

BOW VALLEY SQUARE FITNESS CENTRE

NEWSLETTER

September 2022



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Updates:

Join us for our September Fitness Challenge: Spicy Strength September! Perform the exercise of the week to earn an entry into our draw! At the end of the month, a few lucky hardworking members will get their October gym fees covered by us!

We have compiled a pretty big lost and found collection. If you are missing anything, or aren't sure if you have left something behind, please come take a look at our lost and found! Anything left behind will be donated at the end of September.

We are very excited to introduce a few changes to our group fitness schedule for September! Based on feedback and usage, we hope to add more class going into fall, so keep your feedback coming! Let us know what you think of the September changes!



GROUP FITNESS UPDATES

We have a few changes for September!

- Starting September 6th, we are rolling out our fall class schedule! We have some awesome changes we are very excited about - like our NEW Kickboxing class! Check the schedule on Wellness Living, at the front desk, on the gym white board, or on our website!
- **Barre class will now start at 11:00 INSTEAD of 11:10.**
- Thank you for the feedback so far! Keep it coming! We will continue to build and adjust our schedule going into fall, so if there is something you are looking for and haven't seen, let us know!



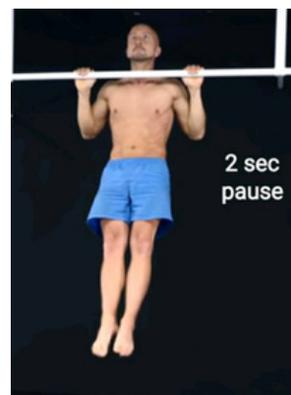
Exercise of the Month: Pull Up Modifications

Struggling with your pull ups? Try these modified versions to help you on your quest! Each option helps build strength and practices the required movement pattern. Not sure how to do any of these? Come and see us - we would be happy to show you how!



**Banded
Pull- Up**

**Leg - assisted
Pull up**



**Negative
Pull- Up**

**Inverted
Row**



W A R M I T U P , C O O L I T D O W N

The warm up, and why it matters

There are a lot of benefits of doing a proper warm up:

- Loosen up tight muscles and warm the fluid in the joints which allows for some extra flexibility – this means we feel and move better with less stiffness and pain.
- Reduce risk of injury – improved blood flow, heat, and muscle activation make tissues more resilient. Studies show over and over that warm ups help reduce injury.
- Improve efficiency of the workout – muscles and neurological pathways are primed and prepared to work, and you can target the right muscles in the right ranges of motion.
- It gives us a chance to mentally prepare for the workout – to leave your day behind and focus on the moment. When we are focused on the workout we get better muscle activation. Not to mention the stress relief of a good workout is huge. The warm up sets the tone for the work ahead and gets us in the right head space.

Take 5–10 minutes of progressive movement. If you are doing cardio, begin your workout at a lower intensity, and build to your working intensity as the warm up progresses. If you are lifting weights, warm up and mobilize the joints you will be using in your workout, and do some low intensity (or Body weight) versions of the lifts you plan to do.

Tip: Avoid static stretching during a warm up. Opt instead for dynamic stretching, which takes a joint through a range of motion without holding it at the end range.

Cool down, you earned it

You did the work. Now enjoy your cool down because:

- It allows the heart rate and breathing rate to return to a normal rate. This is important to prevent blood pooling and feeling lightheaded. This is especially critical after cardio.
- It helps the other systems in the body also return to a normal state faster.
- It promotes relaxation. You get a chance to really enjoy the feeling of accomplishment and the feel good hormones your body is releasing.
- It is a perfect time to work on flexibility as muscles are warm and ready. Flexibility work is often overlooked but is absolutely critical as we get older.
- It may reduce stiffness and soreness post workout.

Give yourself at least 5 minutes to stretch it out. This is a great time to include balance work as well if that is something you are concerned about.

Tip: This is the time for static stretching. Hold stretches at least 30 seconds to allow the stretch to do its magic. Whatever you do to one side of the body, make sure you do it to the other, even if you are doing corrective exercise/managing an injury or issue.

RECIPE OF THE MONTH: QUINOA POWER BOWL

Ingredients:

- 14 to 16 oz. Brussels sprouts, trimmed and halved
- 2 Tbsp. extra-virgin olive oil, divided (sub avocado oil)
- 1 Tbsp. adobo sauce (from a can of chipotle peppers in adobo sauce)
- 1 Tbsp. maple syrup
- 1 tsp. kosher salt, divided
- 3 cups peeled and cubed butternut squash (from 1 small squash)
- 1 tsp. smoked paprika
- 1 tsp. garlic powder
- 1 cup dry quinoa
- 2 cups lower-sodium vegetable or chicken broth
- 2 to 3 handfuls of chopped kale
- Sliced avocado for topping (optional)



Honey-Dijon Dressing

- 1/4 cup extra-virgin olive oil
- 1 Tbsp. apple cider vinegar
- 1 Tbsp. honey (sub maple syrup)
- 2 tsp. Dijon mustard
- 1/4 tsp. kosher salt

Instructions:

1. Preheat oven to 425°F.
2. Arrange Brussels sprouts on a baking sheet and toss with 1 Tbsp. oil, adobo sauce, maple syrup, and 1/2 tsp. salt. On a separate baking sheet, toss butternut squash with remaining 1 Tbsp. oil, smoked paprika, garlic powder, and 1/2 tsp. salt. Place both baking sheets in the oven, and roast for ~25 minutes, stirring once halfway through, until tender.
3. Meanwhile, combine quinoa and broth in a small saucepan and bring to a boil. Reduce heat to low, cover, and cook until quinoa is fluffy and liquid is absorbed, about 15 minutes. Uncover, and stir in kale, letting residual heat wilt down the leaves.
4. Prepare dressing by combining olive oil, vinegar, mustard, honey, and salt in a small bowl; stir with a whisk.
5. Assemble bowls by dividing quinoa and kale mixture evenly into each of 4 bowls. Divide roasted vegetables over top, and drizzle with dressing. Garnish with sliced avocado and/or toppings of choice.