

BUS FITNESS CENTRE NEWSLETTER

JANUARY 2025



NEWS & UPDATES

Jojo the Elf has packed up and headed back to the North Pole. She wanted to thank you for your energy through the 12 Days of Fitmas and congrats to all the winners. "Keep up the good work!" she called as she walking lunged out the door.

January Challenge - Workout of the Month (WOM)

It is simple. Time yourself while you complete 25 repetitions of the 3 exercises:
Jacks, Squats, and Mountain Climbers
Repeat as often as you like. Can you improve over the course of the month?

Group Fitness info:

The regular schedule of group fitness classes resume on Monday January 6th. Remember there is no additional cost for classes. Make 2025 the year you try something new: Yoga, Pilates, Core, Barre, Circuits there is something for everyone.

Cleanliness and tidiness:

Please remember to clean the equipment and return it back, don't forget to unrack the weights and return the dumbbells back after using. Help keep the fitness centre clean and tidy for everyone!

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UPCOMING EVENTS | GROUP FITNESS | MOVE OF THE MONTH



SQUAT WORKSHOP Are you wanting to learn how to squat or perhaps want feedback on your form? Join Jason on Tuesday, January 7, 10:00 am-11:00am or Wednesday January 15, 1:00 pm-2:00 pm. Space is limited so email jwong@livunltd.com to reserve your spot.

Try our **Whiteboard Challenge** complete the **Workout Of the Month** throughout the month of January and see if you can improve your time!

Hey ladies! Ready to get stronger? Join our **Women on Weights Workshop** where we'll guide you through the basics of lifting with tips on program design, proper form and safety. Join Julie Wednesday January 8th at 10:30-11:30am. Sign up early as space is limited to 5 - ask us at the front desk or email jeldridge@livunltd.com

MOVE OF THE MONTH: GLIDER SIDE LUNGES

TARGET:

LEGS
Inner thigh
Glutes
Core

EQUIPMENT:

GLIDER DISC

Optional -
dumbbell

RESULTS:

LOWER BODY

Strength
Stability
Mobility

SET UP:

- Place a glider disc underneath your left foot and then set your feet shoulder width apart.

EXECUTION:

- Slowly slide the left foot away, while keeping your right foot anchored.
- Ensure your right knee is tracking with the toes, don't allow the knee to cave inwards
- Slide as far as your mobility will allow you to go, the further you slide, the more challenging it will be to return to the starting position.
- Complete the number of reps on the left side and then switch to the right side.
- You can also add a dumbbell to add more resistance.

SUGGESTED REPS:

- 6-10/side



YOUR WORKOUT SECRET WEAPON: THE WARM UP

Warming up before exercise is the most overlooked step in preparing your mind and body for physical activity. With a goal to increase your heart rate, enhance muscle elasticity, and activate the nervous system, a warm up improves your body's response time and output - improving performance and giving you a better workout. Not to mention the mental transition from rest to exercise giving your brain the cue that "it's go time", helping you focus and mentally prepare for the activity ahead.

COMPONENTS OF A WARM-UP

1. General Warm-Up (Cardio-Based)

Get your heart rate up and increase blood flow to muscles. Roughly 3-10 minutes of full-body movements that progress in intensity like brisk walking, jogging, cycling, or jumping rope.

2. Mobilize (Range of Motion-Based)

Use controlled movements that take joints through their full range of motion (like arm circles) or mimic the movements that make up your main activity (like full range squats). This is a great time to work on nailing movement patterns as you can focus on the quality of the movement rather than intensity. Repeat 4-10 times depending on how smooth the movement feels. Foam rolling also fits into this part of the warm up if you have particularly tight areas that need extra attention. No more than 1 minute per muscle group is needed.

3. Activate (Neuromuscular-Based)

Prime the muscle-brain connection for a well integrated neuro-muscular system. Add some resistance and prioritize movements that use the prime muscles and stabilizers prior to the workout to ensure they are fully activated and firing efficiently - think hip bridges to activate glutes before a set of squats or banded rotator cuff exercises before an upper body workout. Practice sets can be used here, building up through increasing weights. Depending on the intensity of the work out plan for 1-6 warm up sets of 1-5 reps at 40-90% of the working set.

Avoid Static Stretching Before Exercise: Static stretching involves holding stretches for a prolonged period, which can temporarily inhibit muscle activation and reduce the speed and strength of contractions. Save static stretches for after your workout to improve flexibility.

Listen to Your Body: Start slow and progress gradually. If you feel any discomfort or tightness, take extra time to warm up that area before proceeding. Pushing through discomfort can lead to injury.



RECIPE OF THE MONTH

Kick off the new year with a refreshing dose of vitamin C! This Winter Citrus Smoothie is packed with immune-boosting ingredients to keep you feeling your best during the cold season.



Winter Citrus Smoothie

SERVINGS: 2

INGREDIENTS

1 ORANGE (PEELED)
1/2 GRAPEFRUIT (PEELED)
1/2 CUP PLAIN GREEK
YOGURT
1/2 CUP ALMOND MILK
1 TBSP CHIA SEEDS
1 TBSP HONEY (OPTIONAL)
ICE CUBES

DIRECTIONS

1. BLEND ALL INGREDIENTS UNTIL SMOOTH.
2. POUR INTO A GLASS AND SERVE.

Nutritional Info (per serving) 220 calories, 5g protein, 35g carbs, 5g fat