

NEWSLETTER

Bow Valley Square Fitness Centre



Updates

- Great work to all of our Olympic Hopefuls in our Rooftop Bootcamp! Our next **Summer Session Outdoor Yoga!** Stay tuned for all the details!
- Also **congrats to our 5k runners!** You guys did awesome!
- This month, our **30 day Core Challenge** is Back! See the last page of the newsletter to follow along!

August 2024

- 5th - Civic Holiday
(holiday hours, no classes or staff)



Group Fitness Updates

Join us outside each Friday for our Outdoor Weekend Warrior!

Meet us at the front desk at 11:05 (5 minutes before class time) so we can gather equipment, and then we will head upstairs to the +30 patio. Make sure you bring sunscreen/water/sunglasses as needed! (Class will be indoors in the case of bad weather/smoke)



Move of the month: Chest supported DB row



Why do it

This is a great alternative to target the back. It allows for greater stability by using a bench for support, allowing you to use heavier weight.

The set up

Set the bench to a 45 degree angle. Holding a dumbbell in each hand, sit on the bench facing the pad. Rest the forehead on the pad, and extend arms straight with weights in each hand.

How to do it

Set the shoulder blades down and begin to drive the elbows up and back until you come to the top of the row. Lower the weight with control. You can make the exercise more challenging by changing the tempo on the lowering portion. Instead of the typical 2 seconds lowering, try 4 seconds. Making sure that your shoulder blades are set down and the neck is relaxed.

Staying Active In The Summer Months

Smoke and heat waves are becoming a yearly occurrence. Regular time outdoors is huge for some people in the summer, and to them, it is worth dealing with the tough conditions. The same goes for special events that people have spent months preparing for. When the heat and smoke show up, you don't have to give up and hide indoors. But what is the best way to stay active AND smart during challenging summer weather conditions?

Smoky Conditions

- Evaluation your personal situation and health. Some people are more vulnerable while others are more tolerant of smoky air. Folks who are more at risk are seniors, children, pregnant people, and anyone with heart or lung conditions. Everyone's tolerance is slightly different, and you will need to establish your own personal cut off to outdoor activity.
- Look at the air quality rating. You can use Environment Canada (their AQHI rating is a scale from 0-10+, or other systems - ex Purple Air/Paku which goes from 0-300+). Be cautious of anything worse than moderate quality as it can cause long term damage to your lungs. Some outdoor athletic events will be cancelled at high ratings.
- Consider your activity. High intensity activity increases breathing rate, which increases your risk. Consider reducing the intensity of your activity. High intensity activities should be done indoors, but lower ones may still be ok to occur outside.
- Consider the length of your exposure. You may want to reduce the length of time you are out to minimize the impact. Consider doing part of your workout inside if necessary, or look for shorter alternatives to your outdoor plans (ex. shorter hikes).

Hot Temperatures

- Repeat exposure to heat leads to heat acclimatization. Whenever possible, try to gradually increase your exposure to it vs suddenly spending lots of time in it. You will find your tolerance grows quickly.
- Stay hydrated. Drink water and electrolytes. Only drinking water can lead to electrolyte imbalances in the body, and in extremes, can be very dangerous.
- Reduce intensity and duration as needed. High temperatures cause higher heart rates and higher rates of perceived exertion, and so it can be difficult to perform at your regular intensity. It also causes extra stress on the body, affecting recovery.
- Dress smart. Keeping the skin covered in light weight, UV blocking, light colored materials is the best option. And wear a hat - a larger brim will keep your neck protected as well as your face. (ex. - a bucket hat)
- Use external/topical cooling. Ice bandanas, wet arm sleeves or with ice packed in them, a wet hat, ice/cooling packs - anything to cool the skin down is helpful.

Recipe of the Month: Chocolate Peanut Butter Ice Cream Bars

Ingredients

- 1 ¾ cup dairy-free milk (plain, unsweetened ex. almond)
- 10 medjool dates (10 dates yield ~1 cup packed or 200 g), pitted
- ½ cup peanut butter (natural)
- 1 tsp vanilla extract
- ¼ tsp sea salt
- 1-2 Tbsp maple syrup (optional, for added sweetness)

Chocolate Shell

- 1 cup semi-sweet chocolate chips (ensure vegan/dairy-free as needed)
- 2 Tbsp coconut oil



Instructions

- If your dates are very firm/dry, add to a bowl and soak in boiling water for ~5 minutes. Drain before using
- In a high-speed blender, combine the dairy-free milk, dates, peanut butter, vanilla, and salt. Blend on high until smooth and only small flecks of dates remain. Taste and adjust, adding maple syrup for additional sweetness or more salt for a more salty-sweet balance.
- Divide mixture between popsicle molds and freeze for ~6 hours, or overnight. When you're ready to add the chocolate shell, line a plate or baking sheet with parchment or wax paper. Let the popsicles thaw slightly at room temperature while you prepare your chocolate shell.
- Add chocolate chips and coconut oil to a pint-sized glass jar (or small heat-proof mixing bowl) and microwave in 30-second increments until fully melted and creamy, stirring occasionally to aid in the melting process. Alternatively, melt over a double boiler on the stovetop. Melting the chocolate in a jar makes for easy dipping/coating!
- Carefully remove the popsicles from the mold one at a time, running the mold(s) under warm water if needed to help loosen the popsicles. Working quickly, dip the popsicle in the jar of melted chocolate, tilting and rotating the jar as needed to evenly coat the popsicle. Lift the popsicle and let excess chocolate drip off before placing the popsicle onto the prepared plate/baking sheet. Repeat with remaining popsicles. You can also drizzle/pour the melted chocolate over the popsicle if not using a jar.
- Return the bars to the freezer for 15-30 minutes to refreeze slightly, then enjoy! Leftover bars will keep for up to 1 month in the freezer. Store them in a container with parchment paper in between bars to prevent sticking.



31 Day Core Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				30 sec Plank	35 sec Plank	35 sec Plank
				10 each Dead Bug	20 sec each Side Plank	15 Glute Bridges
				10 each Bird Dog	12 each Bicycles	20 sec V sit
4	5	6	7	8	9	10
40 sec Plank	40 sec Plank	45 sec Plank	rest day	50 sec Plank	50 sec Plank	55 sec Plank
12 each Dead Bug	25 sec each Side Plank	20 Glute Bridges	45 sec Plank	14 each Dead Bug	30 sec each Side Plank	25 Glute Bridges
12 each Bird Dog	14 each Bicycles	25 sec V sit		14 each Bird Dog	16 each Bicycles	30 sec V sit
11	12	13	14	15	16	17
55 sec Plank	60 sec Plank	Rest Day	60 sec Plank	40 sec Plank- elbow to hand alt	40 sec Plank- elbow to hand alt	45 sec Plank- elbow to hand alt
16 each Dead Bug	35 sec each Side Plank	60 sec Plank	10 each B Stance Glute Bridges	10 each Dead Bug w/ a pause	40 sec each Side Plank	12 each B Stance Glute Bridges
12 reps Swimmers	18 each Bicycles		35 sec V sit	14 reps Swimmers	20 each Bicycles	40 sec V sit
18	19	20	21	22	23	24
45 sec Plank- elbow to hand alt	rest day	50 sec Plank- elbow to hand alt	50 sec Plank- elbow to hand alt	55 sec Plank- elbow to hand alt	55 sec Plank- elbow to hand alt	60 sec Plank- elbow to hand alt
10 each Dead Bug w/ a pause	60 sec Plank	45 sec each Side Plank	14 each B Stance Glute Bridges	12 each Dead Bug w/ a pause	25 sec each Side Plank w/ hip dips	8 each B Stance Single Leg
16 reps Swimmers		20 each Bicycles	45 sec V sit	18 reps Swimmers	30 sec Flutter Kick	30 sec Hollow body
25	26	27	28	29	30	31
rest day	60 sec Plank- elbow to hand alt	45 sec Plank- Extended	50 sec Plank- Extended	55 sec Plank- Extended	60 sec Plank- Extended	60 sec Plank- Extended
60 sec Plank	14 each Dead Bug w/ a pause	30 sec each Side Plank w/ hip dips	10 each B Stance Single Leg	16 each Dead Bug w/ a pause	35 sec each Side Plank w/ hip dips	12 each B Stance Single Leg
	12 each Supermans	35 sec Flutter Kick	35 sec Hollow body	14 each Supermans	40 sec Flutter Kick	40 sec Hollow body

Perform 3 sets of each exercise for each day.

Need a modification? See the staff at the front desk for ideas!