

ZONIA'S KITCHEN



Asian Beef Salad

2 boneless beef top loin steaks, cut 1 in. thick
½ medium red onion, cut into thin wedges
9 gm chopped fresh cilantro
225 gm torn salad greens or sliced napa cabbage
20 gm chopped peanuts

Citrus-soy dressing
30 mL fresh lime juice
30 mL soy sauce
10 gm sugar
10 mL dark sesame oil
1 serrano pepper, seeded, finely chopped (optional)
1 large garlic clove, minced

Heat large non-stick skillet over medium heat. Place beef steaks in skillet, cook 12-15 minutes for medium rare to medium doneness, turning occasionally. Remove and let stand for 10 minutes.

Whisk dressing ingredients in small bowl until blended.

Carve steaks. Combine beef, onion and cilantro in medium bowl. Add dressing; toss. Serve on salad greens. Sprinkle with peanuts (optional).

BUTTS and GUTS (Wed 5:15 pm) will continue through Jun 17th.

Want to improve your body's immunity through healthy food? Try these foods to give your body a natural boost!

For Carotenoids

Carrots
Cantaloupe
Sweet Potatoes
Pumpkin
Broccoli
Pink Grapefruit
Tomatoes
Dark green leafy vegetables

For Zinc

Oysters and other seafood
Red meat and Poultry
Fortified breakfast cereal
Whole grains and Nuts
Beans

For Vitamin E

Vegetable oils
Wheat germ
Nuts and Sunflower seeds
Peanut butter
Papayas
Avocados

For Vitamin C

Citrus fruits and juices
Apple juice
Kiwi fruit
Strawberries
Brussel Sprouts
Red/Green/Yellow peppers
Potatoes
Tomatoes
Broccoli

BODIES

by Boze

Dauphin's active living centre

Inside This Issue:

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MEMBER OF THE MONTH PROFILE: George Allard

George has been a regular member of Boze's for several years. He has had a regular membership, a couple's membership, a corporate membership...you name it and George has probably experienced it over his many years at Boze's.

George is one of our noon hour regulars - attending most days (except Thursday when he's working from Onanole). Even when he plays Noon Hour Hockey during the winter he tries as best as he can to make it in to Boze's a couple of times a week.

Because George lives near Clear Lake he finds that noon hour provides him the most convenient time to exercise. He finds that a lunch time workout helps break up his day - and helps to energize

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him for the afternoon. In his workout George combines cardio exercise, primarily on the elliptical with weight training. He has a "wonky" knee and finds that he has to be careful with what he does in order that he not further injure the joint.

In addition to working out George tries to include as much outdoor physical activity as he can. In the winter he's an avid cross country skier, and during the summer he likes to hike and sail.

During tax season, when George is busier than usual he finds working out relieves stress and tension. On several occasions George has stated that working out regularly helps him make it through tax time.

George Allard, our June member of the month who has "figured it all out!".

SUMMER SALE

BUY THREE MONTHS AND GET ANOTHER MONTH ADDED FOR ONLY \$10 MORE!

BUY FOUR MONTHS (Or more) AND GET AN ANOTHER MONTH ADDED FREE!

Offer valid until June 30.

Boze's will be closed on CANADA DAY, July 1st

Student Spring/Summer Discount available!

Boze's already has great student rates, but they get even better when Spring arrives. Starting April 1st 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.

Vigorous Exercise Safe for Pregnant Women – if they're fit!

(Reprinted from *Active Living*)

Research information from several sources has confirmed not only that fitness can benefit women during childbirth, but that even vigorous exercise is safe for pregnant women who are already fit.

Canadian researchers have found that healthy, fit pregnant women are well adapted to perform acute bouts of high-intensity, short duration exercise as well as prolonged exercise at moderate intensity. Proper warm-up and cool-down are essential, as are proper nutrition to prevent post-exercise increases in blood glucose levels.

Another self-reported study has

indicated that women who exercise regularly during pregnancy have increased energy levels and higher self-esteem – and also generally have an easier labor and birth, and recover faster. The Canadian Academy of Sport Medicine states that exercise during pregnancy can reduce the incidence of depression, anxiety and gestational diabetes as well as pregnancy induced hypertension.

The researchers noted that further study is necessary to formulate evidence-based guidelines for prenatal exercise – particularly as relates to physically stressful occupations like firefighting, policing, and competitive athletics. More information is available from the American College of Sport Medicine at www.acsm.org.

WATCH WHAT YOU READ ON THE INTERNET

Most people - more than 80% of the active population of North America – use dietary supplements, and they frequently rely on the Web for information about what a dietary supplement is and what it can do for them. Such information, although sometimes truthful and factual is more often than not biased, incomplete or just plain wrong!

Since few FDA or Health Canada guidelines are in place regarding supplements the consumer is left on their own to sort through the myriad of claims relating to effectiveness and dosage. In many cases this leads to safety and health

problems – and unfortunately may also lead to severe illness and sometimes death.

Some dietary supplements contain contaminants or unlisted ingredients that could cause illness regardless of dosage or side effects. As well, many North American supplement suppliers don't manufacture the supplements they make available for sale or distribution but buy batch amounts of products from overseas suppliers. They simply re-label products without knowing anything about how or where the supplements were first "manufactured".

The reason for this situation relates to the current definition for supplements being used by the FDA and, to a similar degree, Health Canada. Dietary supplements are products intended for ingestion that contain dietary ingredients but are not represented as conventional food. Labeled "dietary supplement", the product will contain one or more of the following: a vitamin, mineral, herb, amino acid, or a concentrate, metabolite, constituent or extract, or a combination of any of these. This general definition does not include reference to the effectiveness of any supplement.

So what should you do when evaluating the website claims of dietary supplements? Asking (and finding the answers) for the following questions might be a good place to start:

1. Does the site contain information supported by scientific research (who did it?) clinical trials (how many participants?); anecdotes (who's stories?); or testimonials (hmmm!)
2. Are there references – and do those references name peer-reviewed journals?
3. Who owns or sponsors the website?

4. Who wrote the information?
5. Is the information current? Is it updated often?

GROUP EXERCISE UPDATE

5:15 pm Classes Will Continue through the end of June (Tue/Thu Boot Camp). Butts and Guts will continue on Wed through June 17.

Early AM Classes – A mini extension of Training Camp is starting June 1st. The 6:45 am class is confirmed to run through the end of June. 5:45 am class participants will be contacted to determine if a class during that time slot will continue.

Watch schedule board for messages regarding whether or not 5:45 am class will run during June - or whether only one class (6:45 am) will be offered.