

BVS FITNESS CENTRE

NEWSLETTER

December 2024



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✦ UPDATES ✦

Happy Holidays from BVS Fitness! We wish you all a wonderful season of balance, joy, and well-being, and we look forward to helping you achieve all of your health & fitness goals in 2025!

Please make note of the following dates as we wind down 2024 and head into the new year:

- **December 20th:** Last day for group fitness classes
- **December 24th:** 5am-midnight, staffed 6am-12pm
- **December 25th & 26th:** 6am-10pm & unstaffed
- **December 27th, 30th and 31st:** 5am-midnight, staffed 7am-3pm
- **January 1st, 2025:** 6am-10pm & unstaffed

Holiday Hours will be posted at the front desk as well.

Your opinion matters to us - and we'd love to hear it! Click [here](#) to complete our **member survey** and let us know how we're doing. Deadline to complete the survey will be 5:00pm Friday December 6.

Missing something?

Come and check out the lost and found.
Any unclaimed items will be donated at the end of the year

UPCOMING EVENTS | GROUP FITNESS | MOVE OF THE MONTH



JoJo the Elf is BACK and ready to spread some holiday cheer! Join her at the desk every weekday from December 2nd to 17th for the **12 Days of Fitmas**. Each day, JoJo will challenge you with a new exercise—complete it, and you'll be entered to win daily prizes.

Join us on **Friday, December 20th** for our festive **Fitmas Class** - a strength class with a holiday twist designed to help you power through the holiday season. Sign-up today via the **Wellness Living app**, stop by and see us at the desk or email bvsinfo@livunltd.com

MOVE OF THE MONTH: Kettlebell Bottoms-up Press

TARGET:

Forearms & Grip
Triceps
Shoulders
Core
Upper Back

EQUIPMENT:

Kettlebells

RESULTS:

Improved Grip Strength
Increased Shoulder Strength
Better Coordination & Balance

Set Up:

- Stand with feet shoulder-width apart
- Hold kettlebell by the handle with one hand, bell facing upwards
- Engage core, maintain neutral spine

Execution:

- Take a deep breathe in to brace your core.
- Press kettlebell upward, keeping it balanced & steady
- Extend arm fully overhead, maintain kettlebell in upside-down position
- Slowly lower back down to starting position. Repeat other arm

Suggested Reps:

- 6-10 reps per arm x3 sets



MANAGING MENTAL HEALTH

Holiday Edition

The holiday season is a wonderful opportunity to enjoy family, friends, and festive traditions, but it can also bring a lot of stress, loneliness, and emotional and financial challenges as well. In this issue, we'll share some potential health hurdles that come with the holidays and some tips on how to manage so you can make the most of this special time of year.

FACT

TIP

Increased Stress & Anxiety

The pressure to create a perfect holiday, manage multiple tasks, and meet social or family expectations can lead to high levels of stress & anxiety.

Manage:

- Set realistic expectations & avoid perfectionism.
- Prioritize relaxation techniques, like meditation or deep breathing.
- Set boundaries by saying "no" when needed.

Loneliness & Isolation

The holidays can amplify feelings of loneliness for those who are estranged from family, grieving, or spending the season alone.

Combat:

- Reach out to friends, family or community groups for connection.
- Plan activities you enjoy or try something new.
- Use technology to stay connected with video-chats or online games.

Increased Risk of Depression

Seasonal Affective Disorder (SAD) and the "holiday blues" can trigger or worsen depression, with shorter days, disrupted routines, and unmet expectations.

Address:

- Get outside for natural light and stay active to improve mood.
- Maintain a regular routine for sleep, meals, and exercise.
- Consider light therapy or speak with a professional if needed.

Coping with Substance Use & Unhealthy Habits

Increased alcohol consumption and overeating can become coping mechanisms for stress and can worsen mental health, disrupt routines, and lead to negative emotional, physical, and financial outcomes.

Avoid:

- Monitor alcohol intake and avoid using it to cope with stress.
- Eat mindfully to avoid emotional eating or overindulgence.
- Prioritize sleep by keeping a consistent sleep schedule.

RECIPE OF THE MONTH

Air Fryer Loaded Zucchini Skins

Ingredients:

- Olive oil cooking spray
- 2 slices turkey or pork bacon
- 2 medium zucchini (about 1 lb. total)
- 1/2 tsp. kosher salt
- Freshly ground black pepper
- 1 c. shredded cheddar
- 1 large avocado, halved, pitted, and flesh scooped
- 3 cherry tomatoes, finely chopped
- 1 Tbsp. finely chopped red onion
- 1 Tbsp. fresh lime juice
- 1 tsp. finely chopped fresh cilantro leaves, plus more for serving
- 1 small jalapeño, stemmed, seeded, and finely chopped, divided



Directions:

1. Spray air-fryer basket with cooking spray. Cook bacon at 350° for about 5 minutes, flipping halfway, until crisp. Chop bacon and set aside.
2. Halve zucchini lengthwise and crosswise, scoop out seeds to create boats. Spray with cooking spray and season with salt and pepper.
3. Place zucchini cut side up in air fryer. Cook at 400° for about 7 minutes until tender and golden.
4. Fill zucchini with cheese and cook at 400° for 1-2 minutes until cheese is bubbly and golden.
5. In a bowl, mash avocado and mix in tomatoes, onion, lime juice, cilantro, jalapeño, and salt.
6. Arrange zucchini boats on a platter, fill with guacamole, and top with bacon, cilantro, and jalapeño.