



MEMBER NEWSLETTER JUNE 2006

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JUNE SPECIAL – Buy 3 Months and Save!
Students save all summer!

Members of the Month Profile - Jolene Plawicki

Jolene has been with Boze's for a long time - so long that we can't provide an accurate record, as she took a couple of breaks between memberships - a couple of different times. Jolene has purchased short-term and long-term memberships – so basically, she's just about done it all as a Boze's member.

Initially, Jolene was a group class advocate and participated in many of our different class offerings – yoga, stretch and strength, tai boze, core conditioning... you name it, she probably signed up for it. Jolene found the classes met her fitness goals and fit into her busy schedule.

Jolene has been an evening exerciser, an after work exerciser and a noon exerciser. Currently, Jolene is spending more time working out at noon - and has incorporated more resistance training into her workouts. She usually does a bit of cardio training, then follows it up with a resistance routine that works all the major muscle groups. Jolene Plawicki, Boze's member of the month for June.

EXERCISE UPDATE

Tue/Thu 5:15 pm Class continues-
BOOT CAMP classes will continue on Tuesday and Thursday during the month of June.

Noon Class “flip” – BOSU CIRCUIT
switches to Monday/Friday for June. Core Stretch/Conditioning will be held on Wed.

New Spinning Bike – Try the adjustable MONARK Triathlon trainer at Boze's - clip in and go for a smooth ride today!

JUNE SPECIAL AT BOZE'S

THREE MONTHS ONLY
\$139
(Plus GST)

Sale ends June 30th.
Renew or extend your membership today.

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

FUNCTIONAL FITNESS IS MORE THAN CORE EXERCISES

There have been numerous articles written about the value of functional fitness training, which can be defined as “training exercises that mimic basic motions of human movement”.

For example, you may have seen some people using medicine balls, or BOSU trainers, stability balls – or some combination of the above during their workouts. Functional fitness training emphasizes multi-joint movements, and although it may seem complicated, or even old-fashioned, it certainly is effective.

The reason for the high effectiveness of functional fitness training is related to the combination of muscle groups and joints used to perform movement. In a typical weight training exercise, say a bench press, the muscle group (chest) you are trying to work is isolated - and although this isolation is effective in emphasizing pectoral involvement, the exercise has somewhat limited value to other muscle groups. Or, for that matter, to specific sport movements.

To train the pectorals functionally you might consider doing a combination type of exercise that includes arm extension (the basis movement in a pectoral exercise) while also balancing on a BOSU trainer - or by playing catch with yourself with a medicine ball while also flexing and extending through the hips. (Push-ups are still considered one of the best chest development exercises - they involve multi-joint movements with your own body weight as the resistance.

Boze's has identified a number of interesting and effective functional fitness exercises that

can spark your workouts. Talk to David if you're interested in adding some functional fitness exercises to your training routine. You'll likely be surprised by how easy they are to perform – yet how much they add to your power and strength.

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.

Off-Season HOCKEY Conditioning Programs available - for teams or individuals

It's not too late to develop an off-season hockey conditioning program for the player in your family. If your hockey player needs to add strength or endurance, improve balance or coordination, or quicken foot speed see David today.

(Team discounts are also available. Please see David or Cherie for details.)

With each sunrise we are given the gift of a new day; we are presented with an infinite number of possibilities. It is our attitude and choices that will determine the significance and success of this day – make it count!

Adding Activity is "easier" than you think!

Activity patterns for most of us have changed dramatically over the past generation or so. Consider that when the phone used to ring we had to move to answer it; that the garage door only opened when you got out of the car and pushed it up; that dishes didn't wash themselves; and that washing and waxing the car involved some serious manual labour.

Today, these activities and many more have been "engineered" out of our lives - resulting in more convenience, but also far less energy expenditure. And, many will argue, a much more unhealthy population as a result. In a desire to make life easier we've actually decreased our health and compromised our quality of life.

Check the following table to see where you might be able to change an activity or two in order to increase the amount of calories you burn in a day. It might seem trivial, but body fatness is all about the equation of calories in vs. calories out. The more calories out, the leaner you become.

Using the remote to change channels (<1 cal.) vs. Getting up and changing the TV channel for a total of five min/day (3 cal.)

Answering the phone with a nearby cordless phone; talking 30 min. while sitting down (4 cal.) vs. Getting up and answering phone, then standing during three 10-min conversations (20 cal.)

Using garage door opener while sitting in car (<1 cal.) vs. Opening garage door twice a day (3 cal.)
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Hiring someone to clean your house (0 cal.) vs. 30 minutes of vacuuming and 30 minutes of ironing once per week (152 cal.)
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Waiting 30 min. for pizza delivery (0 cal.) vs. 30 min. of cooking (25 cal.)
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Driving to car wash, getting out, paying, and getting back into car (18 cal.) vs. Washing and waxing car (300 cal.)

Letting the dog out the back door (2 cal.) vs. Walking the dog for 30 min/day (125 cal.)
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Emailing a co-worker a message (twice daily) for 4 min. (2 cal.) vs. Walking for 1 minute and talking with a co-worker while standing for 3 min. twice a day (6 cal.)

Taking the elevator (<1 cal.) vs. Climbing one flight of stairs three times a day (6 cal.)

Sitting in car at drive-thru window 3x/wk for a total of 30 min. vs. Parking next to a restaurant and going into the building 3x/wk for a total of 30 min (70 cal.)

Internet shopping for 1 hr (30 cal) vs. Walking briskly at a mall for 1 hr (200 cal.)

So there you have it - do some quick math to see how many extra calories you could burn by changing some simple daily tasks. You might surprise yourself!

(Keep in mind that 3,500 calories equals 1 lb of body-fat)

Eat your Veggies!

Canadians aren't eating enough veggies! This comment comes from a Stats Canada food trends survey that revealed consumption of vegetables dropped 5.5 kg. per person between 2001 and 2004. During the same period, use of fats and oils – much of it in cakes, pastries and deep-fried foods increased. On the plus side, consumption of fresh fruit increased by 2.5 kg to 37.6 kg per year.

ZONIA'S KITCHEN



Sour Cream Fan Rolls

Ingredients:

2 tbsp active dry yeast
1 cup warm water
2 tbsp plus ½ cup sugar - divided
2 eggs lightly beaten
2 cups warm sour cream
6 tbsp butter or margarine (melted)
1½ tsp salt
¼ tsp baking powder
7-8 cups all purpose flour

In a bowl dissolve yeast in water. Add 2 tbsp sugar, let stand for 5 minutes. In a large mixing bowl combine sour cream, eggs, butter, salt and remaining sugar. Stir in baking powder, yeast mixture and 4 cups of flour until smooth. Stir in enough remaining flour to form soft dough. Turn onto floured surface, kneed until smooth and elastic, 6-8 minutes. Place in greased bowl, turning once to grease top. Cover, let rise in warm place until doubled - about 1 hour.

Punch dough down. Turn onto slightly floured surface. Divide in half. Roll each portion into a 23"x 9" rectangle. Cut into 1 ½ inch strips. Stack five strips together, cut into 1 ½ inch pieces and place cut side up in greased muffin cup. Cover and let rise until doubled (about 20 minutes). Bake at 350F for 20-25 minutes, or until golden brown. Cool on rack.

Yields about 2 ½ dozen.