

BVS FITNESS CENTRE NEWSLETTER

February 2025



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UPDATES

With Family Day this month, we want to take a moment to highlight the importance of close connections. Please note the facility will be unstaffed with no group fitness classes that day, and operating under weekend hours :

Family Day - Feb 17, 2025

Facility hours 6 AM - 10 PM

New Staff Member:

Ricki Maxwell is our new Program Coordinator who joined the team in January. With her experience, passion, and dedication, Ricki is already hard at work and eager to get to know each of you. She's looking forward to contributing to the success of our facility and enhancing your fitness experience. Be sure to give her a warm welcome the next time you see her in the facility!

Facility Reminder:

January was a busy month! Please remember to put the weights and equipment back. Don't forget to spray down the equipment. Help us keep the facility tidy and clean for everyone!

| UPCOMING EVENTS | GROUP FITNESS |

MOVE OF THE MONTH



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

Feb 13, 1:00pm-2:00pm, Feb 24, 10:00am-11:00pm
Sign up via the **Wellness Living app** or email Jason
jwong@livunltd.com

Ready for our **Nutrition Challenge**? We kick off Monday February 3 and run 4 weeks until March 2. Each week, you'll tackle a different nutrition challenge.

Check off each day to earn entries into the prize draw!
Ask at the front desk to start your tracking sheet.

Join our **Women on Weights Workshop** on February 19th from 10:30-11:30am with Ricki! This month's focus is Plyometrics. Sign up early as space is limited to 5. Visit the desk or email
rmaxwell@livunltd.com

MOVE OF THE MONTH: Glider roll outs

TARGET:
Shoulders
Core

EQUIPMENT:
2 Glider Discs
Mat

RESULTS:
Upper Body
Strength
Shoulder Stability
Core Strength

Set Up:

- In a kneeling position, have a glider disc underneath each hand. Position the hands under the shoulders.

Execution:

- Take a deep breathe in, maintain a neutral spine and engage the abs, keep the arms straight and begin to slide both arms forward. Once you've reached your end point, bring both arms back. DO NOT let your hips sink.
- You can also slide with both arms out and then bring one arm back at a time.

Suggested Reps:

- 10-12 reps



Work Out Tip: Time Under Tension

🕒💪 **Time Under Tension (TUT)** 💪🕒 refers to the amount of time a muscle is held under tension or is activated during an exercise set. TUT is one of many variables that can be manipulated to alter the stimulus of a workout and customize your training. Generally it is a function of speed of movement and the number of repetitions (reps).

During TUT workouts, you slow down the movements of each rep and spend more time activating the muscle. By slowing down the movement, the muscle is held under tension for a longer period, which may yield better results for strength and hypertrophy.

Using TUT can force your muscles to work harder and optimizes muscular strength, endurance, and growth. Your body will look and feel more toned, but be warned, you will likely experience more delayed onset muscle soreness.

Want to give it a go? Here's are some examples to try today:

- **Push-ups**

- 4 sets of 8 reps.
 - 3 seconds down.

- **Squats**

- 4 sets of 10 reps.
 - 3 seconds down.

- **Bent over row**

- 3 sets of 8 reps.
 - 3 seconds to lift and
 - 3 seconds to lower.

- **Machine leg curl**

- 3 sets of 8 reps.
 - 3 seconds to lift and 3 seconds to lower.



RECIPE OF THE MONTH



Avocado Toast with Pomegranate Arils

SERVINGS: 2

Ingredients

1 ripe avocado
2 slices whole grain bread (toasted)
2 tbsp pomegranate arils
A squeeze of lemon juice
Salt and pepper to taste

Directions

1. Mash the avocado with lemon juice, salt and pepper.
2. Spread the mashed avocado on toast and sprinkle with the pomegranate.

Nutritional Info (per serving) - 290 calories, 8g protein, 32g carbs, 15g fat