

BODIES by Boze

Dauphin's Active Living Centre

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MEMBER OF THE MONTH PROFILE:

Sheri Gardner

Many of you might not know that Sheri is a Boze's member - that's because she's usually in and gone before most of us are out of bed. Sheri is an early riser and loves to work out in the morning. And when I say early, I mean really early - she gets in the gym shortly after 6:30 am and is usually showered and off to work before I roll in with coffee in hand just after 8:00.

Sheri works out regularly, usually three mornings a week, and goes hard whenever she's in the gym. She'll usually start her workout with a session on cardio equipment, then hit the gym for a weight training workout that is focussed and intense. Sheri tends not to fool around with her workouts and keeps a steady pace to her training.

Sheri has developed a routine that fits her schedule and gives her the training benefits she's looking for. Sheri compliments her Boze's workouts with regular walks at her

lakefront home at Lake Dauphin. She can often be seen walking with her husband Ryan and power-walking with her mother-in-law Dawn. Sheri Gardner, our September Member of the Month.

Is water important?

U of M researcher Dr. Dean Kreillaars states that being 1% low on water in your body results in a 4% drop in athletic performance.

Is your performance suffering because you're dehydrated? Follow Dean's GLUG, GLUG, GLUG recommendation of taking three big sips of water every 15-20 minutes during your workout. Staying properly hydrated is easier than trying to re-hydrate yourself.

A recent study in the American Journal of Sports Medicine found that doing four squat lifts at even 60% of your maximum load causes significant hyper-extension of the lumbar spine. Give your back a break by keeping the weight light and the reps high.

Pressed for Time? Try a Mix and Match Workout!

If you don't have enough time to train, crank up the intensity of your workouts. If you can only squeeze three workouts a week into your schedule but want to maximize the strength and cardio benefits consider a Mix and Match Workout.

Here is a quick overview of the concept.
Monday (Day 1) - *SIT (Sustained Interval Training)* Using your favourite cardio equipment, start with a 10 minute warm-up. Then start Sustained Intervals (three 5-minute intervals at the highest pace you can tolerate with 5-minute recovery intervals between sets). Recover with a 10 minute steady state cool down.

Wednesday (or Day 2) *IRT (Intense Resistance Training)*. Select at least one exercise for each major upper and lower body muscle group (6 - 10 exercises depending on the time you have available.) Lift as much weight as you can safely handle with good form and technique for three sets of 10-12 repetitions. Limit your recovery period between sets to 60 seconds - or use a push/pull format and super-set with two exercises (i.e. chest and back) then recover and repeat. Warm-up for at least 5 mins and consider a 5-10 min cool-down to help with lactic acid removal.

Friday (or Day 3) *2MD (Two minute drills)* In any aerobic activity, go all out for five 2-minute intervals with each interval separated by no more than 2 minutes of recovery. Start the workout with 10 mins of steady state warm-up and finish off with the same length of steady state cool-down.

SPECIAL 4 MONTH MEMBERSHIP SALE

**PURCHASE A SPECIAL 4 MONTH
MEMBERSHIP FOR ONLY \$175!**

Offer expires September 30!

Protein - How much is enough for young athletes?

Despite many claims that protein boosts athletic performance, the main function it performs is to maintain and repair body tissue (protein is also involved in making hemoglobin, antibodies, enzymes and hormones). Eating more than the recommended amount will not improve these functions and will not make muscles larger or stronger.

It is recommended that teenaged athletes consume between 1.0 and 1.8 gms of protein per kilogram of bodyweight per day. (The more intense the activity and workout schedule, the more protein should be consumed. On average, about 1.5 gms/kg/day should be adequate for most active teenagers.)

Any excess protein is stored in the body as fat. Muscles do not get noticeably bigger unless the body has enough male hormones (androgens) in the blood. Boys and girls add muscle during puberty with boys eventually having more androgens circulating in the blood stream resulting in greater muscle mass.

To gain muscle mass, hormones alone do not cut it, athletes must increase workload (through training) and eat a balanced diet that contains enough calories.

Young athletes can easily meet their protein needs by following the Canada Food Guide for Healthy Eating recommendations. To further maximize protein's potential for muscle development intake should be spread out though the day rather than one large serving. It is also beneficial to include protein in any post-activity meal (within 15 - 60 minutes after a vigorous workout).

The 5-Minute Core Routine

Do you ever find yourself unable to squeeze in a full workout but with a few minutes on your hands? If so, why not try this simple yet extremely effective 5-minute core routine.

Better yet, add this 5-minute routine to your regular workout and see the amazing improvements in strength and tone you'll achieve. Try adding these simple movements to your workouts and see what happens.

5-minute core program:

(The goal of this program is to work towards holding each exercise for one minute - at the beginning start with 20 or 30 second reps - then increase as you can until you can hold each move for 1 minute.)

Plank - lie flat on the floor - lift your body up off the floor using your elbows/forearms and toes for support - try keeping your body rigid and straight (no butt up in the air). As you get stronger move your feet closer together and/or extend up onto straight arms (imagine holding a push-up in the "up" position). Try to stay rigid but remember to breath!

Side-Plank Right - similar to the Plank, except you roll onto your right side (body weight on right elbow/forearm). Stack your legs so they are on top of each other. Lift your body off the floor and hold it as straight as you can for 1 minute. (Start with 20-30 second reps until you can hold it for 1 minute). Breath while you hold the move.

Side-Plank Left - same as Side-Plank Right except you support your body weight on the left side. (Non weight bearing arm can either be crossed over chest or held tightly to side of body that is elevated.)

40 Twisties - Sit on the floor with your knees bent and feet together (Similar to the "up" position in a sit-up). Lean back slightly with the upper body until you feel the urge of your feet lifting off the floor - Stabilize yourself in this position - now hold a ball (or weight or medicine ball) in your hands and repeatedly touch it on each side of your body until you complete 40 repetitions. Keep your feet stable while you twist from side to side. Beginners might not want to use any resistance - more advanced technique involves lifting the feet off the floor.

Slow Controlled sit-ups (the biggest mistake made during sit-ups is going too fast, thereby getting momentum involved in the movement. In this version, start in a typical sit-up position by lying on floor, knees slightly bent, back "flat" on floor with arms at your side. Slowly curl up, reaching hands and arms forward (use hands under thighs to help pull yourself up if you can't do the movement slow enough). With your arms sliding forward reach until chest touches knees, then slowly return to start position. Continue as slowly as you can for one minute. As you get stronger you can move your feet further from your body - but still be able to maintain low back contact with floor and an absolutely glacial pace - SLOW.

This core workout is simple, but effective when done properly. Ask any of Boze's trainers for the proper technique to these classic core exercises.

FALL/WINTER HOURS begin this month. Boze's is open on Sunday starting September 9th.

GROUP CLASSES – DEFINED

It's fall, and our group class schedule is gearing up. If you've been a class participant you know what to expect. If you haven't, take a peak at the varied classes we're offering starting later this month.

BOSU Circuit A fun, fast-paced circuit class using BOSU trainers, steps and weights (dumbbells). This class will give you a total body workout. Bring a towel and some water, as you'll need both!

Cardio Flex Combine interval bench step aerobic movements with light resistance/high repetition muscle training and you get Cardio Flex. Cardio Flex is designed to train your cardiovascular system and develop muscular endurance in the same workout and is appropriate for beginners to experienced fitness buffs – as the participant controls the level of intensity. (Cardio Flex extended is our after-work model – it’s a slightly longer class based on the same format as our popular noon version.)

Boot Camp An interval style class that combines calisthenics-style conditioning drills and simple-choreographed recovery periods. It’s not too complex, as our members execute better technique and get a better workout when we keep it simple. Intervals are used for recovery or to increase the intensity – it depends on the participant.

Core Stretch Strengthen core muscles to improve posture and stretch for relaxation and stress reduction. This class combines the best of our core exercises and an invigorating, focused stretching component to give you a new perspective on the important balance between “stretch and strength”. (Core Stretch evening classes focus on the “how-to” aspects of core conditioning)

New “Toys” for Training

We’ve added a couple of training aids that are available for your use in the Aerobics Room. Feel free to use any of the equipment in the room whenever the door is open or a class is not occurring.

Wobble board - we’ve got five BOSU trainers that can also be used round side down, but the Wobble board is designed specially for balance training. The board is adjustable (You can adjust the half-round base to three different levels - ask any Boze’s trainer for help.)

Stability Balls - we’ve added three new 65 cm. Stability balls - we couldn’t find FitBall brand (the old grey balls that many of you favored) but the TWIST brand balls we just purchased are as close as we could come to the old FitBall standard.

Rope Ladder - Boze’s has purchased two TWIST TRAINING flat rope ladders for quickness, agility and foot-speed training. The ladders are being kept at the Front Desk and you’ll have to sign them out when you want to use them. (Let the Front Desk know when you want to use a ladder - you’ll have to sign it out and return it before you leave.)

Check out the Coke machine for new Powerade Flavours. We’ve also added some flavoured water options for your refreshment pleasure.

ZONIA’S KITCHEN



Chocolate Caramel Pecan Cookies

A special treat for after your workout!

1 cup margarine
3/4 cup packed brown sugar
1 egg
1/2 cup granulated sugar
1 1/2 tsp vanilla
2 cups all purpose flour
1 tsp baking soda
1/4 tsp salt
6 squares semi-sweet chopped chocolate
25 caramels, grated
3/4 cup coarsely chopped pecans

Cream margarine, brown and white sugars, egg and vanilla in large bowl on medium speed until light and creamy.

Combine flour, baking soda and salt. Add to creamed mixture, beating at low speed until blended. Stir in remaining ingredients.

Drop dough by spoonfuls onto greased baking sheets. Bake at 375F for 8-12 minutes. Cool on sheet for about 5 minutes - then transfer to cooling racks. Mmmm enjoy!