

Class update - 5:15 pm classes will be held on Monday and Thursday for July. Noon classes will be Core Stretch on Mon/Fri and Cardio Flex on Wed.

Spark People Great Web Resource

Do you wonder if your training program is providing you with the results you want? Are you eating what you should be? Does your motivation wane? Are you bored with your workout? Do you want to add more core exercises? Do you want to find out the caloric value of the food you are eating? Would you like to set up a healthy eating plan that includes variety with constant caloric intake?

The answer to these and literally a thousand more questions are available on the Spark People website www.sparkpeople.com Spark People is a non-commercial (you have to become a member – but it's free – the site is supported by advertisers) website chock full of information and interactive pages.

At Spark People you can design a training program (or have the site set one up for you). You can plan your own meal plan from the hundreds of recipes available, or have the site create one for you based on your activity level and caloric requirements. You can read motivational articles, sign up for the daily email newsletter, view exercise videos, read testimonials from other members....it's an absolutely wonderful site to gather factual,

effective lifestyle information.

There are message boards, blogs, quizzes, polls, videos and many other features too numerous to mention on the site. We are very careful and cautious when we refer our members to websites and other sources of information, and only do so after critical and serious review of that resource. Spark People has passed our test and is a website we suggest you bookmark and visit often.

Eating Tips

For the fresh-from-the-field flavour of corn steamed in its own husk, hold an unpeeled (unshucked) ear of corn upright under cold running water until the water soaks well down into the husk. Then lay it on a plate, microwave for 2 to 4 minutes, peel (shuck), and dig in.

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The next time you have a hankering for chips and salsa, skip the chips and replace with strips of red, green and yellow bell peppers. You'll get all the "crunch" with no fat and extra nutrition.

* * *

You'll get close to twice as much juice from your lemon – with half the effort – if you first roll the uncut lemon back and forth on the kitchen counter, pressing down on it firmly with the palm of your hand as you do so. Rolling your orange before peeling also makes it easier to peel (and you won't get all than "stuff" under your nails).

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For a neat "Turnip Treat" rinse 2 or 3, pierce with a fork, and microwave (wet) for about 7 minutes. Chop or mash them as you would a boiled potato, drizzle with olive oil, and dust with salt and pepper.

BODIES

by Boze

Dauphin's active living centre

Inside This Issue:

Ken Levandoski - Member of the Month
TWO MONTHS ONLY \$85.00 SALE
Periodization - What It's All About!

MEMBER OF THE MONTH PROFILE: Ken Levandoski

Ken has been a Boze's member for a couple of years, and during that time has seen tremendous positive changes in his fitness and overall health. Ken joined Boze's with a goal of getting himself "back into shape". He had become a bit sedentary during the previous few years and knew he needed to get a fitness program established.

Ken started at Boze's with a definite goal in mind – and could best be described as a "model student" (It probably is no coincidence that Ken is a teacher!) He asked specific questions about his training program, did his homework when asked to provide input into the design of his program, was open to trying new things and stuck fervently to whatever program was established for him.

Ken followed the training guidelines to a tee, and found that his efforts resulted in

significant positive changes. In pretty short order Ken had increased the total amount of exercise he was doing and was seeing his weight drop, his strength increase and his work day seem much easier. Ken noted pretty early on that the training, although somewhat tiring at first was helping him to feel better throughout the day.

As Ken increased his volume and intensity of training he noted the results just kept on coming. Within the first year of training had achieved most of his initial goals and started adjusting some of his personal expectations. At the same time Ken was staying busy at work, was starting a new family with the addition of his first child and was curling competitively – and still finding time (mostly) to get in his regular workouts.

The old axiom "busy people keep doing more stuff" seems to suit Ken, as his summer break from teaching will be filled with parenting and promoting his competitive men's curling team. Ken Levandoski, our very deserving Member of the Month for July, 2008.

It is what we make out of what we have, not what we are given, that separates one person from another.

Nelson Mandela

SUMMER SALE
2 months for only \$85 (plus GST)
Available through July and August only!

What is periodization?

Although not really new, Periodization is most widely used in resistance training and involves systematically alternating high loads of training with decreased loading phases in order to improve components of muscular fitness.

Many people typically follow a Classic Training Cycle method. The Classic training method is based on the premise that periodization is best applied in a chronological manner – that is, an athlete cycles through a training program in which they first work on developing Mass (Hypertrophy) then follow it with a Strength Cycle, followed by a Strength/Endurance Cycle and completed by a Transition or Rest/Recovery Cycle – and then repeat.

The length of each cycle would vary, but most trainers generally recommended cycles of two to three months. This process has been used for years and has noted results and many advocates. Many professional athletes use this form of training to complement their sport participation.

Another method commonly advocated is the Mixed Method. The Mixed method applies classical philosophies with the addition of Variation. Variation in training can be achieved by “mixing in” the following components:

- Exercises (different exercises for same muscle group)
- Order of exercises
- Rest periods (length and number)
- Equipment used (Free weights or machines)
- Timing of repetitions (slow vs. fast)

Variation also includes the Application of the training program. That is, how do you apply the principles of variation to create a training routine. For example, variation may be applied:

- Day to day
- Weekly
- Bi-weekly
- Monthly

This method has been gaining popularity in the past few years, and has resulted in the identification of a training regime called Undulating Periodization.

Undulating Periodization combines the best of all the training principles previously mentioned. It might be described as a “three-dimensional” approach to training that applies the strength training principles of Variation and Effort (Hard, Medium and Easy) with cardiovascular principles of Interval training and Metabolic Base Training MBT (sometimes called Long Slow Distance (LSD) training) - and the application of easy, medium and hard cardio workouts.

Training Principles of Undulating Periodization include:

- Program based on two-week training cycles that include 10-12 workouts (weekends off is possible; as is four days on – one day off, etc....)
- 2-4 sets per exercise
- 7-10 exercises per workout (upper body and lower body combined on weight training days)
- Weight training day followed by Cardio day (at least one day off after weight training i.e. do not weight train on consecutive days – either cardio or rest day to follow weight training day)

“Bonus” Cardio sessions after weight training

is an option – but answer the question “how do you feel?” before doing too much. (More is not always better - gauge what you do with how you feel.)

If any of these training methods sound interesting, or if you’d like to see whether or not you can incorporate some of the characteristics of these methods into your training program please see David for more information.

ParticipACTION Icon remembered

Most of us have some memory of ParticipACTION – either the “60 year old Swede” comparison or the jingles that we can still recall at an instant. The organization was resurrected in 2006 (albeit with slightly different goals and objectives than the organization had in the 1970’s) and has a website at <http://www.participaction.com/>

On July 20, 2008 consider taking some time out of your day to honour Russ Kisby, the former President of ParticipACTION, by being active. Russ Kisby made a huge impact in Canada during his 30 years with ParticipACTION, by raising awareness about the importance of physical activity. He was an amazing Canadian, and a beautiful person. On July 20, 2007, Russ passed away

at his home due to complications from malignant pleural mesothelioma.

Merle Kisby, wife of the late Russ Kisby, along with ParticipACTION, family and friends will commemorate the anniversary of Russ' death with Fitwalk. Fitwalk is something everyone can do. All you have to do is take some time on July 20, wherever you are to be active with friends with family or solo. For more information regarding the Fitwalk and Russ Kisby, please visit www.russkisbyfitwalk.com.

Citrus fruits don't ripen after they've been picked, For the ripest, juiciest oranges and grapefruits, look for fruit that's thin-skinned, heavy for its size, and free of green blemishes.

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For a sparkling dressing to pour over your next fresh fruit salad, mix 1/4 cup orange juice with 1 tsp. lime juice, 1/4 tsp. lime zest (grated peel) and 2 tsp. chopped fresh mint leaves.

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Dice four different-coloured apples (Rome, Granny Smith, Gala and Fuji, for example) and boil for five minutes in four cups of water. Drain and mash into a chunky consistency. Add an optional dash of brown sugar, cinnamon and raisins.

Zonia will be back in September!