

# Newsletter

BVS Fitness Centre

October 2024



## UPDATES

Congratulations to our Nutrition Bingo goers! Please come and see us to fill out your bingo cards by October 4.

Your dedication, enthusiasm, and commitment to embracing healthy nutrition habits have dabbled all the boxes, making this challenge a fantastic success!

## HAPPY THANKSGIVING!

As we take a moment to reflect on what we're grateful for, we want to extend a big thank you to each member of our fitness family. Your dedication, hard work, and positive spirit make our facility a place where goals are achieved and fitness journeys are celebrated.

Thank you for being an essential part of our community!

Monday, October 14th will operate under weekend hours (6:00am-10:00pm with no staff or classes.)

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# Upcoming Events + Group Fitness

bvsfitness.ca

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## UPCOMING EVENTS

Jason will be running a Deadlift workshop on Oct 9, 1:00pm-2:00pm and Oct 21, 10:00am-11:00am. Space is limited, so be sure to email [jwong@livunltd.com](mailto:jwong@livunltd.com) to snag a spot!

## GROUP FITNESS

We are excited to announce the return of BVS Land! Complete a group fitness class, roll the dice and move your player along the board for your chance to win!



## Banded Deadbugs

1. Attached a band to a secure anchor point, lie on your back with the band in your hands at chest level and knees bent at 90 degrees. Engage your core and press your lower back into the mat to maintain stability.
2. Maintaining tension in the band, begin to lower your left leg while keeping your core engaged. When the heel touches ground, return to the start position. Then do the same with your right leg and keep alternating for a set number of repetitions (e.g., 10, -15 per side) or for a certain amount of time (e.g., 30 seconds).

# Spook-tacular Tips for a Healthy Halloween

## Hydration Hex

Don't forget to drink plenty of water! Sometimes thirst can be mistaken for hunger. A glass of water can help you feel full and satisfied.



## Portion Control Potion

Enjoy those Halloween goodies, but be mindful of portions. A small piece of candy can satisfy your sweet tooth without overindulging.

## Mighty Munchies

Keep healthy snacks like apple slices, nuts, or yogurt on hand. These can help curb your cravings and keep you energized throughout the day.



## Healthy Swap Spells

Try making some ghoulishly good treats at home! Swap out sugar for natural sweeteners like honey or use whole-grain ingredients for a healthier twist on your favorite recipes.

# Recipe of the Month

## Healthy Peanut Butter Rice Krispie Treats

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### INGREDIENTS

#### For the Bars:

- 1 cup peanut butter
- 2 tablespoons coconut oil
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- 1/2 cup protein powder (optional)
- 2 cups crispy brown rice cereal

#### For the Topping:

- 1 cup chocolate chips or chopped chocolate
- Fancy sea salt (for sprinkling)

### INSTRUCTIONS

- Line an 8x8 inch pan with parchment paper. Set aside.
- In a medium pot over low heat, combine peanut butter, coconut oil, maple syrup, and vanilla extract. Stir until smooth and well combined, about 1 minute.
- If using, add protein powder and mix until incorporated.
- Stir in crispy brown rice cereal until completely coated.
- Pour mixture into prepared pan. Use spatula to even.
- To prepare topping, place chocolate in a microwave-safe bowl. Microwave in 30-second intervals, stirring between each, until fully melted. Alternatively, melt chocolate in a small saucepan over very low heat.
- Pour melted chocolate over bars, tilting pan to spread evenly.
- Refrigerate pan for 30 minutes, or until bars are completely cool and chocolate is hardened.
- Sprinkle with fancy sea salt & cut into 16 bars.
- Keep bars covered in fridge for up to 1 week. Let them sit at room temperature for 5 minutes before serving to soften slightly.