

# ZONIA'S KITCHEN

## Oatmeal Coconut Cookies



### Ingredients:

1 1/2 cup sugar  
1 cup brown sugar  
1 1/2 cup butter  
2 eggs  
2 1/2 cups oatmeal  
1 1/2 cup coconut  
3 cups flour  
2 tsp baking soda  
2 tsp baking powder  
2 tsp vanilla

Cream butter and sugar. Add eggs.  
Follow with remaining ingredients.

Form dough into medium sized balls.  
Press flat with fork. Bake in 325F oven for  
12-15 minutes.

## FITNESS PROGRAM UPDATE

5:15 pm classes at Boze's resume on  
Tuesday February 7<sup>th</sup> (Tue/Thu). **BOOT  
CAMP** format for Feb 7 and 9 classes

**NEW CLASS MusclePUMP starts  
February 14<sup>th</sup> Class incorporates  
barbells and movements to music.  
Class is held Tue/Thu at 5:15 pm. It's a**

**Great class to increase strength while  
also gaining cardio benefits.**

**Class is limited to 10 participants**

### Zumba® at Boze's

**The Zumba® workout provides long-  
term fitness benefits through  
exhilarating, high calorie-burning  
fitness classes and its simple. Latin  
and international dance moves  
increase the fun factor. The routines  
feature fast and slow rhythms which,  
when combined, successfully tone  
and sculpt the body while burning fat.  
Classes will be taught by Zumba®  
Instructor Patti Beaudin. Classes are  
coed.**

**Zumba® Classes offered Tuesday and  
Thursday at 6:30 am.**

**(Gym will be opened at 6:15 am for  
class participants only. Doors will be  
locked at 6:30 am for start of class and  
participants will leave facility  
immediately upon completion of class.  
Gym opens for regular use at 11:00  
am on Tuesdays and Thursdays.)**

**Boze's will be closed on Monday,  
February 20<sup>th</sup> for Louis Riel Day.**

# BODIES by Boze

Dauphin's active living centre

**Inside The February 2012 Issue:  
New class (MusclePUMP) starts Feb 14<sup>th</sup>  
Zumba® starts Feb 7<sup>th</sup>  
Work out Smarter**

## MEMBER OF THE MONTH PROFILE: Melisa Stefaniw

Melisa has been a Boze's member for  
about three years, being more regular  
than not during that time. Melisa is  
serious about her fitness, and if you've  
seen her in the gym you'd probably  
agree that she puts considerable effort  
into her workouts.

Melisa started at Boze's while working  
across the road in the provincial building.  
She worked out regularly, usually during  
that time with another member who was  
also serious about her training. Since her  
training partner has moved Melisa  
continues to work out incorporating a  
variety of training formats.

Melisa recently started a new job with  
the City of Dauphin and although she's  
no longer across the road she is still a  
very regular member at the gym. Melisa  
balances a busy work and home life with  
her training and can mostly be found at  
the gym after work - but has periodically  
worked out during lunch.

With her new position she finds that  
getting to the gym is even a bit more  
challenging but values the benefits  
fitness provides and always finds time to  
get here. She does both cardio and  
resistance training - emphasizing  
different components depending on how  
much time she has to work out.

Melisa Stefaniw, a great example of how  
to balance a busy schedule and make  
time for regular workouts is our February  
Member of the Month.

## FEBRUARY SALE

**Buy at least THREE months  
and get an additional month  
added for FREE.**

Offer expires Feb. 29

## WORK OUT SMARTER

You've got a busy life. Job, kids, volunteering! It's tough to find three or four hours a week for working out, so consider some of the following tips to get the most out of your time in the gym.

Know what you're going to do before you get to the Gym. Pre-plan your workout – make sure you've taken a few minutes to think through your program. Better yet, take a couple of minutes to write out your workout, and include how you intend to work (i.e. is it going to be a day full of LSD – long, slow distance on the cardio equipment, or an interval routine?)

Know your limit. If you're weight-training and your goal is strength development, ensure you work out at the proper intensity. Douglas Brooks, a well-known exercise physiologist suggests you need to get to fatigue or failure in at least one set per body part per workout. Brooks defines fatigue or failure as the inability to perform the exercise in “textbook perfect” technique – so when you get to the 11<sup>th</sup> or 12<sup>th</sup> rep and you start to quiver, you've basically achieved your goal.

Variety is the “spice of life”. Our bodies want to conserve as much energy as possible (Caveman genetics) – therefore, they are constantly monitoring our performance of movements and determining the most efficient way to perform them. In order to keep your body “off guard”, and to maximize the benefit of training, you need to vary your routine or program on a regular basis. Variety comes in many shapes and forms -

from changes in technique (i.e. incline press instead of bench press for chest) to changes in intensity (75% vs. 90%) to changes in duration (5 sets instead of 3; 20 minutes on the treadmill instead of 10). And remember, don't make your changes routine – keep them variable as well. For example, this week make Monday your LSD cardio day, and let that day fall on Wednesday next week.

Do it right! Weight training is complicated. Even when using machines, there are many different ways to perform the same exercise. Maximize your results by doing exercises properly – and don't be afraid to ask us for advice. You'd be surprised how a little change here or there will affect your training results.

Treat your body like an athlete treats theirs. Consider this: pro athletes never compete year-round - they go through varying training regimes during the year to maximize their efforts and achieve top performance. Let's use hockey as an example. Hockey players work out much differently during the season than they do during the pre-season or off-season. There's a reason for that – the body reacts best to change and variety – and can only stay at “peak performance” for a limited period of time. You've heard of the term peaking - that is, training to be at your best during a particular period of time. Using the hockey example, a serious hockey player would strength train during the off-season, do “game-type” conditioning in the late pre-season and participate in a “maintenance style” program during the regular season. Why? To stay fresh and perform at the peak level when its

needed most. Look at your current training program - have you built in variety? Do you cycle your training to take advantage of different seasons? Do you have variety in your program?

Talk to David or any of Boze's other certified trainers if you'd like to modify your current program and take best advantage of your time at Boze's.

## KEEP YOURSELF ON TRACK

The fleeting memories of this past festive season are reflected in our credit card statement, and many of our new years resolutions have already “bit the dust”. Don't despair – a bit of planning can still get you going in the right direction in 2012.

First things first! Decide what you want to focus on – and be specific. For example, if weight loss is important for you determine how much you want to lose, and identify a reasonable time to do it in. That is, don't just say to yourself: “I need to lose some weight”, but state “I would like to lose 5 lbs by Easter”. By clearly stating your objective (time frame included) you are more likely to stick to your goal. You further increase your chances of success if you write your goal(s) down.

Secondly, determine how you are going to achieve your goal. Referring to the example above, you might want to consider joining a class or participating in a more specific weight training and cardiovascular program. See Boze for tips on

jacking up your cardio or adding Periodization to your training routine.

A suggestion to help stick to your program is to make an appointment with yourself. As many of us are very busy, we often shortchange ourselves – routinely doing errands or other tasks instead of participating in physical activity. “Booking an appointment with yourself” to participate in a class or finish a workout (yes, putting it in your day-timer is a good idea) is a good way of sticking to your plan.

Another idea that might help is to schedule your physical activity at times that are convenient to you. Who knows your commitments better than you do? Look at your weekly schedule and slot in times for physical activity – be sure to select times that you know will likely work. Don't plan to attend noon hour class if you routinely have business meetings scheduled for that time. Instead, plan early morning (before work) or evening workouts.

Finding an exercise buddy is also a great way to stay active. In some cases a co-worker or friend may be your best bet. In other cases you might consider working out with your partner, or consider making it a family affair and include your kids. Positive role modeling is a great way to keep the whole family fit and healthy. Kids as young as 12 or 13 are usually old enough to start a moderate workout program. Talk to David or Maggie for more information about setting up one or more of your kids on an exercise program at Boze's.