you stoked:

Pumping Iron	Secret Life of Walter Mitty
Hidden figures	Billy Madison
Mighty Ducks	Lord of the Rings: Return of the King
Remember the Titans	Hustle
Forrest Gump	Rudy
Cars	The Replacements

