

APRIL 2024

BVS FITNESS CENTRE

Newsletter



Updates

A huge round of applause for the white board challenge winners: David F. with a jump of 240cm and Parissa L. with a jump of 201cm. We had a couple of good battles for those jumps!!!

This month we are getting STRONG!!! Join the Get STRONG Challenge! For 6 weeks - April 8th to May 17th, complete 2-3 total body strength workouts for your shot at the prize! We will have 3 levels to choose from - we have programs for beginners to advanced lifters, and changes to make at the half way mark to keep things spicy. Every week that you do 2 workouts, you get entered for a prize. Do a 3rd workout, and get entered for the bonus prize. The real reward? The sweet, sweet gains. See us at the desk to get STRONG this month!!!

This months Women On Weights will be on Wednesday April 10th from 10:30-11:30am.

The facility has regular operating hours and classes April 1st.

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Group Fitness and Events

Bike season is coming!!! Get your legs ready with **spin class every Tuesday at 12:05!**

Do you have a coworker who is class curious? Bring them on down! **Any tenant who is not a gym member is welcome to come and try us out for free** to see what all the fuss is about! If you have a friend who would like to do a trial class and you are worried about space in the class, just let us know and we can put a spot aside for them. Build that gym buddy crew so that you'll never want to miss a workout!

Please note - There will **no longer be kickboxing** on Thursdays.

This month, **Women on Weights will be on April 10th** at 10:30-11:30. Email sdavies@livunltd.com to sign up!



Move of the Month: Stability Ball Hamstring Curls

Why do it?

This is a great exercise for the the hamstrings. It's an alternative way to target your hamstrings while challenging your core stability.

The set up?

Lying on your back, with your legs straight out and both heels on top of the ball. Have your hands out to each side for support.

How do it?

Brace your core, squeeze your glutes, and lift your hips to form a bridge. Maintain this elevated bridge position and contract your hamstrings, bringing your feet in while you roll the ball toward your glutes in a smooth, controlled movement. When you can't pull the ball any closer to your glutes, slowly straighten your legs to return the ball to the start position. To make this exercise more challenging, have one heel on the ball while the other leg is lifted up in the air. Keep the hips level, and perform the same number of reps on each leg.



Getting *Actually* Good Fitness Advice

These days, anyone can create content, go viral, or be an “expert”. That doesn’t mean information being shared is always helpful or even true. How are you supposed to learn more about health and wellness if you aren’t sure you can trust the source?

The problem lies not only with there being no filter to prevent untrue or biased information, but also with extreme mindsets. When someone is trying to sell you something wellness related, there is often a black and white approach - something is good or bad. Usually the bad is something to be hated/avoided at all costs, and the good (or solution) is what they are selling. The truth is, life is lived in shades of grey. No exercise is perfect for everyone, and no food needs to be avoided by every person for life, and no eating strategy will work for everyone. So your **first red flag in avoiding bad advice is watching for extreme opinions that rely on explaining everything in black and white**. After you’ve blocked out that noise, you can listen to fitness advice with some critical thinking - it may or may not be helpful to you at this time. Maybe advice you lived by a year ago no longer applies to you - you could have had life challenges or changes that you need to factor in. Or maybe it doesn’t align with your values or interests and just isn’t for you. And that is okay!

There are however, some pieces of advice that shine through the rest. Every one of the tips below can be applied to a well rounded and healthy lifestyle in some way, but you may need to modify how you apply for your current season in life.

- **Consistency is the key to long term success.** It doesn’t matter how hard you work and it doesn’t matter what the goal is - if you aren’t consistent, it will be harder to see the changes you desire. So building a foundation of consistency should almost always be your first move when trying to reach a goal. Once you have that, it’s time to add on.
- **Sustainable change and satisfaction come with the goals are processed based instead of outcome based.** If you find an activity or process that you truly enjoy, you are more likely to reach your goals AND keep it going. Focus on the process, not the outcome, and you will still likely reach the outcome. But you’ll have a lot more fun. And your happiness or feelings of success won’t be dependent exclusively on the outcome.
- **Strength training and cardio are both necessary for health and longevity.** But there is a lot of ways to do them both. The best way is the way you enjoy it the most.
- **Sleep, rest, and recovery are important.** There will be seasons of your life that these areas may suffer, but if you always try to make some effort in your rest and recovery, you will be much healthier for it.
- **Increasing your overall daily movement is important for most people.** As is reducing long stretches of sedentary behavior.

At the end of the day, **there is no right and wrong way of doing anything. It is just what is right for you, right now.** And that may change. Experiment and pay attention to what does and what does not work. And don’t be afraid to change things up if it isn’t working out. **The very best pieces of advice in health and wellness all start with the words “it depends”.**



Chocolate Puffed Quinoa Bars

Puffed Quinoa

- 2 cups puffed quinoa (store bought or homemade)
- ½ cup nut butter*
- ½ cup maple syrup
- 1 teaspoon vanilla extract
- pinch of salt

chocolate top

- 1 cup chocolate chips
- 2 tablespoon coconut oil

*any nut butter will work, but the flavor will change depending on your choice. I like peanut butter.



INSTRUCTIONS

1. Measuring out the puffed quinoa into a large mixing bowl.
2. Line a loaf pan with parchment paper.
3. Add the nut butter and maple syrup to a microwave-safe cup and heat for 1 minute. Stir until creamy. Add in the vanilla and salt.
4. Pour the mixture on to the puffed quinoa in the mixing bowl. Quickly but gently fold the puffed quinoa and the syrup/butter mixture together.
5. Scoop the mixture into the pan and press down and flatten the mixture using the bottom of a metal measuring cup or other flat utensil. Set aside to make the chocolate top.
6. Place the chocolate and coconut oil in a heat safe bowl.
7. Microwave for 60 seconds, remove and stir the mixture is creamy.
8. Pour the chocolate over the quinoa mixture. Tip the pan to help the chocolate reach all sides. Then tap on the counter to help the chocolate level out.
9. Freeze the pan for at least ten minutes or longer, and then slice into squares.
10. Store in a covered container at room temperature for two days. You can refrigerate after that for a week, but add a paper towel in the container so they remain crispy.

Inspiration Corner:

Look Good, Feel Good, Play Good - The Gear Edition!

If you played sports growing up, you know the power of dressing up on game day! Things may look a little different outside of organized sports, but the effect is the same. **What is YOUR favorite work out gear?** Maybe you buy it online, maybe it is a local company, maybe it is an unconventional choice... Let us know!!! Add your favorite workout gear to the white board, and we will share the results in the next newsletter! (plus, it will help us know where to get future prizes from!!!)