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HAPPY (RE)NEWED START!



Resolution month (January) is behind us. In last month's newsletter we ran an article that outlined a few tips on starting an activity program.

As much as January is a popular time for people to start an activity program, February is the most popular time of the year to quit an exercise program. Here are some things to consider when gauging the success of your first month of exercise.

Your body needs time to adjust – When questioned about the rate of response to exercise my initial response is to ask “How long did it take to get into your current condition?” The average person gains approximately one pound per year after their 20's. The most common cause for weight gain is a combination of reduced physical activity and increased food intake. When you start an exercise and/or healthy eating program your body needs time to adjust to the “new you”. Muscle weighs more than fat, so when you exercise you may gain more lean tissue (this is good weight gain) than fat loss. Don't worry if you don't lose weight at the start of your program – if you stick to your new activity pattern you'll eventually start losing the body fat.

Your body is still in Caveman mode – We are blessed with the genetic makeup to conserve energy and store body fat. In Caveman(woman) days this feature was a lifesaver, as whenever scavenging and scouring for grubs and berries came up short we could rely on our stored reserves of body fat to carry us over until the next “meal”. In today's modern world of microwave ovens, fast and plentiful food, many of us could do without our body's fat storage mechanism. Alas, we're stuck with it, but there is no need to worry. Eating smaller meals, more often – is one way of adjusting your body fat storage mechanism. When satisfied (not stuffed), our body is more apt to release stored body fat for fuel (i.e. when we exercise or are active). If we “starve” ourselves (i.e. miss meals, go on extreme diets, etc...) our body's response to the lack of food is “we're starving – conserve the energy”. It's a mechanism that saved us between meals in Caveman days but wreaks havoc in today's world.

Give yourself a change – After a month of a new activity it's time to start making some modest adjustments. Remember that Caveman(woman) adjustment for body fat storage? There's a second part that's related to exercise expenditure. Since activity burns fuel, the less we burn to perform work, the better (for Caveman). Today, we want to be “gas guzzlers” – so in order to get our body to burn more fuel when we exercise we must change workouts - more often. The change doesn't have to be dramatic. It doesn't have to mean a longer or harder workout. Just a different one. For example, if you like to walk on the treadmill, try one workout a week on the Elliptical trainer. Or, include some intervals in your cardio workout. Change your reps and sets (either increase weights slightly and decrease reps; or increase reps and decrease weight. Or alternate). It doesn't matter – just add some ongoing variety and your body will have to respond in its “all for one” Caveman response – which is an effective

way to burn calories.

Take a break – your body needs to rest and recover. Research shows that there is an optimal amount of activity that results in performance gains – and it’s probably less than you would think. Without getting too scientific, it’s called the law of diminishing return. Basically, everyone has an optimum amount of activity that we can tolerate before the activity takes its toll on the body. For instance, three days of running a week might give you fitness gains, but four days a week might make your knees hurt. The balance between knowing how much is enough depends on many factors, but the most important thing to consider is “Listen to your body”, and take a break when it tells you to. (A good rule is to limit your workouts to 4-5 times per week – research tells us that 2-3 workouts will provide health benefits, and elite athletes work out multiple times per day – however all trainers concur that rest and rejuvenation is critical to success).

Boze’s has developed a series of workouts based on the theory of PERIODIZATION. If you think you need a change talk to David and he’ll share what he knows about this under-utilized form of training.

Member of the Month Profile - Arlene Chaychuk

Arlene has been a Boze’s member for a couple of years. As an MGEU member (she works across the road in the provincial building) she finds that coming to the gym provides a great balance between work and other daily lifestyle stressors. Arlene has been increasing her visits to Boze’s recently and has been benefiting from the extra time in the gym.

Arlene had been coming to Boze’s about two or three times per week, but found that she needed to dedicate a bit more time to achieve the benefits she was looking for. Boze’s has been a bit of a refuge for Arlene as she is able to put

work and other issues out of her mind while she works out with the weights and cardio equipment.

Since before Christmas Arlene has embarked on a more rigorous training routine - and although there have been some “ups and downs” she finds the increase in physical activity has helped her deal with life’s various stressors.

Arlene has a bit of a “wonky” knee and has had to adjust her training to deal with the limited mobility it affords her. She finds the recumbent bike gives her a great workout - and when combined with an upper body program of cable machines and dumbbells she’s pretty much beat when she leaves the gym.

Arlene is a former northerner and loves to travel. She usually has something to read when she heads to the bike and always has a smile on her face. Arlene Chaychuk – Boze’s February 2008 Member of the Month.

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 2008.

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 an exercise 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.

It’s February - Do something for your (Sweet)Heart

February is Heart Month – so do something that’s good for your heart and your sweetheart! During the month of February Boze’s is offering a heart healthy special for couples:

 **Buy a one-month couple’s membership for only \$79**

 **Save even more with our special three-month couple’s rate of \$199.00.**

CLASS UPDATE

Basic Training - The 6:45 AM class is full, as is the 9:30 AM class. We’ve been asked to consider a 5:00 PM Class – offered on Mondays and Wednesdays. If you’re interested please leave your name at the Front Desk. If there is enough interest the class will start in February.

5:15 pm BOOT CAMP - BOOT CAMP will continue on Tuesday and Thursday through February. This class is drop-in style – no pre-registration or extra fees required. If you want to sweat, this is the class for you.

Zonia's Kitchen



She's back!

Here is a recipe she dusted off that would be great for the Super Bowl.

Peanutty Chicken Wings

½ cup creamy peanut butter
1/3 cup honey
1/4 cup soy sauce
3 tbsp vegetable oil
1 garlic clove (minced)
1 tsp curry powder
2 ½ lbs chicken wings

In mixing bowl combine peanut butter, honey, soy sauce, oil, garlic and curry powder until blended.

Cut wings into three sections - discard wing tips. Add wings to peanut butter mixture - stir to coat. Cover and refrigerate for 2 hours.

Transfer wings to ungreased 13" x 9" x 2" baking dish. Bake uncovered at 375F for 35-45 minutes or until chicken juices run clear.

Grab some napkins and enjoy!

FEBRUARY 18 LONG-WEEKEND

Please be reminded that Monday, February 18 is a statutory holiday. Boze's will be open from 1:00 pm to 5:00 pm on the 18th - and there will be no classes that day.

Get in Shape for Spring!

Do you want to get in shape for spring? Boze's would like to help you shape up – in 60 days! Join in our unique 60 Days to a New You Program and get yourself ready for spring.

The 60 Days to a New You Program is an exercise and lifestyle modification plan that will provide you with results! Gain strength, lose body-fat and feel better. The program doesn't include any gimmicks or fad diets – just a focused, 60-day strategy to help you shape up. It's not easy – but what worthwhile endeavour is?

For non-members, Boze's is offering a special Two-month membership package in conjunction with the 60 Days to a New You Program. For only \$85 (plus GST) you will get the 60 Days to a New You Program outline, bi-weekly email program updates and all the guidance and motivation you need to make changes in your life. If you're a current member and want to stimulate your workout program ask Boze for information on the program. Hey, in 60 days you could be a new person!

LOST AND FOUND

In addition to left-behind clothing we have quite the collection of smaller items (rings, watches, keys) that we don't know who they belong to. Ask at the Desk if you're missing something.

Happy Valentine's Day!