



# Bow Valley Square Fitness Centre NEWSLETTER

August 2022

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## Updates

Soak up those summer vibes and join us outdoors every Friday for a bootcamp style Weekend Warrior class!

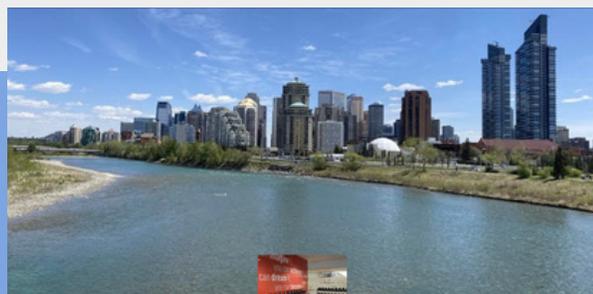
Fall is coming... And we are making some changes to the class schedule! What classes do YOU want to see? We need your feed back to build you a schedule that you love! Let us know at the desk or email [sdavies@livnorth.com](mailto:sdavies@livnorth.com) to share your thoughts.

Need to contact us? Email us at [bvsinfo@livnorth.com](mailto:bvsinfo@livnorth.com) or call us at 403-705-1173.

We are switching from wipes to spray bottles in early August to help reduce our environmental impact! Watch for the changes soon!

Congrats to our July Distance challenge winner Sean Hickey! It was a tight race with our second place member Joel Glanville only 5 kms behind! Nice work everyone!

Join the BVS Fitness Centre Run Club for more future fun challenges!



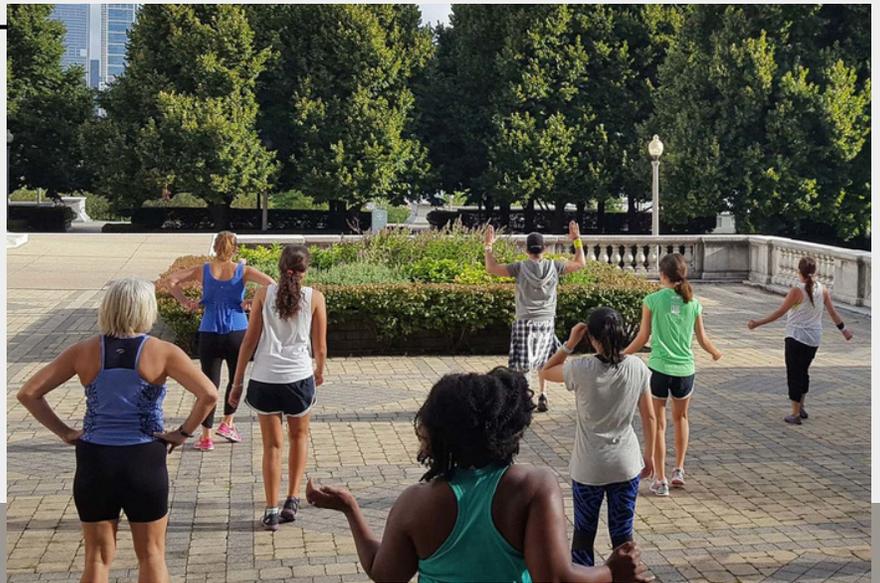
### BVS Fitness Centre Run Club

📍 · Calgary, Alberta · Invite-Only

Join forces with your fellow Bow Valley Square Fitness Centre friends! Track your distance and cheer each other on throu...

# August Outdoor Class!

August 5th- September 2nd



Join us every Friday on the West Roof top patio of the Plus 30 at Noon for an Outdoor Weekend Warrior Bootcamp!

Expect a variety of cardio and strength exercises, intervals, functional exercises, sunshine, and some fun! (Class will be held indoors in the event of bad weather)

## Exercise of the month: Ball Plank

### The Set up:

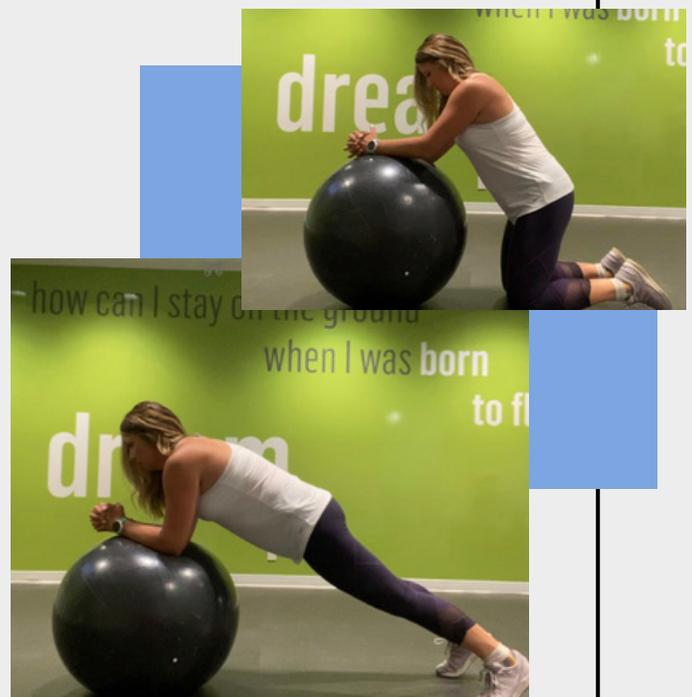
Begin by kneeling in front of the ball. Place elbows onto ball, and lift up into a plank position from the toes.

### The Movement:

Keep hips up high. Perform a slight pelvic tuck to keep core engaged and working hard. Keep the shoulders relaxed and away from the ears. Hold this position for one minute, breathing evenly and keeping core active.

### Progressions/Regressions:

Make it easier by keeping your knees on the ground and build toward doing it on your toes. Alternatively, do it for less time and build to a minute. Make it harder by adding in some movement - draw circles or letters with the elbows.



# *Hydrate Like a Pro!*

**The nitty gritty on how to hydrate just in time for the August heat!**

## **First off... Is it really that big of a deal?**

Dehydration happens when you lose more fluids than you take in. We lose fluids in many ways – sweating, urination, bowel movements, vomiting, saliva, and breathing. If you aren't replacing these fluids as fast as you are losing them, you begin to suffer a range of side effects. This begins with more mild symptoms like thirst, dry mouth, less frequent urination, fatigue, headache, dizziness, low blood pressure, less tear production, loss of appetite, or craving sugar. If left untreated, it can lead to more severe signs of dehydration like heat intolerance, chills, flushed skin, rapid heart rate, rapid breathing, swelling, muscle cramps, constipation, confusion, anxiety, heat stroke, and can contribute to kidney stones and kidney failure. Severe dehydration occurs when we've lost 10% of our body weight in fluid. More mild dehydration, a loss of 3-4% can go totally undetected, but at 5-6% loss, symptoms are typically more persistent. Even a very mild dehydration of 1-2% can cause a decline in cognitive function like short term memory, alertness, focus, and impact our motor skills. Thirst sensation can be triggered in the body at losses of 1-2%, so if you are feeling thirsty, you are already dehydrated.

When we stay hydrated, we can regulate our body temperatures much better. Our joints function better, our energy levels are higher, we can move nutrients throughout the body better, and remove waste more efficiently. Our bodies are 55%-75% water, and so things just work better when we are in a well hydrated state.

## **Okay. So are you drinking enough?**

General recommendations for water consumption are around 1.5L-2L /day (for an adult). The climate you live in, your activity levels, and how you eat can affect your individual needs. Age is also a big factor. Children are more sensitive to dehydration as they may not know or be able to ask for water. Older adults have a lower body water volume, can be less sensitive at detecting dehydration and thus triggering thirst, and they may take medications that can alter their water balance. We are each unique in our water needs so it is important to pay attention to how you feel and determine what is right for you and your activity levels. Remember that feeling thirsty means you are already mildly dehydrated. Sometimes we feel dehydration as hunger, so if you feel a bit peckish, especially craving sugar, you could simply be low on water.

## **So what is the best thing to drink?**

Plain water is almost always the best choice. It is widely available, most affordable, and has the greatest health effects.

If you struggle to meet your hydration needs, try carrying a refillable bottle with you everywhere you go. Soft flasks or collapsible bottles are great for stashing away when empty. Carbonating regular water at home (like with a Soda Stream or similar) is a cost effective and environmentally friendly way to make your water a little more exciting. You can make still or sparkling water more appealing by adding in flavors – whether that is by adding fruit (like lemon), herbs (like mint), a splash of juice, electrolyte powders or tabs, or syrups/drops. Just remember that anything you add to your water that contains calories will add to your overall energy intake – so enjoy those things with moderation. This includes a lot of sport drinks. Added electrolytes are only truly necessary if you are exercising or exerting yourself in warmer temperatures, so hydrating with sports drinks may not be required. Juice or milk does add to our water content, but also contains calories and shouldn't be our primary source of fluid. And while caffeinated drinks, soda, and alcoholic beverages do contain water, they also have other effects on the body, and shouldn't be a major hydration source either.

There is also water in food – fruit and veggies can contain a lot. But it is unlikely you will get enough water if that is your primary source. And more processed foods do not contain nearly as much water as fresh food.

A constant intake of water is best, so try drink through-out the day! And soak in the hydrating benefits!

# Recipe of The Month:

## Healthy Peanut Butter Oatmeal Cookies



### Ingredients

- 2 cups quick-cooking oats\*
- 1 1/2 teaspoons baking powder
- 1/8 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground cinnamon
- 1/2 cup creamy peanut butter
- 1 large egg at room temperature
- 1 teaspoon pure vanilla extract
- 1/2 cup honey
- 1/2 cup dark or semi-sweet chocolate chips

### Directions

1. In a large bowl, whisk together the oats, baking powder, baking soda, cinnamon, and salt.
2. In a medium bowl, combine the peanut butter, egg, vanilla, and honey. Whisk until blended.
3. Scrape the liquid mixture into the oat mixture and stir just until combined. The dough will be wet and sticky. Fold in the chocolate chips. Place in the refrigerator and let chill for at least 30 minutes or up to 3 days.
4. When ready to bake, place a rack in the center of your oven and preheat the oven to 350 degrees F. Line a large rimmed baking sheet with parchment paper or a silicone baking sheet. Remove the dough from the refrigerator (if it is very stiff, you may need to let it sit out for 5 to 10 minutes). With a cookie scoop or spoon, drop the dough into 2-inch balls and arrange on the baking sheet, leaving 1 inch of space around each. With your fingers, gently flatten each cookie to be about 3/4-inch thick.
5. Bake until the cookies are golden and firm around the edges and set on top, about 9 to 10 minutes. Place the baking sheet on a wire rack and let the cookies cool on the baking sheet for 2 minutes, then transfer the cookies to the rack to cool completely.

## Did you know???



### We offer more than the Fitness Centre and our regular Group Fitness classes!

- We also offer:
- Private Group Fitness Classes
  - Lunch and Learns
  - Group Stretch sessions (we can come to your office!)
  - Presentations on Requested Topics
  - Specialty Events
  - Team Building

Come see us at the desk if you  
have questions!