

Visit Boze's in Cyberspace at www.bozesbodyshop.com

In this Issue:

Member of the Month Profile - Rob McDill

Group Class Schedule - Tuesday/Thursday classes continue (5:15 pm)

JULY SPECIAL – Buy 3 Months - get one month added...buy six months and get 2 months added!

Students save all summer!

Members of the Month Profile - Rob McDill

Rob has been a Boze's member for quite some time - in fact, he took a few breaks between memberships on a couple of different occasions - but always seems to find his way back. Over the years he's brought his sons, Paul and Grant with him – and he's currently "coaxing" his wife Patti to consider joining the gym.

Over the years Rob combined working out at Boze's with his Noon Hour Hockey schedule. He found that he could get his cardio training at hockey, but relied on Boze's for strength work. Depending upon his work schedule he found that being active three or four times a week was what he needed to stay in shape.

That was then ... in the last couple of years Rob was finding that although he was being active just about daily, his body wasn't responding like it used to. A competitive hockey career in his early years combined with middle age had resulted in a body condition that needed a bit more attention. Rob was finding that he was slowly, but surely getting heavier ... and he wanted to do something about it.

This past winter Rob decided that it was

time to make some changes - so he began a healthy eating program and became more focused on his training at Boze's. No longer would he be satisfied with "going through the motions" ... he was more serious about how he trained – balancing cardio (both NHL and work at the gym) with strength training routines that combined core and stabilization work. This increased training effort, combined with his new healthy eating has produced some great results.

Rob has trimmed down close to his former "playing weight" and he's much leaner and arguably just as strong – and says his body feels much better. He still has a few issues with his knees, and needs to "warm up the machine before pushing it hard", but his new fitness level makes him feel great. Rob McDill, a great role model for his kids – and a very deserving Boze's Member of the Month.

EXERCISE UPDATE

Tue/Thu 5:15 pm Class continues-

BOOT CAMP classes will continue on Tuesday and Thursday for the month of July – we'll monitor attendance and might take a couple of weeks off in August if warranted - watch master schedule for details.

Noon Class "flip" – BOSU CIRCUIT

switches to Wednesday for July. Core Stretch/Conditioning will be held on Mon/Fri.

JULY SPECIAL AT BOZE'S

**PAY for 3 MONTHS and GET 4
OR
PAY for 6 MONTHS and GET 8**

Sale ends July 31st
Renew or extend your membership
today.

**Summer Hours are here. Please
remember that Boze's is closed
on Sundays until September.**

Taking the Summer Off - Good Idea or Not?

Summer in our neck of the woods is a time when we tend to get away from routine and take advantage of nice weather and relaxed schedules. For many of us, its also a time when we change or eliminate regular pre-summer workouts.

Although research tells us that a break from regular training can be refreshing or invigorating, it also tells us that we shouldn't take so much time off that our body starts to "de-train". This is a process that is often-times misunderstood, so I'd like to share some thoughts and opinions on the subject in the following paragraphs.

De-training can best be described as a reversal of the effects of training –

and we know that training is, by definition "a response to a stimulus". Your body recognizes training as a physiological stimulus. Training is interpreted as work – with a greater intensity (of work) providing a greater demand (response) from your muscles.

In situations where the demand (work effort) exceeds your body's capacity, the body responds by getting stronger (over a period of time - in combination with rest, recovery, good nutrition, etc...) This process is known as the "training effect", and is sometimes also referred to as "progressive overload". As you progressively overload your muscles, they respond (training effect) by getting stronger.

De-training is a reversal of this process. When you eliminate or reduce demand on the muscles they respond by getting weaker. (The body has a unique system of "on-demand response" to stimuli - and is usually very efficient in responding to it. That's why we get stronger and weaker when we work out or take long breaks).

Most of you have experienced a period of training when your body's response has been an increase in strength. Likewise, you have also probably experienced periods when you didn't work or exercise, and felt your body get weaker as a result. Research is inconclusive regarding whether or not cycling through these types of "ups and downs" is hard or easy on your body. My experience has shown me that "it depends" is the best answer – and that every person will

respond independently to these changes (that is, you and I could both take 2 months off, and you could lose only 10% of your strength and I could lose 20% for example).

The answer then, is completely up to you. If you want to take the summer off, understand that you will have some "de-training", but the amount will depend on what other activities you do - how your eating and sleeping patterns are the same or different, and how your body will individually respond to the change in exercise levels.

There is some research that has been done that suggests you can maintain a significant amount of training gains by working out 1-2 times per week. However, the research also indicated that results will vary according to the individual.

The bottom line is "some is better than none". Have a great relaxing summer.

Student extra-discount continues for the Summer!

Boze's already has great student rates, but they get even better as Summer continues. 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.

We're doing some "house-cleaning" with our membership files this summer. We're reviewing our policies and procedures regarding membership holds and wanted to inform you about some slight changes to the process.

Since we started charging for holds (it's been almost 10 years) we listed a maximum time for a hold to be valid (4 months). We felt this length of time would be appropriate and would give members the flexibility of taking some time away from the gym without "losing" any membership time.

We haven't been consistent in applying this policy, and have let some holds extend a lot longer. We're sending all our members "on hold" a letter outlining that the hold period is valid for up to four months - and that either another fee must be paid, or the membership will re-started four months after it was put on hold.

Additionally, we've had some members request holds over the telephone - and one or two request a hold without paying in advance for it. As you can imagine, not "sticking to our own rules" has created a bit of a record-keeping nightmare.

Therefore, commencing on July 1, 2006 Boze's will no longer accept holds over the phone. Likewise, hold requests must include payment at the time of the request - and will be limited to four months per payment. If there are extenuating circumstances (i.e. injury or illness) Boze's will gladly hold a membership indefinitely. If you have questions or concerns about this please mention them to Cherie or David.

Great things are not done by impulse, but by a series of small things brought together.

ZONIA'S KITCHEN



It's summer vacation. A new recipe will be available next month.

Choosing the Right Nutrition Bar

If a "nutrition" bar used to taste like chalk, it was probably good for you. Packed full of nutrients, but void of flavour. Only the hardest of exercisers would dare eat a bar in the "old days".

How times change - even M&M's and Snicker bars are now marketed as "energy boosters". The market is flooded with bars proclaiming they're the best for something or other - how do you choose what's best for you? Learn to read the label keep the following tips in mind:

Always try to choose a bar that has fewer than 5 grams of total fat and 0 trans fats. (Remember that 1 gm. of fat is 9 calories of energy.)

Look for bars that have some fibre – aim for 3 - 5 grams of fibre per bar. However, if you're eating a bar before a workout for energy, you might want to

choose one that is low in fibre so that you can avoid any gastrointestinal discomfort (The higher the fibre content the more digestion your body has to do.)

For pre-workout bars, look for quick-to-digest offerings. Keep the fat and protein low, as these nutrients take longer to digest and might also cause some stomach discomfort if you are really exerting yourself. (For long/hard cardio workouts look for bars with 20+ grams of carbohydrates, less than 3-4 grams of fat and less than 6-8 grams of protein.

If you're eating a bar as a meal replacement (not recommended for long-term eating habits - but once in a while is okay) look for a bar with 10-15 grams of protein, some fibre, and possibly one that's even fortified with about 35% of the RDAs for vitamins and minerals.

If you want to limit calories, READ THE LABEL before you buy. Lower carb bars may help you feel full longer, but the higher proportion of protein and fat in most of these offerings might be more energy (calories) than you are bargaining for.

Skip bars with gimmicky herbal additives that claim to provide energy or brain power! These unregulated ingredients are generally ineffective and in some cases, potentially harmful.

For added nutrition, eat some REAL food along with the bar. Try some baby carrots or a piece of fruit to boost fibre and vitamins. Or add a handful of nuts for their protein and minerals.