MEMBER NEWSLETTER OCTOBER 2006

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Members of the Month Profile - Jerri Dmitruk

Finally!!! Jerri Dmitruk is finally our Member of the Month. In what has become a bit of a running gag between Boze and Jerri (Last month Jerri's mom Theresa Zabiaka was recognized as MofM) she has finally been acknowledged for her dedication to working out at Boze's.

Jerri is a long-time Boze's member - and for at least the last year or so, whenever Boze was trying to determine the next member of the month Jerri's name would be on the list. However, for whatever reason, there always seemed to be some rationale or situation that came up that resulted in Jerri's name being shifted to the "top of the list" for next month. Well, that will not happen any more...this is Jerri's month.

Jerri keeps herself in terrific condition, and is a regular by the truest of definitions. She routinely makes full use of our cardio equipment (she's a fiend on the elliptical trainer and the climbers), the weight room and the aerobics room. Often during the warmer months Jerri will roll up to the door in roller blades - doff them for her sneakers, do a tough workout and then skate off into the sunset.

Jerri has attended some of our group classes, and on many occasions can be seen sweating it out on a piece of cardio equipment next to her mom. Jerri works out hard, and during most workouts is listening to her favourite tunes on a personal stereo.

Jerri must listen to lots of tunes, because on more than one occasion she's asked "do you have any extra batteries - mine are dead!" She even suggested (more than once) that Boze's should sell batteries. Funny thing – Boze finally got some packages of batteries for just this type of situation - and then found out they were the wrong size for Jerri's player.

As previously mentioned, Jerri works out very intensely. She pushes herself on the cardio equipment, lifts hard and does plenty of core and functional conditioning. I don't know where she comes up with her workouts, but they are certainly not for the weak of heart.

Jerri Dmitruk, our deserving (and very patient) member of the month for October 2006.

GROUP CLASS UPDATE

5:15 pm "POWER HOUR" starts Wednesday October 4th

We're adding another 5:15 pm class to the mix starting Wednesday, October 4th. Now you can work out three days per week at 5:15. POWER HOUR will get you working hard without much choreography – It's a vigorous drill-based class of power movements and sport moves. Cardio and resistance training sequences are combined to keep you sweating through this easy to follow but invigorating class.

Noon Class

We're adjusting the Noon Class mix just a bite. **CARDIO FLEX** will be held 2x per week (M/F) **with CORE STRETCH/CONDITIONING** on Wednesday.

Extra-Length Saturday class

Join us for an extra-length BOOT CAMP class on Saturday, October 14. Bring a towel!!!

OCTOBER SPECIAL AT BOZE'S

BUY 3 MONTHS for only $139!

Sale price available until October 31.

Renew or extend your membership today.

Boze's will be closed on Monday October 9th for Thanksgiving.

Does When You Work Out Matter?

Timing of workouts can make a difference on the type of fuel your body uses during exercise. As you can imagine, the way the human body uses energy is dependent upon a number of factors, and the two most influential factors are intensity and duration.

First, let's review the different types of energy systems used by the body. There are three basis systems that provide energy. Two of these systems work without oxygen and are called the anaerobic systems: anaerobic alactic (without lactic acid) and anaerobic lactic (lactic acid is a bi-product when using this system.) The third system is the aerobic (with oxygen) energy system.

When you start to exercise your body responds immediately by doing two things: it provides fuel (ATP-CP) for activity by turning on the anaerobic alactic system. ATP-CP (adenosine tri-phosphate and creatine phosphate) is stored in muscle cells. However, this ATP-CP supply is very small (about 10 seconds worth) so the body also measures intensity and duration of activity to determine what other fuel system needs to become active.

If the exercise lasts longer than 10 seconds your body also turns on the anaerobic lactic system. This system uses stored glycogen as the primary source of fuel - and has a capacity of about 2 minutes. Whenever this system is used it produces lactic acid as a bi-product. This accumulating lactic acid will eventually "pollute" the muscle cells and cause the muscle to be unable to contract.

If the exercise lasts longer than 2 minutes you can be assured that the aerobic energy system is being used. This system uses stored body fat as the primary fuel source - however it takes a bit of time for the body to mix stored body fat and oxygen to produce energy aerobically.

As the body uses all three systems interchangeably - the proportion of fuel from the three systems is determined by intensity and duration of the exercise. As we are always breathing, the aerobic system is

usually always at work - and since most times during the day the intensity of our activity is low, the aerobic system provides most of the fuel.

The aerobic system has an upper capacity limit that is tested when intensity is increased. As intensity increases the body uses more anaerobic alactic or lactic energy to make up for any shortfall in energy. Whenever intensity drops below the capacity limit the the aerobic system continues to work to replace some of the fuel previously used anaerobically (think recovery - i.e. slowing down during a run to "catch your breath".)

It's a complicated process, but the following example may help you figure things out.

Say you get on a treadmill to start a workout. Your body responds immediately by providing energy through the anaerobic alactic (first 10 secs.) and lactic systems (10 secs. to 2 mins.) and also cranks up the aerobic system. It also measures how intense your run is - so it will know whether or not your aerobic system can provide enough fuel for the activity. If the pace is slow enough, the body will "turn off" most of the anaerobic energy supply as it can provide the energy you are demanding through the aerobic system.

If you start to run more quickly, your body cranks up the aerobic system - however, we all have a capacity limit (training increases this limit) and the body will start to once again use the anaerobic energy systems to compensate for any shortfall. And, as you know, any anaerobic lactic energy use results in lactic acid accumulation. If your exercise intensity goes beyond your capacity limit your body just can't keep up - and you are forced to slow down (to recover) or stop.

If you slow down, the aerobic system keeps working and the body replaces some of the used up anaerobic energy at the same time as you continue running. (The more fit a person, the more aerobic system capacity. That's why someone who runs a lot can run farther/faster than someone who isn't trained.)

However, since your body can't eliminate all the accumulated lactic acid, you eventually have to stop and rest/recover. Even highly trained individuals need rest.

Some recent research has suggested that doing cardio training after weight training is an effective way to burn a bit more stored body fat. The theory suggests that weight training does a good job of depleting your muscle cells of anaerobic fuel, and any low intensity cardio exercise will therefore have to rely almost exclusively on fat for fuel.

Researchers suggest that the body may be more effective in utilizing stored fat under these conditions, so if you feel like some light cardio after a weight workout you just might burn a bit of extra body fat.

ZONIA'S KITCHEN

Crescent Wrapped Drumsticks

8 chicken drumsticks
1/4 cup butter or margarine
½ cup barbecue sauce
1 tube (8 oz) refrigerated crescent rolls
1 egg (lightly beaten)
2 tsp grated Parmesan cheese
2 tsp Italian seasoning
2 tsp sesame seeds (toasted)

Remove and discard skin from drumsticks. In large skillet melt butter over medium heat - stir in barbecue sauce, add drumsticks. Bring to boil.

Reduce heat, cover and simmer for 30 minutes or until meat temperature is 170F. Turn drumsticks occasionally. Remove chicken from pan and cool slightly.

Separate crescent dough into 8 triangles - place in lightly greased 15"x10"x1" pan. Brush dough with some of the beaten egg and sprinkle with Parmesan cheese and Italian seasoning. Place meaty portion of each drumstick at the tip of each triangle with bony portion extended over long side of triangle. Wrap drumstick in dough - place seam side down. Brush with remaining egg. Sprinkle with sesame seeds.

Bake at 375F 13-15 minutes or until golden brown or until meat temperature is 180F.

Manitoba ***in motion*** celebrates anniversary October 5th

Manitoba ***in motion*** celebrates its first anniversary on Thursday, October 5th. ***in motion*** is a province-wide initiative that strives to help Manitobans become more active.

in motion promotes physical activity in schools, communities and with individuals through a variety of programs and initiatives. Help ***in motion*** make Manitoba a more active place by being active for at least 15 minutes on Thursday, October 5th.

Check the ***in motion*** website at www.inmotionmanitoba.ca for more information on how you can register for prizes during the 1st anniversary on October 5th.

MEMBER LUNCH FRIDAY, OCTOBER 13

We hope you're not superstitious, because we're holding another Boze's member lunch on Friday, October 13 at 12:15 in the Aerobics Room.

Please let us know if you plan on attending so that we order the proper amount of food from Irving's (Bruce Ticholis always looks after us). A list will be available at the front desk.