



Dauphin's Active Living Centre

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## MEMBERS NEWSLETTER MAY, 2007

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4 FOR 3 (Months) SALE OF THE MONTH  
Student Special - \$40/MONTH  
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### MEMBER OF THE MONTH PROFILE:

#### Sherri Robak

Sherri Robak might best be described as our mysteriously interesting Member of the Month. She's been a continuous member of Boze's since 2003 and during that time she's had an interesting series of memberships.

Sherri first joined Boze's in July of 2003 - when she was Sherri McAuley - by purchasing a 2-month special membership. She followed that up with 3-month membership - then a one-year membership.

Next came back to back one-month memberships - then another year - and finally her current membership - a six-month package. Phew - what a membership track record.

If her membership purchases might seem a bit "irregular", her workouts certainly are the opposite. Sherri is very regular when it comes to her workouts, and usually fits them in

around the noon-hour.

Her workout schedule is reflective of her work schedule - and as someone in the agriculture industry she's busier at different times of the year. As Spring is one of her busiest seasons she doesn't waste much time pre or post workout.

She's often in a hurry when she enters - and heads straight for the cardio area. Same action afterwards, as she heads straight from the equipment to the change-room to her vehicle - back to work. Although she's in a hurry, she keeps her cardio training regular.

Sherri Robak, our interesting, regular member of the month for May.

**4 MONTHS FOR THE  
PRICE OF 3!**

**DURING MAY PURCHASE 3 MONTHS  
AND GET A FOURTH ADDED AT NO  
CHARGE.**

**4 MONTHS FOR ONLY \$159**

**Buy or Renew your membership**

## 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.

It doesn't get any better to be a student at Boze's.

### 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.

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.

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 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.

## Recovery After Exercise - What's the Right Approach?

After exercise, recovery starts with the first thing you put in your mouth. Many people don't fuel their bodies properly, and as a result don't get the type of benefits they should expect from their hard training routines. You don't have to be a world-class athlete to benefit from proper post-workout "re-fuelling".

Dehydration and electrolyte loss saps your cardiac efficiency; exercise causes micro-tears in muscle tissue and drains your glycogen stores – your most efficient exercise fuel source. You need a nutritional plan to help repair and refuel your body for your next workout.

Research on this topic has been hot and heavy, and in 1988 researchers from the University of Texas identified the glycogen window – a one hour period immediately following intense exercise when athletes have the best chance of replenishing lost glycogen.

What's more, they found that consuming carbohydrates and proteins in a four-to-one ratio (carbs to proteins) during that window makes the athlete (you) up to four times more efficient at synthesizing carbs into glycogen.

Take the right kind of food or drink immediately after exercise and you can replace the energy you've lost and come back strong again the next day for another workout. Here's what the researchers found works best:

**A. Immediately after an intense workout:** down between one cup to one litre (depending on your body size and the intensity of your workout) of a drink which supplies the appropriate four-to-one ratio. There are many sport supplements on the market, however your best choice (and cheapest) is chocolate milk. Dr. Dean Kriellaars of the University of Manitoba indicates chocolate milk is the recovery "drink of champions". Check the label and you'll see for yourself how it stacks up in carbs, proteins and fat.

**B. Recovery meal two to four hours after your workout:** Follow your recovery drink in the glycogen window with a meal consisting of 60 - 65% carbs, 20% fat and 15% protein (sound familiar - it's Canada's food guide for healthy eating). Don't get bogged down with the numbers, just follow the general guidelines in the food guide and you'll be on your way to healthy eating and proper nutritional recovery - just watch your portion sizes.

### Summer Schedule Starts May 21<sup>st</sup>

We're shifting to our Summer Schedule on Victoria Day. May 20<sup>th</sup> is the last Sunday Boze's will be open until September.

Boze's will be open on Sunday, May 20<sup>th</sup> (1:00 pm - 4:00 pm) but will be closed on Monday, May 21<sup>st</sup> for the Victoria Day holiday. Regular hours resume Tuesday, May 22<sup>nd</sup>.

# ZONIA'S KITCHEN



## Worcestershire Pecan Devilled Eggs

6 eggs, hard cooked, yolks removed and mashed  
2 tbsp mayonnaise  
2 tbsp Worcestershire Sauce  
1 tsp Dijon style mustard  
1 tbsp finely chopped sweet onions or shallots  
2 tbsp chopped pecans  
salt and pepper to taste

Combine yolks with other ingredients and fill whites.

Garnish each with a pecan half.

## The 30-minute Circuit is alive and well at Boze's

If you need to workout but can't find the time Boze's has a solution for you. Let us set up a 30-minute circuit training program that you can fit into a lunch break.

There are four variations available, including: Cardio only; Weights only; Cardio/Weights Combo (a bit of cardio and a bit of weights each workout); and Cardio/Weights Split (alternating cardio and weight workouts).

Let us know what you need and our trainers will be able to set you up on a time-sensitive training program that gives you great results in 30 minutes a workout.

## Fascinating Facts About Physical Activity (Curriculum changes coming to MB High Schools)

- When more time is dedicated to physical education, children's academic performance does not suffer
- Moderate to vigorous physical activity favourably enhances skill performance in classroom functions such as reading, arithmetic, memorization and categorization
- Classroom benefits associated with regular physical activity include improved concentration, enhanced problem solving abilities, improved self-concept and improved creativity
- Physically active children and youth report lower levels of smoking and alcohol consumption than their less active peers
- Between 40 - 90% of overweight youngsters become obese adults
- Inactive adults are at least twice as likely as active adults to die of cardiovascular disease
- Children are 40% less active than they were 30 years ago
- Being physically inactive has the same impact on your health as smoking a pack of cigarettes a day

Information supplied by Saskatoon In Motion project