

# Richly Rewarding Living

Your Monthly Newsletter For Maximizing Life's R.O.I.™  
*"The more you put into it, the more you get out of it"*

**For Clients and Friends of Body Fit Health Club**

## Sleep...The Missing Link

You've been working hard to get in your exercise sessions and eat a healthy balanced diet, but are you still feeling a bit sluggish? Don't have the energy to greet the day with enthusiasm? Hit a plateau on dropping those last few pounds? What are you missing?

### Diet, Exercise...And SLEEP

It may be as simple as having a regular schedule of good nights' sleep. Adequate sleep is necessary for healthy functioning. Research shows that sleep regulates mood and is related to learning and memory functions. When we sleep well, we wake up feeling refreshed and alert for our daily activities. Sleep affects how we look, feel and perform on a daily basis, and can have a major impact on our overall quality of life.

### What happens when you sleep?

To get the most out of our sleep, both quantity and quality are important. When we are sleeping, our bodies follow a pattern of alternating REM (rapid eye movement) and NREM (non-rapid eye movement) sleep throughout a typical night, in a cycle that repeats about every 90 minutes.

NREM is about 75% of the night; during this stage we are relaxing, our breathing and heart rate slow, our body temperature drops, we begin to fall asleep and move toward the deeper sleep. During this stage, the blood supply to the muscles increases, hormones are released, such as growth hormones, allowing for tissue growth, repair, and development (especially in the muscles). Also happening during this stage is our energy levels are restoring.

REM sleep accounts for about 25% of the night. During this stage, we are in deep sleep, where our body becomes fully relaxed and our muscles are shut off. While the brain is active (and typically dreaming) during this stage, this is the



### COMMUNITY NEWS

I'm sure that many of you are well aware of the HST (Harmonized Sales Tax) that is headed our way. Many people including myself wrote to the Premier expressing our concerns. If you were one of them, you would have received the same form letter response that I did. The health of citizen's in Ontario will be greatly affected when the HST is introduced in the province as both adults and children will face increased costs and barriers to being physically active. Fitness memberships will increase in cost by 8% and all sporting registrations will increase by the same amount. The new tax may force people to forgo their sporting and leisure activities and as a result negatively impact their health and well-being. With a growing obesity and inactivity crisis in Canada, now is not the time to be taxing people for maintaining their health. Fitness Industry Council of Canada (FIC) has built and created a website in order to solicit your support and in turn encourage the Government of Ontario to provide an HST fitness exemption. I encourage you to visit the link below. Doubling the tax we currently pay on fitness related programs isn't right.

Stop The Fitness Tax! Visit: [www.NoFitnessTax.ca](http://www.NoFitnessTax.ca)

### What's The Deal With The Title?

When I was trying to come up with a name for this newsletter, lots of stuff went through my head onto this page. But nothing grabbed me until I hit on the title/subtitle you see now. Because I think it sort of encompasses what I view as my role in your life: **helping you really get the most bang for your buck.** Helping you grab this bull by the horns and take it for a good, long, fun and rewarding ride. My hope is that, just like any friend, I can positively impact your life, and not just through exercise and nutrition, but also with stimulating and entertaining information. I'm certainly far from perfect, and have my moments of doubt and frustration like everyone, but I look at it as a privilege and an honor to have the opportunity to make my life, and to help make the lives of those around me, as good as they can be - as rewarding as they can be. But ultimately, **it all comes down to what we put into it, right?** The more we put into life, the more we get out of it. Return On Investment (ROI). The more we exercise, eat right, love, laugh, strive to accomplish goals, have fun and really LIVE...the better we feel, the better we are! **It is the immutable law of life: you get out of it what you put into it.** So that's why I chose this title.

sleep stage that will support our daytime performance and function.

If our sleep is cut short, the body doesn't have time to complete all of the phases it needs for muscle repair, memory consolidation, and release of hormones regulating growth and appetite.

Here are a few key benefits of regular good night's sleep:

- **Learning and memory.** Sleep helps the brain to commit new information to memory.
- **Metabolism and weight.** Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates and by altering levels of hormones that affect our appetite.
- **Safety.** A lack of sleep contributes to a greater tendency to fall asleep during the daytime. These lapses may cause falls and mistakes such as medical errors, air traffic mishaps, and road accidents.
- **Mood.** Sleep loss may result in irritability, impatience, inability to concentrate, and moodiness. Too little sleep can also leave you too tired to do the things you like to do.
- **Cardiovascular health.** Serious sleep disorders have been linked to hypertension, increased stress hormone levels, and irregular heartbeat.
- **Disease.** Sleep deprivation alters immune function, including the activity of the body's killer cells. Keeping up with sleep may also help fight cancer.

### How much sleep do you need?

There's no 'magic number' here. Different age groups need different amounts of sleep and sleep needs vary by individual. Here are the recommended 'rule-of-thumb' ranges:

- Teens (11-17) 8.5-9.25 hours
- Adults 7-9 hours
- Older Adults 7-9 hours

To determine how much sleep you need, it's important to assess your own individual needs and habits. See how you respond to different amounts of sleep, pay close attention to your mood, energy levels, and health after a poor night's sleep, versus a good one. Determine how often you get a good night's sleep, if it's not often, then you may need to consider changing your sleep habits.

*Check out the Quick Tips for ways to get better sleep.*

## Quick Tips To A Good Night's Sleep

*8 Tips to Get Better Zzzzzz's....*

1. **Cut Caffeine.** The effects of caffeine can take as long as eight hours to wear off. So if you drink a cup of coffee or soda in the afternoon and are still tossing at night, caffeine might be the reason. Cutting out caffeine at least four to six hours before bedtime can help you fall asleep easier.
2. **Avoid alcohol as a sleep aid.** Alcohol may initially help you fall asleep, but it also causes disturbances in sleep resulting in less restful sleep.
3. **Relax before bedtime.** Stress not only makes you miserable it wreaks havoc on your sleep. Develop some kind of pre-sleep ritual to break the connection between all the day's stress and bedtime. These rituals can be as short as 10 minutes or as long as an hour.
4. **Keep your bedroom quiet, dark, and comfortable.** Use earplugs, window blinds or curtains, set the temperature between 20-22 degrees—everything possible to create the ideal sleep environment.
5. **Eat right, sleep tight.** Try not to go to bed hungry, but avoid heavy meals just before bedtime. And avoid any specific foods that you know cause you trouble, such as spicy foods that cause heartburn.
6. **Avoid napping.** While a nap sounds like a good idea after a long day, napping can only make matters worse if you usually have trouble falling asleep. If you do, keep it brief, between 15-20 minutes.
7. **Keep pets off the bed.** Allowing pets to sleep with you can cause you to wake during the night, either from pet movements or allergies.
8. **Avoid watching TV, eating, and discussing emotional issues in bed.** These activities can wire up your brain, making it difficult for you to fall asleep.

*(WebMD.com "Sleep Guide")*

### Did You Know?

We offer a variety of fitness and nutritional services here at Body Fit, including:

- Personal Training
- Fitness Assessments
- Weight Room Orientations
- Nutritional Counseling
- Fitness Classes
- Babysitting (Mon-Fri)
- Trainer Designed Complementary Program with online assistance.
- Free Dietary Analysis

For a complete listing of services visit our web site:  
[www.bodyfit.ca](http://www.bodyfit.ca)

Or just give us a call for more information.  
905-852-6175

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- **WARNING: Read This Before You Pick Up Another Household Cleaner ...Special Bulletin Insert**

## CLIENT OF THE MONTH

This month's client of the month is...

**???????**

### **Congratulations!**

Every month we will be choosing one client who has done something exceptional and reward him or her with a

**FREE LUNCH FOR TWO at SCRAMBLES**

(One of my favorite restaurants - I highly recommend it!)

### **Are YOU The Next Body Fit Client of The Month?**

If you have achieved amazing results working with us then I want to hear about it! Simply share your inspiring story by visiting the link below.

If I publish your success in my monthly newsletter, I'll reward you with a FREE Lunch at Scrambles Restaurant to be redeemed whenever, just to say thanks.

Even better than that though, your story will inspire other people who maybe in the same shoes you were a few months ago to take action and experience the same great results you have.

Get started by visiting: [www.BFClientOfTheMonth.com](http://www.BFClientOfTheMonth.com)

**And don't forget**, if you have any questions or concerns about your health, we're just an email or phone call away.

We're here to help, and don't enjoy anything more than participating in your **lifelong good health**. If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like checked out, email or call with your question and I'll do my best to address it in an upcoming issue (or with you personally).

***I'd love to hear from you.***

***andy@bodyfit.ca or 905-852-6175***



**DO YOU KNOW THESE PEOPLE?**

### **Welcome New Clients!**

**Here are the new clients that became members of our fitness family this last month! We'd like to welcome you publicly, and wish you all the best!**

David Bain, Kyle Douglas, Susan Scannell, Derek Jones, Steve Brost, Janet Smith, Darrell Dummer, Lona Petersen, Richard Wilson, Melanie Dexter, Stephanie Massey, Amy Groff, June Davies, Debbie Nelligan, Brian Nagel, Whitney Howsam, Carmel & Gerry Warmen, Andrew Pike, Kevin & Keri Smith, Frank Hodgson



***This Could Be You!***

### **Local Business of the Month**

Every month I share one of my local favorites!

It's time for Spring Cleaning! We get lots of comments on how clean we keep the gym. It's something we take great pride in doing but I can't take all the credit. Twice per year we get all the carpeted area steam cleaned and have the stains removed. And it's no small task! I let the pro's at Durham Steam Cleaning do their thing. And because they do such a great job I wanted to publicly thank them and encourage you to take advantage of the special offer they have made below.

Get your sofa cleaned and we'll do the chair for **FREE!**

**A \$125 Value for Only \$79.00**

Did you know that getting your furniture professionally cleaned on a regular basis can significantly decrease Allergic Reactions and Asthma Attacks?



Offer valid for 3 section sofa—no cash value—Exp. May 31, 2010

# WARNING: Read This Before You Pick Up Another Household Cleaner

## Did You Know?

- Over **90% of poison exposures** happen at home with **household products**.
- Common chlorine **bleach** is the **#1 household chemical involved in poisoning**.
- Organic pollutants, found in many common cleaners and even air fresheners, have levels **2 to 5 times higher inside your home** than out.
- Common cleaners give off fumes that can potentially increase **the risk of kids developing asthma**, the most common chronic childhood disease.
- A person who spends 15 minutes cleaning soap scum off shower walls **could inhale 3 times** the 'acute one-hour exposure limit' for glycol ether-containing products (set by the California Office of Environmental Health Hazard Assessment).
- **1 in 13 school-aged children has asthma**. Rates in children under five have **increased more than 160%** from 1980-1994.
- Animal poisoning exposure cases totaled over 131,000 in 2005 with dogs accounting for 89% of the cases.
- If your home is anything like the average home, you generate **more than 20 pounds of household hazardous waste** each year (the EPA designates toilet cleaners, tub and tile cleaners, oven cleaners, and bleach as hazardous waste).

## Do you have toxic waste in your home?

Some food for thought—There are over 75,000 chemicals registered with the EPA and less than 20% of them have been tested for toxicity.

## Toxic ingredients you should know

- **Sodium Hydroxide:** Causes 75% of all caustic injury to the esophagus of kids under 5 years old; can cause burns in tissues, chronic skin irritation; irritation to the respiratory tract; liver & kidney damage. Found in—Chlorox Clean-Up Spray; Soft Scrub Liquid Gel; Lysol Toilet Bowl Cleaner; Comet Cleanser with Bleach; Clorox Bleach Pen; Tide Ultra Liquid.
- **Hydrochloric Acid:** Can cause severe damage to skin and eyes; throat irritation even when exposed briefly and at low levels; linked to reactive airways dysfunction syndrome (sounds like asthma to me). Found in—Lysol Toilet Bowl Cleaner; Lime-A-Way Bowl Cleaner; Febreze Laundry Odor Eliminator.

## Shaklee's Get Clean™ offers you cleaning choices that are **SAFE, POWERFUL, GREEN, and SMART.**

Because when it comes to keeping your house clean and the earth safe, you shouldn't have to choose. When you use Get Clean, you're never simply cleaning. While you make your home cleaner, you can make your family healthier. You also make the planet healthier for other families as well.

## What's In Your Get Clean Starter Kit?

This multitasking set is all you need to start cleaning your way to a healthier home. It's an amazing value that lets you make a positive impact on your budget as well as a positive impact on our planet.

### Products Included In Your Kit:

- Basic H2 Organic Super Cleaning Concentrate
- Basic H2 Organic Super Cleaning Wipes
- Nature Bright Laundry Booster/Stain Remover
- Scour-Off Heavy Duty Paste
- Hand Wash Concentrate
- Dish Wash Concentrate
- Automatic Dishwasher Concentrate
- Fresh Laundry Liquid Concentrate
- Soft Fabric Concentrate
- Soft Fabric Dryer Sheets
- Hand Wash Decorator Dispenser
- Automatic Dishwasher Dispenser
- Nature Bright Dispenser



### PLUS Everything You Need To Use The Products:

- Spray Bottles (2)
  - Windows and Mirrors
  - All-Purpose
- Basic H2 Dispenser Bottle
- Pump for H2 Bottle (2)
- Laundry Measuring Scoops (2)
- Dual Measuring Spoon
- Cleaning Accessories (4)
  - Super Microfiber Cleaning Cloth
  - Super Microfiber Window Cloth
  - Super Microfiber Dish Sponge
  - Super Miracle Scrubber Pad
- Get Clean Caddy Organizer Kit



**EVERYTHING** You Need To Clean Your **ENTIRE** Home for **MONTHS** (powerfully, safely and with **NO** Toxic chemicals)...  
**ALL for just \$135.45**



**100% GUARANTEED To Be The BEST and SAFEST Cleaning Products You've Ever Used...OR YOUR MONEY BACK!**

Email [info@bodyfit.ca](mailto:info@bodyfit.ca) (with Get Clean in the subject line) right now to **save** \$\$\$ with your Get Clean Starter Kit for just \$149.60 (Shaklee Members) or \$176.00 (non-Members)

## Body Fit Health Club

# PREFERRED PROVIDER ROLODEX

These are local businesses we patronize and highly recommend. They are all local and they all are a pleasure to do business with. I will be featuring different businesses each month and I know some plan on giving you some very special offers.



**1 Douglas Road (at Hwy 47)  
Uxbridge, Ontario L9P 1S9  
905-852-0111**

John Miller has been a member here at Body Fit for many years and he also owns the Subway Restaurant here in Uxbridge. John has been a huge supporter of many fundraising events such as Knock Out Hunger here at Body Fit. I encourage you to support those who support our local community. Subway in Uxbridge is in the same plaza as the Scotia bank on Toronto Street South. Give them a call for your next party platter or stop in for a quick healthy lunch.

Code: SRF2



**John Rodych**  
36 Brock St., W., Box 1616, Uxbridge, Ontario L9P 1N7  
(905) 852-7351

Great customer service, quality shoes and don't pay the tax! John has graciously offered to pay the taxes for every Body Fit member that walks through the door with this coupon. Kids shoes, running shoes, dress shoes, sandals and any other type of shoe qualifies. His store is right in between the Roxy and the Youth centre. Pay him a visit next time you are down town.

Code: SRF2  
Body Fit

## Save the Taxes!



Serving Uxbridge, Port Perry  
& Surrounding Areas

Licensed Technicians  
**905-852-3283**

**REPAIRS TO:**

- Fridges • Washers • Freezers
- Stoves • Dryers • Dishwashers

**Warranty Work:**

- G.E. • Whirlpool
- Maytag • Kitchen Aid

Adam's Appliance Service is owned and operated by Doug Adams. He has saved me hundreds if not thousands of dollars by fixing appliances rather than shelling out for a new one. Odds are that if you own a major brand appliance and need warranty work, Doug will be the one that shows up at your door. But just because your appliance is off warranty doesn't mean you should replace it. Give him a call first. He'll show up when he says he will and he'll give you an honest answer.

Code: SRF2

## Cutie Pies & Cakes

*"Homemade taste with a professional flair."*

*Suzie Millage-Fergus*

905-852-3664

*Uxbridge, Ont.*

cutiepiesandcakes@hotmail.com



*all occasion*

Suzie has been baking some of the most amazing cakes, pies and treats I have ever tasted. She makes everything from scratch and it's preservative free. There have been many occasions when I have had Suzie bake us a cake. We always get more compliments on the cake than any other dish. Our guests always want a picture of it and then Suzie's contact info. Mother's day is just around the corner! Give Suzie a call. You'll be happy you did.

Code: SRF2

## Planet Earth Factoids

Did You Know?

- Earth is 4.6 billion years old. 200 million years ago Earth had only one land mass.
- Surface area is 197 million square miles, about 70% of the Earth's surface is covered with water.
- The average temperature at the Earth's core is estimated to be between 5000 and 7000 degrees Celsius.
- 11% of the Earth's surface is used to grow food.
- It takes sunlight 8 minutes and 3 seconds to reach Earth.
- The coldest temperature ever recorded was -129 degrees Fahrenheit at Vostok, Antarctica in 1983.
- The lowest dry point on Earth is the Dead Sea in the Middle East which is 1300 feet below sea level.
- The most abundant metal in the Earth's crust is aluminum.

*Be Inspired!*

*"If you have an hour, will you not improve that hour, instead of idling it away?"*

*~ Lord Chesterfield*



**KID FIT Cardio Spring Session**



Andy Luukkonen  
Body Fit Health Club  
141 Reach St, Unit 3  
Uxbridge, ON, L9P 1L3  
905-852-6175  
[www.bodyfit.ca](http://www.bodyfit.ca)

**Pictured Inside On Page ...3**

**Our Newest Client of the Month**

*Very, very cool!!!*

## NEW REFERRAL REWARDS!!!

I'd much rather pay you with free stuff or lavish gifts than pay for advertising. Just refer us a friend, co-worker or family member who becomes a client and you WIN! **And the more you refer...the more you win.** There's no limit to my gratitude! Just tell the person you refer to use your name when they call or come in, and **we'll roll out the red carpet for them.** Seriously, we have a red carpet and we're not afraid to use it!!

*Here's Your Newest Issue of Richly Rewarding Living.  
Open and Read Now to See if You Are The WINNER of  
Lunch For Two at Scrambles Restaurant*

**BODYFIT** HEALTH CLUB  
REAL RESULTS PROGRAM