

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

BEWARE of Empty Liquid Calories

By now, you've probably heard the term "empty calories". What are they? Why are they so bad for you? How can you avoid them?

**Empty Calories =
High Calories but Low in Nutritional Values**

In other words, these are calories that enter your body and provide no useful purpose other than increasing body fat.

Here's a few examples of "empty calorie" foods: chips; candy; French fries; all other deep-fried foods; sweetened packaged foods; refined grains such as crackers, cookies, pastries, white rice, white pasta; alcoholic beverages; etc.

But the major culprit of "empty calories" are in liquid form—soda, bottled iced teas, flavored waters, artificial fruit juices, energy drinks, etc.

So before you reach for that next drink out of the vending machine or convenience store cooler, think again, you may be stifling your fitness efforts.

Here are a few of the "20 Worst Drinks for 2010," as according to MensHealth magazine:

#20. Worst Water: Snapple Agave Melon Antioxidant Water (1 bottle, 20 fl oz)
150 calories, 0g fat, 33g sugars. Sugar equivalent to 2 Good Humor Chocolate Éclair Bars.

#19. Worst Bottled Tea: SoBe Green Tea (1 bottle, 20 fl oz)
240 calories, 0g fat, 61g sugars. Sugar equivalent to 4 slices of Sara Lee Cherry Pie...Don't be fooled, most bottled teas are made of two primary ingredients: water and sugar.

#18. Worst Energy Drink: Rockstar Energy Drink (1 can, 16 fl oz)
280 calories, 0g fat, 62g sugars. Sugar equivalent to 6 Krispy Kreme Original Glazed Doughnuts.



COMMUNITY NEWS

Now that summer is officially here, what are you planning on doing? I think that question is the most common form of small talk made at this time of year. I am definitely a fair weather person and so it doesn't matter what I do or where I go as long as I can wear shorts. That being said, it's nice to know there are so many things you can do right here in town. Camps offered through the Uxpool and most churches will keep the kids going all summer. Elgin Park always has something happening during the weekends and if it's sports you like, then the sky is the limit.

Uxbridge may be considered a bedroom community but it's certainly not a sleepy one. If you are a home body like me, get involved and experience as much as you can. You'll be surprised at how much there is to do.

Happy Summer!!

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.

#16. Worst Soda: Sunkist

(1 bottle, 20 fl oz)

320 calories, 0g fat, 84g sugars. Sugar equivalent to 6 Breyers Oreo Ice Cream Sandwiches. While all sodas get 100 percent of their calories from sugar, some are still worse than others. Fruity sodas tend to carry more sugar than regular colas. Orange soda relies on artificial colors yellow 6 and red 40 - two chemicals that may be linked to behavioral and concentration problems in children.

#14. Worst Kids Drink: Tropicana Tropical Fruit Fury Twister

(1 bottle, 20 fl oz)

340 calories, 0g fat, 60g sugars. Sugar equivalent to two 7-ounce canisters of Reddi-Wip. Don't be fooled...the Twister line of 'fruit juices' have on 10 percent juice and 90 percent sugar with artificial flavors and coloring.

#11. Worst Espresso Drink: Starbucks Peppermint White Chocolate Mocha with Whipped Cream

(venti, 20 fl oz)

660 calories, 22g fat (15g saturated), 95g sugars. Sugar equivalent to 8 and half scoops of Edy's Slow Churned Rich and Creamy Coffee Ice Cream...and more calories and saturated fat than two slices of deep-dish sausage and pepperoni pizza from Domino's.

Okay, I'm going to stop there. Do you see a pattern here? Lots of calories and loads of sugar.

Research from the Centers for Disease Control and Prevention has shown that it's not uncommon for the average American to consume 800 calories or more per day through drinks alone.

If you drink 2-3 of these "empty calorie" drinks every day, that's up to 5600 calories per week or over 1-1/2 pounds of fat per week.

Extra weight isn't the only problem associated with drinking empty calories, consuming too many calories—especially empty calories—can lead to a variety of conditions: coronary heart disease, type 2 diabetes, hypertension, sleep apnea, high cholesterol, not to mention tooth decay from the sugars.

Your best bet, stick with water. But if you must, check the label. Go for diet soda instead of regular; use low-calorie sweeteners/creamers in your coffee; look for low sugar content in flavored waters; etc.

Quick Tips To Get More H2O

10 Ways To Drink More Water

Water is the most important factor in a healthy lifestyle, the benefits are numerous, such as—flushing the toxins out of the body, keeping your skin clear and healthy, keeping hunger pangs at bay, losing body fat, and maintaining weight loss.

We've been told since day one that we should be drinking eight 8-ounce glasses of water per day, but the amount of water a person

needs varies depending on his or her weight, so you may actually need more. On a typical day, the average person doesn't drink nearly enough water...here's a few quick tips on how get in more H2O during your day:

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

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

1. **Take baby steps.** Don't expect to go from zero glasses of water to the full 8 on day one. Start with one or two glasses and build from there.
2. **Keep it in the clear.** When your urine is clear, you are properly hydrated. When it's dark yellow, you are low on H2O and possibly dehydrated.
3. **Make it a morning ritual.** While your waiting for your coffee to brew, drink two glasses of water.
4. **Drink when you have a munchies attack.** Sometimes our hunger is thirst masquerading as fake hunger. Drinking a glass or two of water will help make you feel 'full'.
5. **Add some lemons, limes, or cucumber.** Don't like the plain taste of water or need to mix it up...add a few slices of lemons, limes, cucumber or other fruits to your water to give it a little flavor.
6. **Drink two full glasses of water with each meal.** Try using a straw, you take bigger gulps and drink much more.
7. **Carry a small refillable water bottle with you at all times to have it handy to drink during downtime or travel**—in the car, while waiting in line, waiting for the kids, etc.

8. **Always have a full glass of water on your desk or near you at work.** It will give you something to mindlessly sip on while you are working.
9. **Every time you come back from the restroom, drink a glass of water.** Replace the fluids you just lost.
10. **Set "drink water" reminders around your house and on your daily calendar.**

Inside This FUN Issue of Richly Rewarding Living...

Beware of Empty Liquid Calories...Page 1

Quick Tips To Get More H2O...Page 2

*Client of the Month...*Page 3

Five Tips to Maximizing Your Workout...Special Health Insert

CLIENT OF THE MONTH

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

Bob Ruffo

Congratulations!

Every month we choose one client who has done something exceptional and reward him or her with a **FREE LUNCH FOR TWO at Scrambles Restaurant** (One of my favorite restaurants - I highly recommend it!) Watch for YOUR name here in a coming month!

Bob walked through our doors in April of 2004 closely and continuously followed by his wife Ann. Known for wearing the same sunglasses that Tom Cruise wore in Risky Business, Bob is a morning regular. Bob is a wealth of knowledge and has spent more time in a gym than most people spend watching T.V. Always eager to lend a helping hand or remind you to put your weights away, it's evident that he cares about the gym and his fellow members. It is a real pleasure to award Bob as our Client of the Month.



Local Business of the Month

Every month I share one of my local favorites!



Africycle is one of the most unique charitable organizations going. Located just next door to Body Fit, Africycle has been making a huge difference in the lives of others on the other side of the globe. "Africycle's vision is to help break the cycle of poverty in Malawi by providing access to high quality bicycles. Through bicycles, Malawians are able to improve the standard of living for both family and community". These young entrepreneurial philanthropists are doing something outstanding and Body Fit is proud to support all their efforts. To show your support, become a patron of the shop, donate a bike or participate in one of their events listed below.

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.

info@bodyfit.ca * 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!

Kelsey Mills, Megan Jacobs, Sara Butchart, Mehdi Knanahmadi, Lisa Hill, Brad Thomas, Martin Corbett, Adam Clegg, Cory Lanteigne, Bob Henderson, Margot Peck, Deborah Wilson, Kurtis Vestby, Nicole Banich, Garrett Rae, Ryan Croxall, Tanya Scott, Michael Calnan, Ron McMurray, Tracey Alder, Devon Stokes, Shaun Kernohan, Mike Lunney, Ronald Bell, Kristy Noble, Dylan Smith, Jameson Pickard, Brandon King, and Jennie Worsley



Ride for Africycle 4.0 "1 day Charity Ride"

- Saturday July 10th
 - 100km road ride (11am)
 - 50km road ride (2pm)
 - 15-25km family ride (open 12-2pm)

Africycle Ride Clinic (developing trail riding skills)

- 1 week sessions starting July 26th
- Ages 10-13
- 8:30am to 3:30pm

For more info contact:

www.africycle.org or call 905-852-2478

“Five Tips To Maximizing Your Workout”

Summer is here! The long, warm days are inviting us to get outside and get active. Now is the time to kick your fitness regimen into high gear whether you are an experienced athlete or a weekend warrior. And here are five nutrition tips to support you every step of the way. Put on your tennis shoes and get ready for a healthy, fit, and active summer!

1 Optimize Your Workout by Staying Hydrated

Did you know that 46% of exercisers are likely to go to the gym dehydrated? This is according to a study published in 2006 in Applied Physiology, Nutrition, and Metabolism. Dehydration reduces aerobic endurance and can result in increased body temperature, increased heart rate, disorientation, and even physical collapse.

Whether you are going for a long bike ride or are simply gardening for the day, the best way to stay hydrated this summer is to drink Shaklee Performance®. Shaklee exclusive OptiCarb® formula contains carbohydrates for endurance and electrolytes for quick hydration.



2 Eat a Light Meal *Before* Your Workout

Eating a large meal prior to a workout may leave you feeling sluggish or with cramps because your muscles and digestive system are competing for energy sources. On the other hand, not eating can cause low blood sugar levels leaving you feeling weak or faint.

For optimal performance, try a Cinch™ Snack Bar or Meal-in-a-Bar one to two hours prior to your workout. The nutrients are rapidly absorbed and Cinch Bars are powered by Leucine™ to help preserve muscle.



3 Replace Protein *After* a Workout

Have you ever strayed from an exercise regimen because you didn't recover quickly enough from a workout? Most of us have. But you can enhance recovery by replenishing your body with protein and carbohydrates immediately after a workout to replenish glycogen stores that are depleted during exercise.

Stick to your exercise regimen by drinking Shaklee Physique® immediately after your workout. Physique contains Bio-Build® to give you the nutrients you need to rapidly recover and repair muscle tissue.

Shaklee Cinch Whey Shakes are also a perfect post-workout option. Whey protein is a complete protein and is one of the richest known sources of naturally occurring branched-chain amino acids, including leucine which plays a critical role in muscle protein synthesis and muscle growth.



4 Keep your Joints Healthy

Getting that last mile in, struggling for that last weight-lifting rep, or playing that extra set of tennis can be tough on joints. Joints, the junction where one bone meets the other, are protected by cartilage, a resilient shock absorber. Joint health can be affected by many factors, including exercise and simple day-to-day activities.

Help put the spring back in your step with Joint Health Complex. Joint Health Complex* contains glucosamine, a key building block for larger molecules such as proteoglycans, which give cartilage elasticity, strength and resiliency. And when you overdo a workout this summer, try rubbing Shaklee's Joint and Muscle Pain Cream into the affected area to provide temporary relief for occasional joint and muscle pain.



5 Daily Nutrition is Key to Every Workout

Athletes need to make sure that their bodies are in top form and that means getting important vitamins, minerals, and other nutrients every single day. For example, antioxidants are critical to prevent free radical damage caused by increased oxygen utilization during exercise and the B vitamins convert the food you eat into fuel for working muscles. Shaklee Vitalizer™ is the perfect supplement for daily nutritional support. Vitalizer contain more than 20 antioxidant compounds and essential vitamins in it's comprehensive approach to health, wellness, and vitality.



Order Your Summer Supply Today

Call 905.852.6175 or email info@bodyfit.ca to order now!

The 'Workout Maximizing' package contains Shaklee Performance® Maximum Endurance Sports Drink Mix (19 servings), Physique® Workout Maximizer (15 servings), Cinch™ Snack Bar (10 bars) or Meal-in-a-Bar (7 bars), a 30-day supply of Joint Health Complex, and a 30-day supply of Vitalizer.

Ask me how you can save an additional 15-25% off your order.

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 encourage you to support those who continue to support our community.



Uxbridge Cycling Club

Although the Uxbridge Cycling Club is not a local business, it is certainly an organization worthy of recognition in my Preferred Provider Rolodex. The Club is a formally organized group that rides with club status under the Canadian Cycling Association. Local resident and Body Fit member, Dennis Milenov, is one of the clubs founders. With weekly planned group rides, anyone and everyone are welcome to join in. Rides are pre-planned, tour local low traffic roads and are e-mailed to every club member in advance. Cyclists can choose to ride in one of three groups that are organized based on ability. Whether you are a seasoned cyclist or a beginner that needs a little help and motivation, you are sure to find what you are looking for. In addition to their weekly rides, the club actively promotes and supports charitable rides representing the club in those rides. If you want to join us, contact Dennis at: UxbridgeCyclingClub@hotmail.com.



Okami Kai

It has been said that sometimes it is hard to see the forest for the trees. Nestled within our fitness class studio is the corporate office of Okami Kai. Lead by local resident and 4th degree black belt, Scott Campsall, the Karate Club has been operating since 1999 and has been sharing the facility here since 2005. Okami Kai offers day and evening classes in Karate and Aikido for both adults and children. Okami Kai is independent from Body Fit and so you don't have to be a Body Fit member to register. If you are looking for a summer activity for the kids, then register for their Karate Day Camp that will be running during the week of July 12-16 from 9:30am until 3pm. Participants will learn Karate during the morning and then do a different activity in the afternoon. Some activities being planned at this time are swimming, and a trip to Northwood Zoo in Seagrave. Price is \$165 per person for current Okami Kai members. Non-members are \$190 per person. For more info call: **905-852-1521 or go to www.okamikai.com**

Your Business.....Here!

I know we have several members who own or work for local businesses and I'd really like to help promote it. It's FREE and I don't ask for anything in return.

If you'd like to see your business name in one of these four squares or even the business of the month, just e-mail me and I'll give you the details.

I look forward to hearing from you.

Andy Luukkonen
andy@bodyfit.ca

Rick Scalabrelli
Office 905-852-4646
Fax 905-852-7685



Heating and Air Conditioning Inc.

57 Rosena Lane
Uxbridge, ON L9P 1X7

It's mid July and it's 36 degrees without the humidex. When you walk through the doors at Body Fit, you will always be entering a cool, refreshing, air-conditioned space thanks to Rick at EGS Heating and Air-conditioning. Maintenance is key but if one of our units breaks down, it's like he drops everything to help us out. I have referred Rick to other friends and he has made them feel the same way. He'll be there when he says he will and the price he quotes you is the price you'll pay. For residential, commercial and industrial, heating and air-conditioning, he is my go-to guy and he should be yours too.

Did You Know?

Summer is officially here, test your knowledge with these fun factoids about this season.

- **Summer Solstice** (in the Northern Hemisphere) begins at 7:28AM EDT on June 21st. The Summer Solstice results in the longest day and shortest night of the year.
- Colour television was first introduced in Canada on July 1st, 1967.
- One toad can eat 10,000 insects in one summer.
- The hottest, most humid six weeks of the year, starting in July, have been dubbed the "dog days of summer."
- The highest temperature ever recorded in Canada was 45C on July 5th 1937 in Midale and Yellowgrass Saskatchewan .
- On July 1, 1867, Canada became a self-governing dominion of Great Britain and a federation of four provinces: Nova Scotia; New Brunswick; Ontario; and Quebec. The anniversary of this date was called Dominion Day until 1982. Since 1983, July 1 has been officially known as Canada Day

Be Inspired!

"The only thing that stands between a person and what they want from life is often the will to try it and the faith to believe it's possible.

~ Anonymous



Bragging Rights!

I had to share this...my boys caught this small mouth bass on Fathers Day weekend. It is the largest fish they have caught off the dock..

3lb Small Mouth Bass Balsam Lake

Common terms and phrases that will help you learn what is really going on in the gym...

- "Just One More Rep" - Said to a spotter during a set. Really means: "Lift the weight for me."
- Forced Reps - For the reluctant exerciser, every single rep of a workout is a forced rep. This is especially true when they have a mean trainer.
- Hack Squat - The position a cat gets into when he's coughing up a hairball, commonly mistaken as a leg exercise.
- "Can I work in with you?" - Translation: "Can I remove all your weights and sweat all over your bench?"
- "I'm maxing out" - Translation: "I was going for 6 reps but I put too much weight on the bar and only got 1."
- "It's all you!" - Said by spotter during the last few reps of a set. Translation: "It's mostly me."
- "Hold the contraction at the top and squeeze for 10 seconds" - Said by a personal trainer when he or she wants to punish the client for missing a session.

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!!

