

BODIES by Boze

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MEMBERS NEWSLETTER JUNE, 2008

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MEMBER OF THE MONTH

PROFILE:

Shelly (Baxter) Felton

Shelly (Baxter) Felton might best be described as our motivated member of the month. The reason - she has transformed herself physically over the past two years - from a hard-working but relatively inactive businessperson into a highly fit athlete.

Shelly began her physical make-over last year or two when she began walking to and from work. It was a slow start, but she knew the benefits of physical activity and persevered during the early months of her newfound activity routine. As time passed Shelly noticed she started to feel better and lose some weight that she had slowly gained over the past number of years.

The walks became more intense as time passed, and she continued to feel better and better. One thing led to another - as she increased her activity she found that walking became easier. The walking led to jogging - and eventually, to working out with weights. Shelly wasn't a Boze's

member yet, but found that weight training seemed to be the next logical step in her progression.

Early this spring Shelly joined Boze's and participated in our Training Camp classes and also started working out in the gym. Under the helpful guidance of Boze's Trainer Wendy De la Mare Shelly has significantly ramped up her training.

Shelly works exceptionally hard in the gym, in class and on the road - where she is now training to run a marathon. Yes, in just over a year Shelly has gone from nearly inactive to running marathons - and she looks and feels great.

Shelly (Baxter) Felton is Boze's June Member of the Month and a shining example of how personal motivation mixed with a little bit of training advice and a lot of hard work can have great results.

**SUMMER FREE WHEN
YOU BUY THREE!**

Purchase 3 months and get July and August for FREE. See Desk for info.

Student extra- discount on ALL Summer!

Boze's already has great student rates, but they get even better when Spring arrives. From now through August students can choose to purchase a one-month membership for only \$40. Buy one month, two or three at this special \$40/mo rate.

Father's Day is June 15th

As Father's Day approaches many of us have fond memories and recollections of our Dads. I am fortunate enough to still have my Dad around - and many of you see him daily at Boze's. In honour of him and in the spirit of Father's Day I would like to re-print this poem, originally penned by another great Dad who unfortunately left us far too soon - Terry Yates.

Boze's Dad (written by Terry Yates)

Writing poetry on Boze's dad
It's not the easiest task I've ever had
What will I say and will it rhyme

Better hurry, I'm almost out of time.

Wally is known as quite a guy
I know he loves a shot of rye
Indoors and out he loves to putter
And that he's petrified of water.

He is tall and turning grey
He looks a lot like Danny Kaye
As a handy man he is well known
And many a wood working talent he
has shown.

A very frugal man he is no doubt
For repairs all Boze has to do is shout
Dad will arrive to make things right
Clearly he is the best guy in Boze's
sight.

Father's Day Special at Boze's

Want to get your Dad something special? How about a membership at Boze's. Until June 15th you can buy Dad a 3-month membership (gift certificate) for only \$129.00 (plus GST).

What better way to say Happy Father's Day than getting him something that is good for him (Save the tie for Christmas). The Father's Day special rate is good for Dads only, so take advantage of this great offer and get your Dad started on a healthier lifestyle.

STICKING WITH IT!

What makes people stick to exercise programs? Is it determination, will, "good genes", luck?

There is no one right answer to the question. People are active for a variety of reasons – and research suggests that what might motivate someone to get started may not be the same thing that keeps them active.

Some of the stated intrinsic reasons include: "exercising makes me feel good about myself", "I'm a better person after a good workout", "I'm more relaxed and focussed when I work out", etc....

Why then do so many people have difficulty sticking with a program? The shift from extrinsic motivation (i.e. to lose some weight) to an intrinsic motivation (exercising regularly makes me feel good) gets derailed.

For example, some people may get bored with the exercise

Generally, most people initially engage in an exercise activity for extrinsic reasons. For example, "to get in shape", "lose some weight", "because my doctor told me to shape up", "because my wife bought me a membership", etc....

Research is very clear in suggesting that individuals who stick to a regular exercise program over a prolonged period of time do so not for the extrinsic reasons that got them started, but for intrinsic (personalized) reasons.

before they internalize the benefits of being regularly active; or they go on a vacation or miss a couple of workouts because of meetings, etc.... There are many more reasons, but what about a solution?

Some suggestions: Find something you like to do – be it weights, aerobics, running. Set reasonable goals. Keep modifying your program. Get a buddy. Train for a special event (i.e. marathon, bike tour, etc...).

There is no substitute for good

advice. Read reputable exercise journals (be careful what you read in a magazine or on the internet – you need to filter the information and determine what is legitimate and what isn't).

Better still, talk to Boze or one of Boze's experienced trainers. Let them know what you want from your training and they will help refine your program.

Need a Tweak?

Are you excited about your workout program? Are you getting the results you're expecting? Is your motivation to workout sky-high? If you answered NO to any of these questions you might need a Tweak. What's a tweak, you ask?

A tweak is Boze's way of defining an exercise or workout modification. A tweak can be simple, or

it can be complex. It depends mostly on you and what you want/expect from your workout program.

At Boze's we generally give and/or offer weight training orientations when someone initially purchases a membership. In some instances we notice certain things with a member's program and offer suggestions. In other cases a member will approach with a question or query.

However, in many cases a member will work out without knowing whether or not their exercise program is the most appropriate for their exercise goals. In most of these situations the exercises a member is doing are being done correctly — so we don't take any corrective action, thinking the member has chosen a workout for specific reasons.

We've discovered that this isn't necessarily the case with some members, and have taken "a bit more liberty" in asking members whether or not they are getting the results they want from their program. If you'd like Boze to take a look at what you're doing and possibly suggest a few tweaks, just ask.

Otherwise, Boze will likely be asking you if you need any help. If/when he does, don't be offended or embarrassed. He's not asking because he's noticed anything wrong, he's asking because we want you to get the most out of your exercise experience.

Who knows, a small tweak here or there might be just what you needed to get you going in the right direction.

ZONIA'S KITCHEN

Pepper Steak

1.5 lbs round or sirloin beef

steak (about 1 in. thick)

1/4 cup vegetable oil

1 cup water

1 medium onion cut into 1/4 in. slices

1/2 tsp garlic salt

1/4 tsp ginger

2 medium green peppers – cut into

3/4 in. strips

1 tbspcornstarch
2-3 tsp sugar (if desired)
2 tbspcornstarch
2 medium tomatoes

Trim fat from meat - cut into strips (2 x 1.25 in.)
Heat oil in large skillet.
Add meat, cook turning frequently until brown (about 5 min.)
Stir in water, onion, garlic salt and ginger.
Heat to boiling, reduce heat - cover and simmer 12-15 minutes for round steak and 5-8 minutes for sirloin (or until desired tenderness).
Add green pepper strips during last 5 minutes of simmering.
Blend cornstarch, sugar and soy sauce. Stir into meat mixture.
Cook stirring constantly until mixture thickens and boils.
Boil and stir for 1 minute.
Cut each tomato into eighths and place on meat mixture.
Cover, cook over low heat until tomatoes are cooked (about 3 minutes).
Serve with rice.

MEMBER LUNCH JUNE 12

We're having another Member Lunch on Thursday, June 12. The lunch is again being provided by Bruce Tycholis of Irving's Catering - so you'll be sure to get a great tasting meal starting around 12:10 pm.

As usual there will also be a fruit tray and some dainties from Boze's Mom (Zonia's Kitchen), but this lunch is going to be extra-special - because you get to bring a date!

That's right, bring your spouse, partner, work-mate - whoever you want. Just bring someone with you because they will get their names entered into a draw for a FREE one month membership. And as an added bonus - if your date's name is picked you also receive an extra month.

What a lunch! There is only one hitch - we need to know whether or not you are planning on coming by June 11 (so that we can make sure Bruce cooks up the right amount of

food). Please leave your name at the front desk - and let us know if you plan on bringing someone with you.

Stoke up your metabolism by always eating breakfast. A good breakfast to promote muscle gain includes protein and carbohydrates - cereals are a great choice.

Retain less fat and stay lean by eating a lot of fruits and vegetables. Get at least five portions of fruits and vegetables every day - and up to ten if you are very active. Vegetables and fruit are loaded with fibre, vitamins and minerals and make great snacks.