



Dauphin's Active Living Centre

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MEMBERS NEWSLETTER MAY, 2008

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BUY3 GET THE SUMMER FREE SALE!
Student Special - \$40/MONTH

MEMBER OF THE MONTH PROFILE:

Karen Yuriy

Karen has been a member of Boze's for a couple of years (she's taken some time off in between to add to her family)...and has recently become very regular in her training at the gym. For several months earlier last year she was a regular participant in our noon classes - and complemented that training with other workouts in the gym.

Karen joined our 9:30 am Training Camp program earlier this year and has since become much more committed to regular exercise. She worked out before - attending classes and doing her own workouts in the gym and cardio area, but finds the new classes to be exactly what she's looking for.

Karen finds the training climate to be supportive and at the same time motivating - as she gets to work out as hard as she feels she needs to on any particular day. She usually complements the Training Camp

class by hitting the treadmill afterwards.

Karen and her husband Bruce (also a Boze's alumni) live just outside of town and have a hectic life looking after a house full of kids and balancing job responsibilities. Karen finds that working out regularly has given her much more capacity to keep up with the kids.

Karen recently stated that she's much stronger than when she started the Training Camp program - and although her weight is pretty much the same she feels very good about the progress she's making.

Karen is always smiling in class and really seems to enjoy her workouts - she's a very deserving choice for our May Member of the Month.

BUY 3 and the SUMMER IS FREE!

During MAY and JUNE purchase 3 MONTHS AND GET two months added at no charge. Buy or Renew your membership now and work out this summer on us!

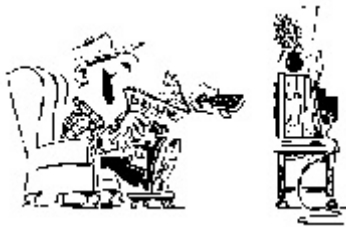
Student extra-discount on ALL Summer!

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 19th

We're shifting to our Summer Schedule for the Victoria Day weekend. May 10th is the last Sunday Boze's will be open until September.

Boze's will be open on Sunday, May 10th (1:00 pm - 4:00 pm) but will be closed on Sunday May 18th and Monday, May 19th for the Victoria Day holiday. Regular hours resume Tuesday, May 20th.

ZONIA'S KITCHEN



Deluxe Meatloaf

1 egg beaten
3/4 cup milk
1 tsp poultry seasoning
1 1/2 tsp salt
dash of pepper
2 cups soft bread crumbs
1 onion (minced)
1 lb ground pork
1 lb ground beef
5-6 strips of bacon

Combine egg, milk seasoning and bread crumbs. Let stand 5 mins. Add onion and meat - mix well.

Line loaf pan (8x5x3 inches) with bacon strips across width of pan. Pack meat mixture in pan. Bake at 350F for 1.5 hours.

Remove from oven. Invert meat loaf on baking sheet - raise temperature to 450F.

Return meat loaf to oven for approximately 10 minutes to crisp bacon. Garnish with broiled mushrooms if desired.

TIPS FOR GAINING MUSCLE

Protein is the building block of muscle. If you are interested in gaining muscle weight, you might want to:

- consume between 1 1/2 and 2 grams of protein per kg of body weight per day. (This works out to .68 - .90 grams per pound of body weight.)

(Protein intake recommended by

Canada's Food guide is 1 gram of protein per kg of body weight.)

Faster fat loss can be experienced if you add one long run (At least one to two hours) to your workout program each week. Speed doesn't matter on these runs, and try to build your distance gradually. Start with what you can, and add 10 minutes or so each week until you can go for an hour (or two) at a time.

Eat healthy, eat often. If you can't get in at least six small meals a day, eat between meal protein shakes or energy bars. This will keep your energy level up, your amino acid pool steady and your muscles growing.

Avoid saturated fats! Almost every food, whether it's steak, chocolate or red wine has some nutrient to contribute. However, one thing is absolute - fried foods are dangerous. Potato chips, french fries and other "deep fried" foods are overloaded with saturated fat and calories. These foods, other than being tasty provide you with little if any nutrition.

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.

Snacking bonus - you don't have to worry about how much fruit or vegetables you consume. Recent research indicates that people who eat plenty of fibre stay thin.