

March
2024

BVS FITNESS CENTRE

Newsletter



Updates

Nothing motivates like some stickers! Excellent job getting all the cardio in this month! You were all the winners in this Heart Health Challenge!!! Make sure to **get all your entries in by March 8th** and we will draw for our winners on March 11th.

This month's challenge is for bragging rights - **how far can you broad jump?** We have a "start line" marked and the floor measured out! Top 3 female and male names go on the white board!

Jason's **Bench Press workshop** is back - There will be two sessions in March. This month's **Women On Weights** will be on Wednesday March 6th from 10:30-11:30am. Join us on March 27 for our next **Lunch and Learn- Get Golf Strong**. See page 2 for more information on all three of these great learning opportunities!

Please note there will be **no staff or classes on March 29th for Good Friday**. The facility is still open with weekend hours: 6am-10pm.

bvsinfo@livunltd.com

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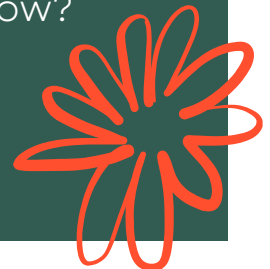
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Group Fitness and Events

Join us on Wednesday March 27 for our next **Lunch and Learn - Get Golf Strong** from 12pm-1pm in the BVS Conference Centre! Peak and Health Performance will be presenting and providing some exercises and tips to get you ready for your best season yet. Send an email to bvsinfo@livunltd.com to reserve your spot. Lunch will be provided so please provide us with any dietary restrictions.

Namaste on a Mondays with our new **Yoga Flow on Mondays** at 10:15! We now have yoga every day of the week! Have you tried them all?

Workshop dates:

Jason is holding his **bench press** workshop this month! Work on technique and get direct feedback on your form. The first session is March 13 from 10:00am-11:00am, and the second is on March 18 at 1:00pm-2:00pm. And **Women on Weights** is March 6th at 10:30-11:30 with a focus on dumbbells this month! Stop by the desk or email jwong@LIVunLtd.com or sdavies@LIVunLtd.com to sign up!



Exercise of the Month: Stability Ball Dead Bugs

Why do it?

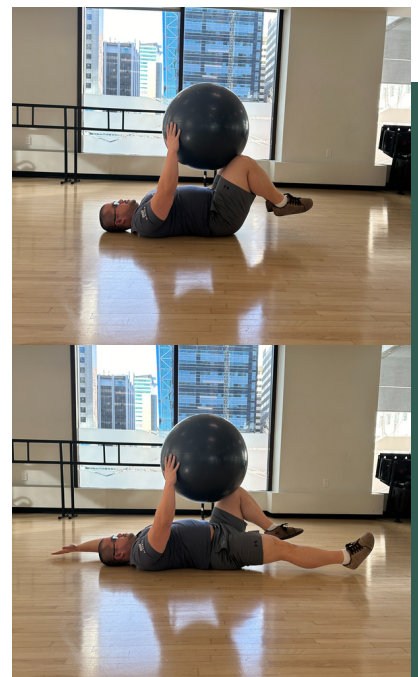
This is a great exercise for your core especially if you're experiencing low back pain. It helps improve low back strength and stability.

The Set up

Lying on your back, have the stability ball between your hands and knees. Maintain some tension with your hands and knees so the ball doesn't move around and maintain a neutral core position.

How to do it

Take a breath in to brace your core. Begin to lower your right leg and left hand down to the ground while keep the ball pinned with your left leg and right hand. Exhale as you return to the start position and repeat with the left leg and right hand. Perform the same number of reps on each side. To make the exercise more challenging, hold each rep at the bottom for 5 seconds and then switch sides. You can also perform this exercise without a stability ball.





Cardio vs Strength Training- Part 2

Last month we talked about why you needed BOTH strength training and cardio in your life... Now let's talk about how to incorporate them both.

Whether you prefer one or the other, we need both cardio and strength training, but how you include it should be dependent on your personal goals. For most people, it isn't going to be too critical how you go about this, and personal preference is going to play a huge part on your approach. But those with big goals may need to prioritize one or the other depending on their goal/activity of choice. Check out these examples to see if any sound like you, or how you could change things up to suit your goals better:

Your goal: General Health and well being

Your game plan: You are lifting weights 2-4 x per week, and typically do cardio on the days you don't lift weights. Your cardio sessions may be 30-60 min and you do a mix of classes, bike rides runs (indoor or out), or elliptical, or long walks. Sometimes your cardio is on days you've lifted weights - it just depends on work/life demands. When this happens, you do whatever makes sense to do first or whatever feels best to you- it isn't a big deal which occurs first.

How it looks: This is a very well rounded plan for someone looking for general health benefits. You fit workouts around life, not the other way around.

Your goal: To put on significant muscle mass

Your game plan: You are lifting weights 4-6 x per week, and do a mix of low intensity cardio and high intensity cardio around 3x a week. This usually looks like going on long walks a couple times a week, and one session of high intensity intervals to keep you fit and athletic, and provide some anaerobic benefits. If you do a workout with strength and cardio on the same day, you always do the strength training first.

How it looks: Cardio done this way is the least likely to interfere with the muscular growth you are prioritizing while still keeping you healthy. You take your workouts pretty seriously and try to not to miss a session.

Your goal: General health, but you are also participating in a recreational event or competition

Your game plan: You are lifting weights 2-3x a week, and doing cardio that mimics your event 3-4x a week. So depending on what that event is, your cardio is similar to prepare you for it. Similarly, your weight lifting program is also designed to optimize and complement your event, and may also include things you just enjoy. Once the event is done, you will likely change your routine to an "off season" or maybe a bit more relaxed. You are somewhat flexible on workout order.

How it looks: You are a hard working "weekend warrior" but not super serious about it. Your workouts support that, and you are more active than your average person. This is fun for you!

Your goal: A competition or event (like a triathlon, Crossfit Games, or marathon)

Your game plan: Your training is completely specific to your event. You still do both cardio and strength but they are tailored to your event, and likely built on a periodized program, maybe made by your coach. You do as much cardio/strength needed to support your goal and keep you healthy, but no more than necessary as your time spent on workouts are specific to your event.

How it looks: You are working hard on your goal and take it seriously. Training will look different once the event is done and off season arrives (however long/short that is). Right now your eyes are on the prize!



Recipe of the Month: Curry-Spiced Cashews

Try a totally different spin on your standard cashew snack! These are so flavorful! The recipe calls for cashews but you can try other nuts (like almonds or pecans) if you aren't a fan of cashews.

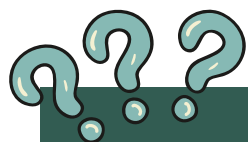
Ingredients:

- 2 cups raw cashews
- 1 1/2 Tbsp melted coconut oil or olive oil
- 1 Tbsp maple syrup
- 1 Tbsp green curry paste
- 1 tsp curry powder
- 1 1/2 Tbsp coconut sugar (plus more to taste)
- 1/2 tsp ground ginger
- 1/2 tsp ground cumin
- 1/2 tsp ground turmeric
- 1/2 scant tsp sea salt
- 1 pinch each ground cardamom and coriander (optional)
- 1 tsp lime zest (optional)

Method:

1. Preheat oven to 325 degrees F (163 C) and line a baking sheet with parchment paper (use more baking sheets, as needed, if increasing batch size).
2. Add cashews to a bare baking sheet and toast for 5 minutes.
3. In the meantime, add oil, maple syrup, and green curry paste to a medium mixing bowl and whisk thoroughly to combine.
4. Remove slightly toasted cashews from the oven and add directly to the curry mixture. Toss to combine. Then add remaining spices (curry powder through sea salt), and toss thoroughly to combine.
5. Add back to baking sheet and bake for another 8-12 minutes, or until golden brown and roasted. Once the cashews have cooled a bit, taste a cashew and adjust seasonings as needed while still warm on sheet. Add more cumin for smokiness, turmeric for earthiness, curry powder for more intense curry flavor, or coconut sugar for sweetness. Optional: sprinkle with lime zest and toss to coat.

*You can sub red curry paste for the green curry paste in the same quantity. However, it is recommended to omit the extra curry powder and add 1/2 tsp ground paprika.



Did you know that we offer private classes and studio rentals? Email us to learn more!