

NEWSLETTER

JUNE 2024

WWW.BVSFITNESS.CA



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UPDATES

- The work has begun to restore our space - please watch for any communications regarding closures. We will ensure plenty of notice for any disturbances to regular hours.
- Congratulations to our GET STRONG winners - Christine P. and Adam A. You guys did SO good at this challenge - really committing to the 6 weeks and some even sticking with it longer!
- Our next challenge is a Couch to 5K walk run program that ends with a fun run 5k along the river! We start June 3rd, with race day on July 3rd. You can also participate virtually! See pages 3 and 4 for more info.
- Not into running? Test your upper body strength! How many push ups can you do in 1 minute? Top 3 males and females get bragging rights on the white board!

GROUP FITNESS & EVENTS

As the summer vibes start to hit the gym, we will say **good bye to our Monday Yoga Class at 10:15am** with Trudy. We still have yoga every other day of the week however, so come check those out if you haven't!

This summer, we are excited to announce **The Summer Sessions!** From June to September, once a month, we will be hosting one of our classes up on the rooftop! These classes will be open to anyone in the building - so grab your favorite workout buddy and sign up early!

Our first Summer Session is **Tuesday at 12:05-12:50** where we open the season with a **rooftop spin class!** Space is limited so advanced sign up is suggested! Email bvsinfo@livunltd.com to grab your spot.



Photo from our roof top yoga for Summer Solstice 2023

MOVE OF THE MONTH: SANDBAG PLANK PULL THROUGH

Why do it?

This is a great core variation to include in your workout. It is a great way to challenge and increase core stability and strength.

The set up

On your hands and knees, position the sandbag at chest height and off to the right hand side of your body. Make sure the handles of the sandbag are facing up. When you're ready, get into a push up position and this is the start position.

How to do it

Set your shoulder blades down, take a deep breath in and brace the core. With your left arm, reach through, grab the handle and pull the sandbag across your body, allowing it to drag on the floor. Repeat with the other side. To make the exercise more challenging, pull the sandbag further across the body to increase how far you have to reach across grab the handle.



GET RUN READY WITH THE BVS COUCH TO 5K

JOIN US THIS MONTH FOR A BEGINNER FRIENDLY COUCH TO 5K RUN PROGRAM!

Starting June 3rd, follow the program of run/walks below. On July 3rd, we will have a fun run 5km race along the river with prizes and treats for everyone who participates! Going to be away? Don't worry! Do a virtual race and share your Strava activity with our Strava Club to qualify for prizes! (see page 4 for details on how to join the Strava Club) . Sign up by emailing bvsinfo@livunltd.com.

TIPS FOR A SUCCESSFUL 5K:

- Always warm up and cool down - Each time you do a run from the program below, start and end your run with a 5 minute walk. You can go longer, but avoid doing less than 5 minutes. This helps your body prepare for the work ahead, and calm back down once you are done, and reduces your risk of injury.
- Take your time - Pace doesn't matter if you are a beginner looking to build up some consistency with running. A common mistake is to run too hard and not be able to maintain that speed - start slow and go from there.
- Stretch - A nice flow, yoga class, or stretch is a perfect compliment to a run routine. Look to stretch the major muscles used in running (glutes, quads, hamstrings, hips, calves) and include any other areas that you like/have tightness
- Strength Train - To reduce your risk of injury and increase your overall strength, strength training pairs perfectly with a running routine. Just a short total body routine twice a week is enough to keep you moving well!
- Focus on Consistency - This is the most important part of building any new habit and running is no different - even if you can't get in your full run, something is better than nothing. Don't aim for perfection, aim for consistency.
- Once you build a strong base, you can start adding intensity or volume. Set a goal, then design your runs to help you reach it!

Week	Run 1	Run 2	Run 3
1	(Run 1 min, Walk 1 min) x 8	(Run 1 min, Walk 1 min) x 10	(Run 2 min, Walk 1 min) x 8
2	(Run 2 min, Walk 1 min) x 10	(Run 4 min, Walk 2 min) x 4	(Run 4 min, Walk 2 min) x 6
3	(Run 5 min, Walk 1 min) x 3	(Run 5 min, Walk 1 min) x 4	(Run 10 min, Walk 1 min) x 2
4	(Run 15 min, Walk 1 min) x 2	Run 20	Run 25
5	Run 30	Run 5k	

ALREADY A RUNNER? NEXT MONTH WE WILL GO OVER HOW TO TAKE THINGS UP A NOTCH!

RECIPE OF THE MONTH: CHICKPEA COOKIE DOUGH BALLS

INGREDIENTS:

- 1 can of chickpeas garbanzo beans washed, drained and patted dry (or 1.5 cooked from dried chickpeas)
- 1/2 cup whole oats
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/2 cup mini chocolate chips
- 1/2 cup peanut butter

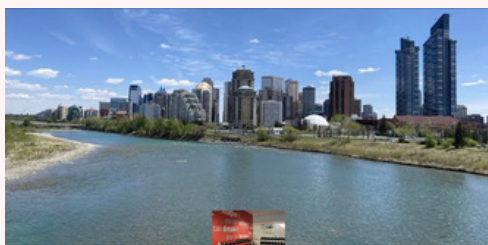


DIRECTIONS:

- Pulse chickpeas in a food processor for 20sec- 1 min or until crumbly. Add oats and pulse again. Add all remaining ingredients except for chocolate chips and pulse for another minute or until all the ingredients are mixed together and the batter is smooth. Add chips and pulse for just a few seconds to mix them in.
- Roll the dough into Tablespoon-sized balls. Use your hands to shape each one into a compact ball.
- Keep refrigerated until ready to enjoy. This is a great base recipe - try it with different mix ins or nut butters to change these up!

JOIN THE BVS FITNESS CENTRE STRAVA RUN CLUB!

Scan the QR code to go straight to our Run Club Group on Strava! Cheer each other on and track your progress! Join the event for race day, and for anyone doing the virtual Couch to 5k Race, this is how you can track your race!



BVS Fitness Centre Run Club

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Join forces with your fellow Bow Valley Square Fitness Centre friends! Track your distance and cheer each other on throu...

Not on Strava? It is free and easy to set up an account! Link it to your favorite smart watch, or just carry your phone to track your runs. It can tell you your pace, distance, elevation, track your speed on specific segments, and even help you track your gear so you know when it is time to change out your shoes!

STRAVA