

# NEWSLETTER

## BOW VALLEY SQUARE FITNESS CENTRE

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### UPDATES

- The facility will be operating under weekend hours with no staff or classes on July 3rd. There will be no classes on Stampede parade day (July 7th).
- This will be the last call to claim lost and found items before we donate anything that remains. Please come take a look if you've lost anything!
- Thank you to all who completed our survey! We will look forward to passing all of your feedback along to the Oxford Management Team.
- Nice work to our vertical jump champions: Suzy S. and Wes!
- Join our 28 day core challenge this July! See the PDF on the website or get one from the front desk! Finish the entire 28 days to be entered in for a prize!



## JUST A REMINDER....

There are no classes running on July 3rd (due to the weekend holiday) and July 7th (Stampede Parade Day)

Also - there will be no Kickboxing on July 6th or 13th!

## EXERCISE OF THE MONTH: MINI BAND LEG LIFT HOLD

### Why do it?

This is a great exercise for the glutes that works on balance, stability, strength and incorporates unilateral (single leg) training.

### The set up

Stand close to the wall if you need help with balance while getting the mini band up both feet. The mini band should just be right above the ankle. Once the band is on, stand an elbow widths away from the wall.

### How to do it?

With your hand against the wall for support, begin to balance on one foot while bringing the other foot off the ground. The foot off the ground is angled at about 45 degrees with the toe pointed slightly out. Maintain an upright position without leaning over. Keep the shoulders and hips leveled as much as possible. To make it more challenging, take your hand off the wall to incorporate a balance component. Hold for time, starting at 20 seconds and building from there. You can also begin to use heavier band if you need to make it harder.



## GROUP FITNESS UPDATES!

We had *mostly* awesome weather for our **Roof Top Summer Solstice Flow!** Thank you all for joining in the fun!

This summer we are SO excited to bring back our **Outdoor Weekend Warrior Bootcamp!** Classes will run at the regular 11:10 Friday time, but please meet at the desk 5 minutes early! Outdoor classes will go from July 14th to September 1st, and will occur in the studio in the case of bad weather.



# MACRONUTRIENTS - THE BUILDING BLOCKS OF YOUR DIET



Have you ever heard the saying "If it fits your macros" (sometimes written as IIFYM)? But maybe not really understood what that meant? Read on to learn more about the basic building blocks of everything that you eat!

All food can be broken down into 3 major categories that provide us with the bulk of our energy required for life: Protein, Fat, and Carbohydrates. Food is made up of a complex mixture of these macronutrients in different structural configurations which affect how we digest and use any given macronutrient. In comparison, micronutrients are vitamins and minerals that do not contribute as much to our overall energy intake, but are critical for our overall health and well being.


The ratio of macronutrients we take in will vary based on many factors: our goals, culture, preferences, habits, knowledge, physical activity levels... there isn't a "right" or "wrong" way to take in nutrients, but there can be more optimal ratios for particular goals. Some people prefer to track macronutrients as opposed to calories, and some people find a combination of the two most helpful. Strictly counting calories will help with energy balance, but it isn't the whole story. The macro break down is an important part of a healthy diet.

**Carbohydrate:** Carbs come as simple (easier to break down) and complex (harder to break down and digest) and provide roughly 4 calories for every gram ingested. They are our primary energy source - in particular our brains preferred source of fuel. Many carbohydrate sources - like fruits, veggies, and grains- include critical micronutrients and fiber. Extra carbohydrates can be stored in the body, but only in limited amounts. It is recommended that 45-65% of your daily intake comes from carbs.

**Protein:** Protein is an essential building block in the body - we take in protein, break it down, and reuse the pieces (called amino acids) to make new structures and do repairs within the body. It provides roughly 4 calories/gram ingested. Our body can synthesize some amino acids (non-essential amino acids), and others we must obtain through food (essential amino acids). Protein has a much higher thermal effect, meaning we burn a lot more calories digesting and metabolizing this macronutrient compared to the other two. It also has a higher amount of satiety associated with it, so when we eat it, we feel fuller longer. This makes protein a critical macronutrient in regards to weight management and weight loss. We don't store much protein in the body for use as fuel. Protein should make up around 10-35% of your daily caloric intake, but greatly depends on your goals and activity levels.

**Fat:** Fat is the primary source of stored energy in the body. It provides 9 calories/gram ingested, and once digested, can be stored efficiently in the body for later use. It has many important functions in addition to providing energy - making hormones, shuttling vitamins, cushioning organs, and providing insulation. It is suggested to make fat 20-35% of your daily intake.

As you can see, each macro has a wide recommended range. How you divvy up the 100% of your daily caloric intake will depend on your goals. Generally, you should start with your protein needs and then determine the split between the carbs and fats from there. You may find your body and preferences differ from your initial macro split, and you may have to tweak and experiment to find what works best for you! There is no one size fits all approach, but having a starting place is helpful in figuring out what works best for you. Things may change as you age, activity levels change, or you set new goals, but with experimentation, care, and consistency, you can always figure out how to fuel your best self!





## HEALTHY CHOCOLATE CHIP COOKIE DOUGH BLIZZARD

Looking for a cool and tasty treat this summer? Try these tasty home made blizzard out! The cookie dough balls are great in the home made ice cream or even eaten alone. Keep a batch in the freezer for a cold and yummy snack!



### INGREDIENTS

#### COOKIE DOUGH BITES

- 2 cups cashew meal/almond meal
- 1/4 cup coconut oil, melted
- 2 tsp vanilla extract
- 3 tbsps maple syrup
- pinch of salt
- 1/2 cup chocolate chips

#### "NICE" CREAM

- 2 bananas, frozen
- 1/2 cup almond milk or any nut milk
- 1 tbsps creamy peanut butter
- 4 ice cubes

### DIRECTIONS

#### FOR THE COOKIE DOUGH

1. Line a small baking sheet with parchment paper.
2. In a large bowl combine all ingredients, cashew meal, coconut oil, vanilla extract, maple syrup and salt.
3. Mix until well combined and the liquid is absorbed by the cashew meal. (You can also use a food processor for this step) Fold in chocolate chips.
4. Roll tablespoon size portions into balls using the palms of your hand.
5. Place cookie dough bites on parchment paper lined baking sheet and place in the freezer while you prepare the nice-cream.

#### FOR THE "NICE" CREAM

1. Let frozen bananas thaw for about 5 minutes.
2. Place frozen bananas, almond milk, peanut butter and ice cubes in a high speed blender and run until a cream like consistency. It will be similar to soft serve frozen yogurt.
3. Once blended assemble your blizzard.
4. Pour nice cream into a large glass about 8-10 ounces.
5. Drop two cookie dough bites into the glass or you can crumble them up for fun. Enjoy!

**NEED A LITTLE MOTIVATION OVER THE  
MONTH OF JULY?? JOIN OUR 28 DAY CORE  
CHALLENGE!!!!**

**Down load the PDF from our website or get one from  
the front desk and play along!!!! It starts July 4 and  
runs until July 31st! We will have a prize for a couple  
of people who do the challenge!!!**