

NEWSLETTER

Updates:

The restoration is finally complete!! A few touch-ups still need to be done but all the major work has been completed.

The facility will be operating under weekend hours **on September 2th (6:00 am-10:00 pm)** for Labour Day.

There will be **NO** staff or classes.

Enjoy the long weekend!

This month, take part in a **NUTRITION BINGO CHALLENGE!** Look on the bingo card for nutrition goals, complete patterns and earn entries for prize draw



Check out page 2 for all the **fun events happening this month at BVS**



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Group Fitness and Special Event News

We excited to announce that Connexus Circuit is back!! We know you've missed the class. Reminder that class capacity is 6, so make sure you sign up early to reserve your spot!

**Tuesdays - Tara, Thursdays - Jason,
11:30am-12:15pm**

Friday Weekend Warrior, will be moving back indoors for September and going forward. We hope you have enjoyed the classes out of the rooftop!

From September 3 - 30, participate in **Nutrition Bingo**, grab your bingo card and hit nutrition goals to earn a dab, one goal/per day. Figure out what patterns you need in order to earn entries for a prize draw!

Do you want to learn about the squat? Maybe get your squat form checked out? Unsure if you're squatting properly? Jason is offering an **Optimize your Squat workshop**. The first session is Sept. 10th at 10:00am, second session is on Sept. 26th at 1:00p. Sign up for these sessions early as space is limited to ensure quality instruction!

Email Jason, jwong@livunltd.com to reserve your spot

Movement of the month: Banded wood choppers

Why do it

Resistance bands are a great tool to add some variety and change up your core workouts.

The set up

Secure a band on a stable structure. Stand far enough away that you have appropriate tension on the band with it anchored behind you (facing away from it).

How to do it

To do the left side, start with hips pointing away from the band, feet hip width apart, and toes pointing slightly to the right. Keeping your hips pointed straight, twist to the right at the waist with long but not locked arms, band securely in the hands, ensuring there is tension in the band. Twist to the left as the band tightens until your arms are pointing the same way as the hips. Return to start position. Do all reps on one side, then do right side, pointing the toes slightly left this time.



The 5 key Nutrition Recommendations for the Bingo challenge this month

1. Drinking 2 L of water - water is vital to our health! It plays a key role in our body, bringing nutrients to our cells, flushing waste out, protecting our joints and organs. Even maintaining our body temperature. If you're not getting adequate water intake, you're considered dehydrated and your body won't be working optimally.

2 Eating 0.6 grams protein/Kg of your body weight - Protein is one of three major macronutrients needed by the body, with other two being carbohydrates and fat. The reason that protein is so important though is that it is one of the key building blocks in the body. Having adequate protein intake is important for muscles, tendons, skin, enzymes, hormones, and neurotransmitters in the body. Getting your protein intake from a variety of sources is key as different protein sources have a different amino acid profile.

3. Eating 3 servings of vegetables - It's no secret that vegetables are good for you. They are filled with vitamins and minerals and antioxidants and fibre!

4. Eating 3 servings of fruit - Yes, fruit does have some sugar in it. However, eating whole fruit is packed with essential vitamins, minerals and fibre!

5- Eating 20 Grams of fibre/day - some types of fibre may benefit your health by improving your gut microbiome, blood sugar and the walls of your colon. The cool thing is that by eating your fruits and vegetables, you are also consuming fibre too! A two for one deal for your health and in obtaining a square for the challenge!

What is fibre? Dietary fibre is a non-digestible carbohydrate found in foods. There are 2 main types of fibre: Soluble fibre, which dissolves in water and is metabolized by the "good" bacteria in the body. Insoluble fibre doesn't dissolve in water. If you're aiming for health, getting a variety of fibre from whole fruits, vegetables and grains.

Some examples of healthy food and their respective fibre content of food is Pear - 3.1 grams (in a medium pear), 1 cup of Strawberries 2 grams, Avocado 6.7 grams/100 grams, Oats 10.1 grams/100 grams

Recipe of the Month: Homemade Salsa

INGREDIENTS

- 1 1/2 pounds of tomatoes
- 1/2 medium yellow onion
- 1 green onion, ends trimmed
- 2-3 cloves of garlic, finely chopped
- 2 jalapenos diced (keep the seeds if you want a bit more spice!)
- 1 heaping handful of cilantro (1/2 cup)
- Half a lime, juiced
- Pinch of cumin
- Pinch of sugar
- Salt to taste



INSTRUCTIONS

- Add all ingredients to a blender or food processor and pulse until it gets to the desired consistency; you can make it chunky or smooth!
- Add salt to taste.
- Chill salsa for 1-2 hours or overnight to let flavors come together. Serve with chips, on nachos, on chili, or anything you like!

NEW STAFF UPDATE

LAURA FREAKE

PLEASE WELCOME LAURA TO THE BVS FITNESS FAMILY.

She will be starting on September 3 and taking over the Program Coordinator role.