

BVS FITNESS CENTRE NEWSLETTER

November 2024



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UPDATES

As Remembrance Day approaches, we'd like to take the opportunity to express our gratitude for the courage and sacrifice of the men and women who have served in our armed forces. This day is a poignant reminder of the bravery and dedication of those who have fought for our freedom and peace.

The Fitness Centre will be commemorating Remembrance Day on November 11th and will be operating under weekend hours:

6am - 10pm

Facility will be unstaffed and there will be no group fitness classes.

Class Change:

You asked and we listened! Starting **Nov. 4th**, we will be offering back-to-back **Well Built** classes at 11:10am & 12:05pm.

Congratulations to **Jen R.** for being the first to the finish line in our **BVS Land** competition! A big thank you to everyone who participated - every roll of the dice turned friendly competition into a lot fun!

| UPCOMING EVENTS | GROUP FITNESS | MOVE OF THE MONTH



Join us for this month's hands-on workshop focused on mastering the **bench press**! Learn proper techniques, form, and safety tips to maximize your strength and prevent injuries.

Nov 7, 1:00pm-2:00pm, Nov 19, 10:00am-11:00pm
Email Jason jwong@livunltd.com to register.

Benching not your thing? Try our **Whiteboard Challenge** - complete a 500m row for personal bragging rights and record your time!

Celebrate **International Men's Day** on **Nov. 20th** with our **Broga Class**! Designed specifically for men, this dynamic yoga session combines strength, flexibility, and mindfulness. Join us to improve your physical fitness, relieve stress, and connect with a supportive community. All levels welcome! Email bvsinfo@livunltd.com to register.

MOVE OF THE MONTH: Kettlebell Gorilla Rows

TARGET:

Back
Shoulders
Biceps
Core

EQUIPMENT:

Kettlebells

RESULTS:

Upper Body
Strength
Shoulder Stability
Bicep Definition
Enhanced
Posture

Set Up:

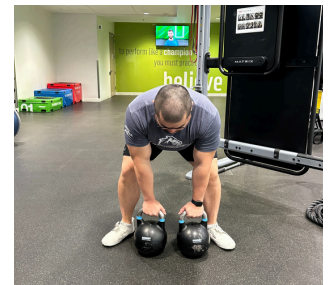
- Set feet shoulder width apart
- Place kettlebells between feet
- Hinge at hips, getting into a sumo deadlift position

Execution:

- Press left bell into the floor, engage core
- Row opposite bell, bringing right elbow to ribs
- Lower bell back to floor, repeat movement on other side, alternating left and right

Suggested Reps:

- 10-14 reps total



INTERNATIONAL MEN'S DAY

November 19th, 2024

Men's health is a critical topic, with many facing unique health challenges. Bringing awareness to these issues is crucial for promoting healthier habits and improving overall well-being. Let's take a moment to review some key facts & tips!

FACT

TIP

Mental Health:

Men are less likely to seek help for mental health issues, yet they are at higher risk for conditions like depression and anxiety.

Prioritize:

1. Encourage open conversations about feelings.
2. Practice mindfulness & meditation to manage stress.
3. Seek professional help when needed.

Heart Health:

Cardiovascular disease remains a leading cause of death for men. Lifestyle factors like diet, exercise, and smoking significantly impact heart health.

Focus:

1. Adopt a diet rich in fruits, veggies, whole grains & lean proteins.
2. Limit saturated fats, sugar & sodium.
3. Engage in regular cardiovascular exercise, like walking or cycling.

Prostate Health:

Prostate cancer is one of the most common cancers among men, with risk factors including age, family history, and lifestyle.

Stay Informed:

1. Discuss prostate screening options with your doctor, especially if you're over 50 or have a family history.
2. Educate yourself about symptoms and risk factors.

Physical Activity:

Only about 23% of men meet the recommended guidelines for physical activity, impacting their overall health and fitness.

Increase:

1. Aim for at least 150 minutes of moderate exercise each week.
2. Incorporate resistance exercises at least 2x/week to build muscle and strengthen bones.
3. Include movement into your daily routine, like walking during breaks.



RECIPE OF THE MONTH

Creamy White Chicken Chili

Ingredients:

- 2 Tbsp. olive oil
- 1 medium white or yellow onion, finely chopped
- 1 medium poblano pepper, seeded and finely chopped (optional)
- 1 tsp. kosher salt
- 5 garlic cloves, minced
- 1 1/2 tsp. ground cumin
- 1 tsp. dried oregano
- 1 tsp. smoked paprika
- 4 cups unsalted chicken stock
- 1 cup salsa verde (15.5-oz.)
- 1 can white kidney beans, rinsed & drained
- 1 can of corn, drained
- 8 oz. cream cheese
- 3 cups shredded skinless rotisserie chicken (breast and thigh meat)



Directions:

1. Heat oil over medium-high heat. Add chopped onion, poblano pepper & salt, sautéing until the onion softens (about 3 minutes).
2. Stir in minced garlic and sauté for 3 minutes. Add cumin, oregano, and smoked paprika; cook for 30 seconds to 1 minute until fragrant.
3. Pour in chicken stock, salsa verde, beans and corn. Bring to a boil, then reduce heat to medium-low and simmer for 10 minutes.
4. Place cream cheese in a microwave-safe bowl and microwave on 50% power for 1 minute or until soft.
5. Ladle about 1 cup of the hot chili broth into the bowl with cream cheese and stir until smooth.
6. Stir the cream cheese mixture back into the chili, then gently add cooked chicken. Heat through for about 2 minutes.
7. Ladle the chili into bowls and garnish as desired or serve with rice.