

BOW VALLEY SQUARE

FITNESS CENTRE NEWSLETTER

UPDATES



We are so excited for the committed and hard working crew Getting STRONG with us! We are about half way through this 6 week challenge and love seeing you all challenge and push yourselves! Don't forget to check in occasionally so we can track your awesome progress.

Our next lunch and learn is on May 29th from 12-1pm - join us for a Learn To Run presentation with your local hobby jogger/ultra runner - Stephanie! See page 2 for details!

A reminder that May 20th is Victoria Day - there will be no classes or staff and the facility will be open with holiday hours (6am-10pm)

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GROUP FITNESS NEWS

We are looking forward to our repair work being completed and the return of our beloved Connexus Circuit Class! Once the equipment is returned to its rightful home, class will resume every Tuesday and Thursday at 11:30.

LUNCH AND LEARN MAY 29TH 12-1PM

Join us in the BVS Hamilton Conference Room to get all the knowledge and tools to start your summer run season strong! In this “Learn to Run” Lunch and Learn, we will go through how to get started, considerations, common injuries and how to avoid them, and gear! Leave with a progressive run/walk program to follow and for our more experienced runners, how to take it up a notch! RSVP by emailing bvsinfo@livunltd.com before May 24th.



Sandbag Zercher Squat

This is a great squat variation to include in your workout. It works on muscular endurance and challenges your core.

The set up

Set your feet hip distance apart with the sandbag in front of you and the handles facing up. Grab the handles and then flip the bag up into your arms. Stand tall with the sandbag while keeping the elbows high and tight to the side.

How to do it

While keeping the sandbag close to your body, take a deep breath in to brace the core and begin to lower until the hips are below the knees. Make sure the knees are tracking inline with the toes as you are lowering and press back up to stand tall. You can progress the exercise by adding a 1-2 second pause at the bottom before standing back up.

MOVE OF THE MONTH



WORKOUTS THAT MATCH YOUR FAVORITE SPORT

Are you a weekend warrior with a favorite sport? Maybe you play hockey with the boys, pickle ball with a fun group, shred the trails on your bike with a fun group of ladies, or running season is starting! Whatever your sport of choice (or *sports*), your workouts in the gym can support you! Perform your best and reduce your risk of injury by tailoring your strength sessions for your favorite activities!

For general population folk, a basic workout program that includes the following is a great place to start shaping your ideal strength program:

- pushing movements (ex - overhead press, push ups)
- pulling movements (ex - lat pull downs, rows)
- squat
- hinge
- lateral movement
- core work

From there, you can add in moves specific to your needs - target areas of concern (like past injury management) and moves that support your sport and lifestyle.



If you are a runner- Keep your Glute Max and Glute Meds strong - this is huge for runners. Single sided exercises address differences between left and rights - common in runners. Lateral work is critical to stay balanced (example - side lunges). Also include some hamstring and calf exercises and add in exercises that target weak spots (you can get a run assessment if you don't know what those are). Basic upper body (as listed above) and extra core work as the core plays a huge role in a healthy runner. If you are a trail runner, ankle strength/balance should be on your list too.

If you are a biker: Strong glutes, hamstrings, and quads is what you need (so squats and deadlifts), but also lots of core - including obliques. If you mountain bike, adding in unstable variations of your basic program is a great way to mix things up and get stronger. And don't forget your basic upper body work - get those posture muscles - especially for road bikers.

If you play tennis/pickleball: If you are a serious player, some plyometric (jumping) exercises will be great for helping with quick changes of direction and agility. Make sure you dedicate some extra work to your shoulders, back, chest, and rotator cuffs. Always do a brief dynamic warm up before you play to improve your performance. Lower body exercises should be in all planes of motion (so forward/back, side to side, but also all around at different angles) to match your game play.

If you play hockey: Hockey is very total body, so a well rounded program is necessary. Include lots of lateral work, core work, and power. Plyometrics are great for hockey players, and big compound lifts like push ups, pull ups, deadlifts, lunge variations, and squat variations. High intensity interval training for cardio is important too.

If you are a golfer: A basic program with a few extra upper body moves to improve posture and strength is great for golfers. Also include rotational moves - the cables or bands are a great way to add in golf specific moves. Golf uses a lot of core and hips, so working on strength as well as mobility is key for a good swing. Find a great mobility flow to do before strength sessions and another easy to execute version before your first hole of the day.

RECIPE OF THE MONTH:

Baked Eggs in Hash Brown Potato Nests

INGREDIENTS

- 2 tablespoons olive oil, plus more for coating the muffin pan
- 2 cups of shredded potato (use a cheese grater to shred)*
- 1/4 teaspoon onion powder
- Salt and pepper
- any additional seasonings to taste
- 6 large eggs
- 1/4 cup shredded cheddar cheese

INSTRUCTIONS

- Preheat your oven to 400 degrees F.
- Put the potatoes into a bowl, and season with spices (onion powder, salt, pepper, anything else you like) and stir well
- Oil the cavities of the muffin pan with olive oil (or use an oil sprayer, and/or use a silicone muffin pan) and divide the potatoes among the muffin cavities and press them down in the center to create an indentation. Drizzle or brush each with 1/4 teaspoon of olive oil (or again, if you have an oil sprayer, you can use that here too)
- Bake on the middle rack for 15 minutes and then brush them lightly with olive oil. Return the pan to the oven and bake for 10 to 15 minutes more, until crispy around the edges.
- Crack an egg into each "nest" and top it with some of the cheese, plus a sprinkling of salt and pepper. Bake for another 10 minutes, until the egg whites are set/yolk is cooked to your liking.
- Use a thin knife to remove the "cups" from the pan and serve immediately for the perfect yolk. Although these are best fresh, they can be batch cooked for meal prep - store in the fridge and reheat in the microwave.



INSPIRATION CORNER: YOUR FAVORITE WORKOUT GEAR

We asked you what YOUR favorite work out gear is... Here is what you said!

1- wireless headphones

2- convertible running gloves

3 - Adidas ultra boost (running shoes)

4 - Garmin watch

5 - a towel

6 - pain

7 - great tunes

8 - a headband

9 - weight vest

10 - lifting belt

But our favorite answer was "Workout buddies" and we couldn't agree more!