



BOW VALLEY SQUARE FITNESS CENTRE NEWSLETTER

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FITNESS CENTRE UPDATES

Lunch and Learn (Know your Macros) with dietician, Samara: Discover tips and tricks for sustainably adjusting your diet to achieve weight gain or weight loss goals.

April 30th, 12-1pm in the Hamilton Conference Room.

RSVP at (bvsinfo@livunltd.com), lunch will be provided, please list any dietary restrictions

Please note that the the Fitness Centre is unstaffed and there are no group exercise classes on Friday, April 18th. The Fitness Centre will be operating under weekend hours (6am-10pm).

CANCER AWARENESS MONTH

Regular exercise helps reduce the risk of certain cancers by maintaining a healthy weight, regulating hormones, and boosting immune function. Activities like cardio and strength training lower the risk of cancers such as breast, colon, and lung by improving circulation, reducing inflammation, and supporting overall cellular health. Staying active is one of many powerful steps in cancer prevention.

GROUP EXERCISE

NEW CLASSES:

We have added new classes to the Group Exercise schedule! Sign-up on Wellness Living and come check them out!

- **Fusion Fit Wednesdays @ 1:00pm**
- **Pure Strength Wednesdays @ 4:30pm**
- **Sunrise Bootcamp Thursdays @ 7:15am**

STEP CLASSES:

Our first pop up class was a great success! Back by popular demand, step classes will take place on the second Thursday of each month. Sign up one month in advance! The next class will be on **Thursday April 10th at 1:00-1:45pm.**

POP-UP CLASS:

This month's Pop-Up Group Exercise class is **Zumba!** Join Bhakti on **Tuesday April 8th at 10:05am** for an energetic and fun filled workout.

MOVE OF THE MONTH

NAME - SINGLE LEG LANDMINE RDL

Set Up:

- Secure a barbell into a landmine attachment.
- Stand perpendicular to the bar and grip the very end with your inside hand.
- Shift your weight onto your right foot, lifting your left heel slightly off the ground.
- Extend your right arm out to the side for balance.

Execution:

- Engage your core and set your shoulder blades down.
- Begin to shift your weight into your right leg as you slowly lift your left leg behind you.
- Lower your torso while keeping your back flat until you feel a stretch in your right hamstring.
- Drive through your right foot to stand tall and return to the start position.
- Repeat for the prescribed reps, then switch sides.

Suggested Reps:

- 6-10/side

Target: Glutes and hamstrings

Equipment: Landmine attachment, barbell

Results:

UPCOMING EVENTS

WOMEN ON WEIGHTS

Do you walk into the Fitness Centre not sure what to do? This workshop is for you! Join Ricki on either Tuesday April 15th at 1pm, OR Wednesday April 16th at 10am to learn more about the Fitness Centre equipment and leave with a full body strength training program!

OPTIMIZE YOUR SQUAT

Are you wanting to learn how to squat or perhaps want feedback on your form? Join Jason on Monday, April 7, 10:00 am-11:00am or Wednesday April 23, 1:00 pm-2:00 pm. Email jwong@livunltd.com to reserve your spot.





WORKOUT TIP

COOL DOWN/STRETCHING

THE POWER OF RECOVERY: WHY COOL DOWN AND STRETCHING ARE KEY TO YOUR POST WORKOUT ROUTINE.

After a great workout, it can be tempting to skip the cool down and stretching, but these final moments are essential for your body's recovery. Here is why cooling down and stretching shouldn't be overlooked:

- **Reducing Muscle Soreness and Tension**

Did you know that proper cool down and stretching can help reduce muscle soreness? By gradually lowering your heart rate and releasing muscle tension, you're setting yourself up for a smoother recovery. According to the Heart and Stroke Foundation, cooling down after exercise is crucial to prevent dizziness, prevent blood from pooling in your muscles, and promote faster recovery.

Example: After a run, try a gentle walk for 5 minutes, followed by a quad, calf and hamstring stretch to prevent stiffness.

- **Improving Flexibility and Range of Motion**

Stretching after a workout helps lengthen your muscles, which can improve flexibility over time and keep your joints moving freely.

Example: Post-strength training, include a stretch for each muscle used in your workout to help those areas recover.

- **Preventing Injury**

Cooling down allows your body to transition from high-intensity activity back to a more neutral state, reducing the risk of muscle strains and injuries.

Example: After a cycling session, slow down your pace and stretch your lower back and glutes to reduce muscle soreness and strain.

- **Enhancing Circulation and Relaxation**

The cool-down process helps return blood flow to your muscles and promotes a sense of relaxation, which can even aid in better sleep.

Example: Finish every workout with a 3-5 minute full-body stretch, focusing on deep breathing to bring your body and mind into a state of calm.

For more information on why cooling down is important, you can check out this article by the Heart and Stroke Foundation [here](#) for expert insights.





RECIPE OF THE MONTH

BERRY CHIA PUDDING

SERVINGS: 2

INGREDIENTS

1/4 cup Chia Seeds
1 cup Almond Milk
1 Tbsp honey or maple syrup
1/2 cup mixed berries

DIRECTIONS

1. Combine Chia Seeds, Almond Milk, and sweetener in a bowl.
2. Let for sit 15 mins, stirring occasionally.
3. Top with mixed berries and serve.

NUTRITIONAL INFORMATION

(per serving)

180 calories, 6g protein, 25g carbs, 8g fat