

BODIES by Boze

Dauphin's Active Living Centre

36 2nd Ave SW
Dauphin, MB R7N 1S3
(204) 638-9604

www.bozesbodyshop.com

MEMBER NEWSLETTER NOVEMBER, 2007

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MEMBER OF THE MONTH PROFILE: Andrea Carr

Andrea has been a Boze's member for a couple of years. When she bought her first membership she wasn't sure how long she would be in town.... as a new employee of the school division she wasn't sure if things would work out or not. Well, apparently things have been turning out fairly well - she's still at the school division - is recently married and she has become a pretty solid regular member at Boze's.

Working for Mountainview School Division as a specialist Andrea travels widely throughout the division area visiting students and schools. Boze has a running gag with Andrea and routinely bugs her about her travelling schedule and her days filled with working with students.

Regardless of the gags and jokes Andrea's workout routine is solid - she works out just about daily during the week and is a good bet to be at Boze's some time after school

and before supper most days of the week.

Andrea is a cardio member and puts in considerable time on a variety of machines - she's partial to the elliptical trainer, and can be seen reading magazines, novels and other books during her workouts. She never asks for much help with her program as she obviously knows what she's doing. Andrea puts in the required time and effort to achieve the results she's looking for.

Andrea has made Boze's a regular part of her work day, and it's paying off by keeping her fit and healthy. Andrea Carr, our November 2007 Member of the Month.

NOVEMBER SPECIAL SALE

**3 Mo. Couple Membership
ONLY \$199
expires Nov. 30/07**

Training Camp HUGE Success!

Boze's new Training Camp workout program is proving to be very popular with a dozen of our early-risers. The program consists of three workouts per week under the watchful direction of Maggie and her crew of trainers.

The first edition of the program has included a series of functional exercises that include use of BOSU, Ballast balls, medicine balls, agility ladders and dumbbells - not to mention the participant's own body weight as resistance. Early reports are encouraging - as both participants and trainers believe it's a great new program.

We're considering offering the program at other times of the day - and have also thought about doing a Mom and Daughter version. Let us know if you're interested in participating in the next program.

Boze's will be closed November 11th for Remembrance Day.

Snow Will Soon Be Here! Got your indoor shoes?

With winter approaching please help us keep Boze's mess free by removing your outdoor footwear. We want to make Boze's as neat for our members as possible, and you can help us help you by removing outdoor footwear at the front counter.

Boze's desk staff don't want to have to ask you to remove your outdoor shoes, so please cooperate and make sure you have an indoor pair of shoes with you when you workout. Thanks for your cooperation.

Should I start now or should I wait for the New Year?

It's that time of year when we start to get busy with office parties, school concerts and other social events. Often, these activities make it difficult to fit exercise into our routine. As we start to skip workouts we're ultimately faced with the decision of whether to "throw in the towel" or not.

Don't give up on exercise! Regardless of the fact you may not be exercising on a regular basis, a little is better than none. Steven Blair, of the Cooper Aerobic Institute in Texas has spent the better part of the last twenty years doing research on the effects of physical activity. His research suggests exercise need not be regular to provide health benefits – that is, you don't have to do a specific amount at a specific time of day a specific number of times per week to gain health benefits. You just have to squeeze in whatever you can to keep yourself healthy.

(Blair's research findings are based on health benefits of exercise, not performance benefits. That is, if you want to reduce your risk of certain diseases like heart attack, stroke, hypertension, diabetes and some cancers you can "exercise" according to Blair's findings. However, if your goal is to lose body fat or gain muscle or increase your cardiovascular fitness you have to exercise more that Blair suggests.)

To gain the health benefits associated with physical activity it's important to be active most days of the week. This means different things to different people. For example, if you are moderately active now, you are going to need to maintain a comparable level of activity to continue to keep yourself healthy. If you are currently sedentary, minor amounts of physical activity will help to increase your health level.

The level of activity depends on what you have been “giving” your body in terms of exercise. If you currently work out two or three times per week, you are more fit (and theoretically more healthy) than your sedentary neighbour. If you decrease your level of activity, your body retains the health benefits you’ve provided for it through your activity patterns until such time your activity level decreases substantially. This might happen over a period of weeks or months if you stopped your thrice-weekly workouts. At some point your body would revert to a level of health consistent with that of a sedentary individual.

On the other hand, if you are sedentary, even a bit of activity will positively impact your health. Something as simple as a 15-minute walk after dinner will start to provide health benefits. Of course, the more you do, the better off you will become.

Researcher Says MIX IT UP!

Boze’s trainers recently returned from the Manitoba Fitness Council Conference with some new ideas and some great new research information. Dr. Len Kravitz from the University of New Mexico provided interesting suggestions for weight training that need to be shared.

Kravitz, with over 25 years of exercise physiology background stated that there is likely only one truism when it comes to advising people regarding their workout program - MIX IT UP! Kravitz’s research has found that muscle tissue responds to stimuli like no other tissue in the human body. It has peculiar characteristics that demand constant attention.

For example, Kravitz stated that muscle tissue is constantly on the lookout for stimulation, and when it happens (in the form of exercise or physical activity) it responds by increasing its capacity - and wanting more stimulation. However, Kravitz and his research team has found that the type of stimulation has a distinct effect on the muscle tissue.

For example, if you want muscle tissue to grow in size, stimulate it with high weight (85+%) and low reps (2-5). If you want muscle to increase in strength stimulate it with medium weight (65-80%) and medium reps (6-10) and if you want to maintain current strength/conditioning stimulate your muscles with low weights (40-60%) and high reps (12+).

This research seems to confirm long-held beliefs that muscle strength is best achieved with high weight/low rep training and muscle endurance with high rep/low weight training. However the most interesting finding in the research is that the training cycle can be quite a bit shorter than previously thought (we used to believe that a cycle should last between 6-12 weeks). Kravitz suggests cycles might be as short as 2-3 weeks - and that some athletes are having successful results from changing formats from workout to workout.

In this case, Kravitz states that you might consider a workout of 85% intensity with 2-5 reps for 3-4 sets on a Monday; do a 65% intensity workout with 6-10 reps for 3-5 sets on Wednesday and then a 50% intensity session with 12-20 reps for 3-5 sets on Friday - and then mix it up the following week - and still get great results.

Kravitz suggested several other training method “adjustments” might be beneficial to participants who are getting bored with their routine, have “plateaued” or are just feeling a bit “blah” about their workout. If you fit into any of these categories, or just want to MIX THINGS UP a bit, talk to David and he’ll set you on a new and interesting training program.

After lunch, rest awhile. After supper, walk a mile.

Arabian proverb.

Interested in small group personal training?

Watch for FOUR ON ONE coming to Boze’s SOON!

Zonia's Kitchen



whole wheat and cheddar biscuits

(reprinted from Crazy Plates Cookbook)

Ingredients:

1 1/4 cups all purpose flour
3/4 cup whole wheat flour
2 tsp baking powder
1 tsp baking soda
1/4 tsp salt
1/8 tsp cayenne pepper
1/2 cup shredded, reduced-fat sharp cheddar cheese (2 oz)
3 tbs butter or margarine
1 cup buttermilk
1 tsp honey

Preheat oven to 425 F

In a medium bowl, combine both flours, baking powder, baking soda, salt, and cayenne pepper. Stir in cheese. Using a pastry blender, cut in butter until mixture resembles coarse crumbs.

Combine buttermilk and honey. Add to dry ingredients. Using a fork, stir to form a soft dough. Turn dough out onto a lightly floured surface. Form a ball. Roll out dough to 3/4 inch thickness. Cut into 2 - 1/2 inch rounds using a biscuit or cookie cutter. Place biscuits on a cookie sheet that has been sprayed with non-stick spray. Bake for 12 minutes, until biscuits have puffed up and are light golden brown. Serve warm.

Per biscuit: 105 calories; 3.6 gm fat; 2.1 gm saturated fat; 3.9 gm protein; 14.8 gm carbs; 10.1 mg cholesterol; 230 mg sodium; 1.1 gm fibre; % calories from fat = 30.

The condition of your physique can often be measured by your chip-to-waist ratio. So, if potato chips are your food of choice, you might want to munch on this: By substituting two cups of low-fat microwave popcorn for two cups of potato chips once per week, you'll save 13,156 calories and 936 grams of fat in one year. That's almost 14 days' worth of fat! (1 lb of fat is 3,500 calories - you do the math!)

Calorie Counter - Don't Forget the Beverages

Maintaining energy balance is as simple as comparing energy input with energy output. However, when counting calories remember to include liquid calories. Most calories from liquids are in the form of simple carbohydrates (sugars) unless you consume dairy products - where calories also come from protein and fat. (Check the % fat on the label to find how many calories are from fat.)

Following is a list of common beverages and their calories. Water of course is the best beverage, alcoholic beverages the worst - they come packed with calories and no nutritional content.

Item	Cal.
Coffee, with 1tbs 18% cream 8 oz.	30
Milk, skim (250 ml)	90
Beer, light (355 ml)	110
Orange/Apple Juice (250 ml)	115
Wine, white (6 oz.)	120
Wine, red (6 oz.)	130
Beer, regular (355 ml)	140
Coca-cola (600 ml)	260
Ice Cappuccino, with cream (10 oz.)	230
Caffe Latte with skim milk (16 oz.)	160