

ZONIA'S KITCHEN



Baked Spareribs and Sauerkraut

3 lbs spareribs, cut into 3-rib pieces
4 cups undrained sauerkraut
2 tart apples, peeled and chopped
1/4 cup (1 small) chopped onion
1/4 cup water
2 tbsp brown sugar

Heat oven to 350F. In large frying pan brown ribs. Drain off fat. Add salt and pepper to taste.

In 13 x 9 baking dish combine sauerkraut, apples, onion, water and brown sugar. Place ribs on top, bake uncovered for 1.5 hours (until ribs are tender). Stir occasionally. Makes 5-6 servings.

Bake 30 minutes at 350F. Serves 4-6.

*Daylight Saving Time begins on March 14th.
Remember to adjust your clocks.*

Off-Season Conditioning Programs available - for teams or individuals

With the hockey season soon to be over it is time for start thinking about off-season conditioning programs (for you or the hockey-playing athletes in your family.) Gone are the days when athletes "play themselves into shape."

The off-season is a perfect time to develop the strength, power and speed needed to compete at an elite level. Programs can be designed for individuals and teams, and can be suited to athletes from about 14 or 15 years of age and older. If you have an athlete in the family who needs to get a bit stronger for next season, now is the time to get started.

Programs are included with regular membership fees, so all Boze's member may take advantage of this service. Contact David if you'd like to develop a program for the athlete in your family. (Team discounts are also available. Please see David or Cherie for details.)

**BASIC TRAINING CLASSES ON
AGAIN UNTIL MID-TERM
BREAK. JOIN UP NOW AT
FRONT DESK!**

BODIES by Boze

Dauphin's active living centre

MEMBER NEWSLETTER MARCH 2010

Inside This Issue:

Spring is in the Air!
Off-season conditioning

MEMBER OF THE MONTH PROFILE: Doug McCorvie

Doug has been a Boze's member for a long, long time. He's actually one of our members who remembers the old location on Main Street. Doug has been off and on as a member since the 1990's - but has been much more ON during the past couple of years.

Boze has known Doug since high school - they were football teammates - and reminisces from time to time about "the good old days". Although they are "a little greyer" they still discuss sports whenever the chance comes up.

Doug has combined resistance training and weights regularly during his workouts. From time to time he focuses

more on one or the other - but getting in and working out on a regular basis is his goal.

Doug has joined the new age - as he now wears ear buds when he does his cardio. He likes the climber - but also spends considerable time on the treadmills and bikes.

When Doug is at work he sometimes get to use the strength and endurance that Boze's workouts have provided. As a Maintenance Crew member for CN Doug's job keeps him on the road from time to time - so his workouts are very important when he's spending more time at home.

Doug McCorvie, Boze's member of the month for March, 2010.

MARCH SALE

**BUY AT LEAST THREE AND
GET ONE FREE!**

(New memberships or renewal;
5% early discount does not apply to March
sale special price)

Offer expires March 31!

Running Mistakes and What to do about them!

Spring is in the air, and if there's a spring in your step, you might be thinking of running in the Manitoba Marathon this year. Here's a few tips about correcting some common running mistakes.

Mistake #1: Over-striding

When runners try to run faster, a natural inclination is to lengthen your stride in front, reaching out further with your forward foot. This leads to a clumsy, ungainly gait, striking hard with the feet, or running on your toes. Your shins may hurt and you really don't get any faster.

The cure: All of the power of your stride comes from pushing with the back leg and foot. If you are trying to run faster, concentrate on taking shorter, quicker steps. Then think of really rolling through your step with your back foot and leg, getting a good push off. The result will be faster feet and lengthening your stride where it does you some good - in back.

Increasing speed in long runs comes from a quicker ankle action; a key to faster running is stride frequency.

Mistake #2: The Wrong Shoes – *Heavy/Stiff - soles won't bend, can't twist them.; Over 1 year old; Too small when foot swells while running.*

If this describes your shoes, you are setting yourself up for plantar fasciitis, muscle pulls and knee problems.

The cure: Get fit for the right shoes at a technical running shoe store in your area. The athletic shoe experts will make sure you get the right shoe for overpronation, that is flexible in the right places and sized right for the swelling everyone's feet have while running.

Mistake #3: Flapping, Slapping, "Flat" Feet – *Your feet hit the ground with a slap; You land flat footed with each step and get no roll; You may develop shin pain.*

This means that instead of rolling through the step with your forward foot, it is flattening out prematurely. Either you are fighting stiff, heavy shoes or your shins are too weak to let you roll through the step.

The cure: Get flexible shoes that bend at the ball of the foot. A pair of shoes with a low heel is best. To strengthen your shins, ankle, and lower leg try:

1. Toe raises: Stand on a stair (facing up) with heels hanging over the edge. Dip heels down, then raise them high. Repeat 10-20 times.
- Foot fun: While sitting around, several times a day, tap your toes quickly for several seconds. Then write the alphabet in the air with your foot. Repeat with the other foot.
- Heel walking: As part of your warm-up, walk on your heels for 30 seconds.

You should bounce lightly off the ground. As your form improves, the sound of your feet decreases—as the direct force of each ankle push increases. Top runners prance along, because they use the flick of the ankle and save energy that would otherwise be demanded by hamstrings and other major muscles. You are trying to resist gravity rather than trying to overcome it. You do this by bouncing lightly down the road with smooth, powerful strides.

Mistake #4: Look, Ma, No Arms – *You keep your arms still at your sides while running, or swing them without bending them. You notice that your hands swell quite a bit while running.*

A normal running motion uses the arms to counterbalance the leg motion. A runner can add power and speed by using the arms effectively. Long, straight arms act like a long pendulum, slowing you down. Let gravity do your arm work. Keep the top of your hands up, not to the side, and wrists relaxed and floppy. Let your legs lead and your arms follow your leg motion.

The cure: Bend your arms 90 degrees and swing them naturally back and forth opposite the leg motion. Most of your arm movement is the lower arms; the upper arms should not move

very much. Practice in front of a mirror. Don't try to run with your arms, just let them relax and

follow the rhythm of your feet.

Spring is in the air

The early sunshine beckons! How are you responding? It's the time of year when "clocks start ticking to a different beat"... daylight saving time is soon to be upon us.

There is research aplenty that indicates how people respond more positively to increased levels of sunlight. Just ask around and you will likely hear how people are feeling more energetic, are having less trouble getting up in the morning and are more likely to do something when they get home from work in the evening.

Why not take advantage of these natural urges and refine your exercise and activity program? Spring and summer activities are on the horizon – are you (and your body) ready for them?

We often take ourselves for granted and jump into the new season's activities without thinking about the potential consequences. Even though we haven't swung a golf club for six months or thrown a ball since last August we often "pick up where we left off" – which may lead to injury and frustration.

This is particularly the case if you're older

(and aren't we all older than we were last year?) As our bodies age their ability to recover from activity diminishes. You can decrease the likelihood of injury and increase your activity satisfaction (and probably performance) by easing into activity this spring.

There are a couple general guidelines to consider when re-establishing an activity routine. For instance, if you're itching to start running outside again you might consider introducing some additional stretches for your hips and legs over the next of weeks. You don't have to do much – a few minutes a day will do – just be regular, and gradually increase the degree and amount of stretching you do.

Same with your strength – if you want to add a couple of yards to your tee shots this summer you might want to consider a modification to your resistance training program. Remember that "all programs are not created equally, and that strength is joint and muscle specific. A program that focuses on the muscles involved in your activity will be more beneficial than a generalized program.

Like with any new activity, you'll probably feel a bit stiff and sore afterwards. This is usually a sign of doing more than your body can tolerate. Good advice is to "listen to your body" and give it the attention it deserves.