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Dauphin's Active Living Centre

MEMBERS NEWSLETTER APRIL, 2007

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weight exercises. He's consistent in his approach - and has seen the positive results. To add variety to his routine Ted has added several innovative exercises to his workouts. If you're ever in the gym when Ted is around take a peak to see how he makes use of the equipment.

Ted Chura, our April Member of the Month.

MEMBER OF THE MONTH PROFILE:

Ted Chura

Ted is a great example of a "strong, silent type". He works out regularly and on most days approaches his workouts with methodical focus.

Ted is a regular in the truest sense of the word - in that he's at the gym just about every evening and on weekends as well - and usually follows his workout with a stop at another one of his favourite stops - Tim Hortons.

Ted's workouts include both cardio and resistance training, and he has made significant progress in both those areas over the past year or so. Ted works out hard, and has increased both his workout intensity and volume as his fitness level has increased.

Ted's workouts include many typical free

APRIL IS COUPLES MONTH AT BOZE'S!

**COUPLES SAVE AT BOZE'S. BUY
3, 6 OR 12 MONTHS AND SAVE
BIG BUCKS.**

3 MONTHS ONLY \$225

6 MONTHS ONLY \$350

1 YEAR ONLY \$500

**Buy or Renew your membership
today to take advantage of
these great deals.**

Student extra-discount coming in April!

Boze's already has great student rates, but they get even better when Spring arrives. Starting April 11th students can choose to purchase a one-month membership for only \$40; a two-month membership for \$80; three months for \$120 or four months for \$160. It doesn't get any better to be a student at Boze's.

MARCH MADNESS WINNERS!

The trip was great, as we covered nearly 21,000 kms during the 22 days of March Madness. Sectional prizes were awarded each week, with the following lucky winning members:

week 1 -	Risa Olekshy
week 2 -	Armand Barbeau
week 3 -	Corinna Amyotte
grand prize -	Frances Stewart

EASTER HOURS

Boze's will be closed on Friday, April 6th and Sunday, April 8th for Easter. We will be open regular hours (6:30 am to 9:00 pm) on April 9th - Easter Monday.



THE ENDURING MYTH OF THE QUICK-FIX

Here's a list of quick-fix remedies from over the years. Read on to see how we've been looking for a health shortcut for years.

1844: Oliver Halsted's patented Exercising Machine for relieving dyspepsia (indigestion) consisted of a pair of horses that marched in circles.

1892: George Burwell's Boston Bon-Contour Obesity Belt delivered zaps of electricity.

1900: Jean Alban Bergonie's "passive ergotherapy" chair applied electricity to clients' muscles, contracting them 100 times per minute.

1910: Phytoline weight-loss tablets contained arsenic, strychnine, caffeine and pokeberries. Arsenic speeds up the digestive tract; pokeberries act as a laxative.

1914: Gardner Reducing Machines pummelled the user between two rollers.

1920's: Lucky Strike promoted its cigarettes as diet aids: "Reach for a Lucky instead of a sweet".

1935: Dinitrophenol, a chemical used in the manufacture of dyes, insecticides and explosives, was sold as a diet pill. The rationale was that workers in World War I munitions factories lost weight. Use fell off by 1938 when several deaths and blindness were attributed to its use.

HAPPY EASTER!

Wow! Christmas is but a memory (except for the lingering credit card balance) and spring seems to be here. Hope all is well with your workout program, and that you continue working out at Boze's as spring turns into summer.

Easter season and the start of spring is an interesting time. As we pack away our winter outerwear and say goodbye (for another few months at least) to the boots and mitts, we invariably reach for our shorts, tank tops and t-shirts. One question I always ask myself at this time of year is "Do other people find their summer clothes shrink during the winter?". I can't understand it - each spring when I try on last year's shorts they seem to get smaller. What's up with that?

But seriously, I do know this - physical activity is the best way to reverse the "expansion of the waist" syndrome that sometimes occurs during the winter.

Exercise does not have to be tortuous to be beneficial, but it's most effective if it is continual. Regular workouts are the best way to maintain your conditioning after you've achieved a level of fitness you are satisfied with.

The principles of exercise are simple, it's the application that sometimes becomes difficult to maintain. Here are some tips to help you stick with your exercise program during the spring:

Add some variety - the warmer weather and drier streets provide an attractive option for cardiovascular training. Get your bike tuned up or go for an evening walk a couple of times a week to complement your Boze's workouts.

Refine your program - as the weather draws you outdoors you might feel the urge to decrease your weight training time. Rather than rushing through a workout, why not compress your training and incorporate a maintenance workout program during the warmer weather. Incorporating a maintenance program can be a simple task with the right advice. Talk to one of Boze's Fitness Trainers if you are interested in getting the most out of your reduced summer training schedule.

Take a break from the routine - a change is as good as a rest. Your body is adaptable, so making a few changes will be good for you. If you want to add golf or biking or baseball to your activity calendar you can easily reduce the numbers of workouts you normally participate in. However, stopping your training all together is not a good idea. As little as one or two weight room workouts a week have been proven to maintain muscular strength and endurance. So, give yourself a break and benefit from the change.

The 30-minute Circuit is alive and well at Boze's

If you need to workout but can't find the time Boze's has a solution for you. Let us set up a 30-minute circuit training program that you can fit into a lunch break.

There are four variations available, including: Cardio only; Weights only; Cardio/Weights Combo (a bit of cardio and a bit of weights each workout); and Cardio/Weights Split (alternating cardio and weight workouts).

Let us know what you need and our trainers

will be able to set you up on a time-sensitive training program that gives you great results in 30 minutes a workout.

ZONIA'S KITCHEN

Easter Baba

If you want to celebrate Easter in style, then whip up a batch of Zonia's Baba Bread (Easter bread). (Boze usually eats a loaf at a time it's so good.)



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|----------------------|------------------------|
| 1 cup milk | 2 tsp sugar |
| 3 pkg yeast | 2 whole eggs |
| 1 cup sugar | grated rind of 1 lemon |
| 5 1/2 - 6 cups flour | 1/3 cup flour |
| 1/2 c lukewarm water | 10-12 egg yolks |
| 1 tsp salt | 2 tsp vanilla |
| 1 cup melted butter | 1 cup raisins |

Bring milk to boil, remove from heat, add gradually to 1/3 cup flour, beating till smooth. Cool to lukewarm.

Dissolve sugar in lukewarm water, sprinkle yeast, let stand 10 minutes. Combine with milk/flour paste, beat well, cover and let rise in warm place till light and bubbly.

Beat egg yolks and whole eggs together with salt, add sugar gradually and continue beating until light. Beat in butter, vanilla and lemon rind. Combine with sponge and mix well. Stir in enough flour to make very soft dough. Knead in bowl by working dough over and up continually for about 10 minutes. Raisins should be added after kneading.

Cover and let rise in warm place with double in bulk (size). Punch down, knead a few times and let rise again.

Prepare tall baking tins (old juice cans(48 oz) work great) by buttering generously with butter and sprinkling gently with bread crumbs. Fill tins 1/3 full (do not over-fill); cover and let rise in warm place till dough reaches brim of tin. (Dough should triple in bulk)

Brush tops of dough with beaten egg diluted with 2 tbsp water or milk. Bake in oven at 375° F for 10 minutes, then at 325° F for 30 minutes; then at 275°F for 15 - 20 minutes.

Remove from oven, let stand for 5-10 minutes. After 10 minutes, place loaves on tea towel covered pillows to cool (laying or tipping loaves on sides); rotate loaves as they cool (This helps loaves stay round). Yields 4-5 cylinder type loaves. Enjoy plain or smothered in butter.

Happy Easter!

GROUP EXERCISE UPDATE

Tue/Thu Starting on April 3rd and continuing until the end of April BOOT CAMP classes will be held during our Tue/Thu 5:15 pm slot.

Consistent with past years, we'll keep an eye on the weather and let you know when we'll reduce the 5:15 class offerings.

Noon Class "flip" – Core Stretch will be held on Mon/Wed at Noon during April. Wed Noon for the month will be Cardio Flex.