

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

Don't "Pass the Salt, Please"

90% of us are eating too much salt. Unfortunately, much of it comes from the processed foods we eat, not from our salt shakers. Canadians remain among the top consumers of salt in the world, gobbling an average of 3,100 milligrams a day – more than twice the recommended daily amount. Canada has one of the few governments in the Western world that has not tackled salt, a common dietary additive that is contributing to a deadly epidemic of hypertension and cardiovascular disease.

"Sodium is a hidden, silent killer in our food supply. It's contributing to the deaths of tens of thousands of people every year but we are largely disregarding this problem in public policy," said Norm Campbell, the Canadian Research Chair in Hypertension Prevention and Control and president of Blood Pressure Canada, an advocacy group. "There is an urgent need for action."

Where is all this salt coming from?

- ◆ Processed and prepared foods.
- ◆ Natural sources. Some foods naturally contain sodium, while they don't have an abundance of sodium, it adds up.
- ◆ In the kitchen and at the table. Many recipes call for salt, and many people also salt their food at the table.



- 5% added while cooking
- 6% added while eating
- 12% from natural sources
- 77% from processed and prepared foods

How much do you need?

According to the Federally appointed Sodium Working Group, Healthy adults shouldn't exceed 2,300 milligrams (mg) of sodium a day. If you have high blood pressure, kidney disease or diabetes, or are middle-aged or older, you shouldn't exceed 1,500 mg a day.

Keep in mind that these are upper limits, and less is usually best, especially if you are sensitive to the effects of sodium.

Your body does need some sodium to function properly because it:

- ◆ Helps maintain the right balance of fluids in your body
- ◆ Helps transmit nerve impulses
- ◆ Influences the contraction and relaxation of muscle

Your kidneys naturally balance the amount of sodium stored in your body for optimal health. When your sodium levels are too low, your kidneys essentially hold on to the sodium.



COMMUNITY NEWS

Cheers to the volunteer. In this month's issue I wanted to personally thank all those individuals who give selflessly of their time. I assist in organizing the Heavy Events (caber toss etc.) at the Highlands of Durham Games. Every year we need volunteers to help out and every year people give up their weekend to help us out. The whole festival that took place on July 24th and 25th was a success. Although the whole festival is organized and run by volunteers, the heavy events were a huge success thanks to the following people: Dale Andrew, Melanie Luukkonen, Bob Whitman, Dan Markovic, Karen Whitman Ellis, Rick Blair, Kathie Braid, Ian McQuire, Wally Blacklock, Dean Curtis, Jacob Fast, Noah Curtis. We could not have done it with out your help.

Volunteers don't necessarily have the time, but they have the heart.—Unknown

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.

But if for some reason your kidneys can't eliminate enough sodium, it starts to build up in your blood. Because sodium attracts and holds water, your blood volume increases. Increased blood volume makes your heart work harder to move more blood through your blood vessels, which increases pressure in your arteries. Such diseases as congestive heart failure, cirrhosis, and chronic kidney disease can make it hard for your kidneys to keep sodium levels balanced.

How to tame the salt habit

Taste alone may not tell you which foods are high in sodium. For example, you may not think a bagel tastes salty, but a typical oat-bran bagel has about 532 mg of sodium.

So how can you tell which foods are high in sodium? Read the labels. Nutrition Facts labels lists the amount of sodium in each serving, they also list whether the ingredients include salt or sodium-containing compounds, such as: mono-sodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrate or nitrite.

Many food packages include sodium-related terms. Here's what they mean:

- ◆ **Sodium-free or salt-free.** Each serving in this product contains less than 5 mg of sodium.
- ◆ **Very low sodium.** Each serving contains 35 mg of sodium or less.
- ◆ **Low sodium.** Each serving contains 140 mg of sodium or less.
- ◆ **Reduced or less sodium.** The product contains at least 25 percent less sodium than the regular version.
- ◆ **Lite or light in sodium.** The sodium content has been reduced by at least 50% from the regular version.
- ◆ **Unsalted or no salt added.** No salt is added during processing of a food that normally contains salt. However, some foods with these labels may still be high in sodium.

But watch out—foods labeled “reduced sodium” or “light in sodium” may still contain a lot of salt. The bottom line? Avoid products with more than 200mg of sodium per serving. And check the Nutrition Facts label closely for the serving size—and consider how many servings you actually eat.

Tips to cut back

- ◆ Eat more fresh foods and fewer processed foods.
- ◆ Opt for low-sodium products.
- ◆ Remove salt from recipes whenever possible.
- ◆ Limit use of sodium-laden condiments. Soy sauce, salad dressings, sauces, dips, etc.
- ◆ Use herbs, spices and other flavorings to enhance foods. And remember sea salt has about the same amount of sodium as table salt.
- ◆ Use salt substitutes wisely, many contain other potential problem ingredients.

Quick Tips To Stay Cool

10 Ways To Keep Cool When It's H-O-T

Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses. Here's a few tips to help you keep cool all summer long.

1. **Wear loose-fitting clothing, preferably of a light color.** Try a fabric designed to wick away sweat (such as you find in work-out clothing). If you prefer cotton, make it thin and light.
2. **Change your workout time.** If you workout outside, take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your effort.
3. **Stay hydrated** by drinking plenty of water along with sports drinks or other sources of electrolytes. Avoid caffeine and alcohol as they promote dehydration.
4. **Try lighter and cooler foods, including frequent small meals or snacks containing cold fruit or low fat dairy products.**
5. **Fans** can help circulate air and make you feel cooler even in an air-conditioned house.
6. **Take frequent baths or showers with cool or tepid water.**
7. **Keep plastic bottles of water in the freezer**—grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
8. If you don't have air-conditioning, arrange to spend the hottest part of the day in a shopping mall, public library, movie theater, or other public space that is cool.
9. **Spritz yourself.** Keep a spray bottle of water in the refrigerator, and when the going gets hot, give yourself a good squirt.
10. **Shuck your shoes.** As the sweat on your feet evaporates, it cools the skin and the blood in your feet.

That cooler blood is then sent to other parts of the

body, giving you a greater sensation of coolness.

Be sure to use common sense, if the heat is too intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. And don't forget that pets also need protection from dehydration and heat-related illnesses too. This summer already feels like it's going to be a hot one, so use these tips to keep cool.

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

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CLIENTS OF THE MONTH

This month's clients of the month are...

Ann Shepherd and Betty Pateman

Congratulations!

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

FREE DINNER at Scrambles Restaurant

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

Watch for YOUR name here in a coming month!

At first glance you may think that these two were joined at the hip. They do absolutely everything together including coming to the gym; sometimes twice a day. Betty and Ann both joined Body Fit back in January of 1998 and haven't missed a day since. Guaranteed to be in the gym before 11:00 am every morning, they have truly made fitness an integral part of their lives. Their dedication is inspirational and I am very happy to be able to award you both as our Body Fit Clients of the Month.



Local Business of the Month

Every month I share one of my local favorites!

Haute-Ville Spa by Guylaine voted #1 Spa, Best Manicure and Best Pedicure in this years Readers Choice Awards isn't just for women! Although my wife enjoys Guylaine's pampering treatments, I have no problem admitting that I look forward to taking 45 min. out of my day for one of her Sport Pedicures. Ladies, if you don't know what to get him for his birthday...this pedicure is something he has to try. (only \$35.00)

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!

Helen Lee, Charles Abraham, Michelle Irwin, Dexter Damboise, Stephanie, Omega & Shane Lyons, Mike Dunphy, Sara Scott, Julie Cockburn, Jamie Scott, , Mike Duhaime, Eric Schell Heather Delaat, Zachary Moggach, Christine Parish, Jessica Baines, Dodie Bucknell, Luke Baldaro, Garen Keleshain, Eric Kugler, Jonathan Koch-Butterworth, Becky MacDonald, Shauna Bennett, Amanda Temple, Farhad & Furjaad Nouri, Carole Bugg, and James Freemantle.

Haute-Ville Spa
by Guylaine
Proprietor

upscale services, affordable prices

5 Bascom St., Uxbridge, ON
905-852-4104

Special Packages

Teen Diva.....\$75.00

Teen manicure, Teen Pedicure, Teen facial (1hr 45min.)

Express Relaxation.....\$100.00

Express botanical facial, 30 min. aroma massage, basic pedicure (2 hr)

“No Pain, No Gain ”

This is a common expression, but if you were to ask the 50 million people suffering from pain, they would quickly tell you that there is more to be gained with no pain.

Pain, is your body’s warning system, and it can come again and again. Whether it’s because of over-use or activity after long periods of non-use, our joints and muscles experience pain. Our bodies fall victim to arthritis, backaches, muscle strains, sore joints, and the list goes on. All of these interfere with a normal quality of life. Pain aside, many people thrive on sports and active recreation and are constantly searching for new ways to challenge their bodies. Nevertheless, when the pain occurs, you want immediate relief by the best means possible, Joint & Muscle Pain Cream is the solution.

Shaklee’s Joint & Muscle Pain Cream provides quick penetrating relief from pain caused by arthritis, simple backaches, muscle strains and sprains, bruises, and cramps. It offers fast absorption and deep penetration to soothe aching joints and muscles on contact.

Joint & Muscle Pain Cream targets the source of discomfort and provides quick relief.

- Soothes aching joints and muscle with potent menthol formula.
- Enables fast absorption.
- Provides prolonged release action optimizing effectiveness against minor joint and muscle pain.
- Improves blood circulation in the affected area.

Who will benefit from Joint & Muscle Pain Cream?

- People with arthritis.
- People experiencing minor joint pain in their wrist, ankle, knee, elbow, and hip.
- People who occasionally experience minor back, neck, and shoulder muscle pain.
- Athletes or people who exercise frequently.
- People who use a rub before or after their workout or activity.
- Children over 2 years old to soothe minor sprains, bruises, and cramps.

What’s in Joint & Muscle Pain Cream?

In addition to the effective OTC pain ingredient menthol, Joint & Muscle Pain Cream contains a proprietary blend of natural ingredients. (It’s also now paraben free.)



Scientific evidence in support of ingredients in Joint & Muscle Pain Cream:

- Menthol is a compound obtained from peppermint oil with local anesthetic and counterirritant qualities.
 - Menthol is readily absorbed by the skin and contained in products used for relief of muscle aches, sprains, and similar conditions.
- JMPC also contains a proprietary blend of natural ingredients, including sweet almonds and aloe vera.

Order Your Relief Today!

Joint & Muscle Pain Cream

For natural temporary relief of minor joint and muscle aches and pains.

3 oz. \$26.50 SRP

Call 905-852-6175 or email info@bodyfit.ca to order now!

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

'Exergames', Do they work?

By now you've heard of Nintendo's *Wii Fit*, the first hit video game marketed as an exercise tool. In the beginning of last year, the *Wii Fit* was the best-selling video game in the US and had sold more than 6 million units.

Lets stop here for a second...A game that teaches yoga poses and calisthenics is *outselling* games that teach warfare and auto theft. For a fitness professional that's music to my ears...

While many fitness experts don't believe the 'exergames' will solve our nation's obesity problem, "some exercise is better than none." And "some" is more than many people get. But can they really work? There are several research studies happening right now to find out what benefits and results can be seen from using the 'exergames'.

For people who have been inactive for a while, using the 'exergames' can be a good way to ease back into regular fitness, and may inspire some to join real yoga or fitness classes. These games can also promote fitness as fun.

At the start of the *Wii Fit* craze, the games were light on the workouts (such as a three-minute hula-hoop sessions), but games that are more demanding and more interactive are on the way. The future of 'exergames' could bring games that track heart rates and provide more challenging programs, even possibly include virtual group workouts connecting users to a live coach.

I'll be interested to see the results of the 'exergames' effectiveness studies. In the meantime, join us for REAL, LIVE fitness classes, training sessions...or just get outside and be active.



Quick & Easy Recipe of the Month

Love Italian and Mexican foods? Try a new twist on a classic...

Italian Provolone Quesadilla

Prep Time: 10 minutes

Cook Time: 8 minutes

Ingredients:

- 2 (10-inch) sun-dried tomato or spinach wraps
- 1 Tbsp Olive Oil
- 1 3/4 (7 oz.) shredded Italian blend cheese or shredded 6-cheese Italian cheese blend
- 1/4 cup chopped pitted kalamata olives
- 1/4 cup chopped, well drained, bottled roasted red peppers or pimiento
- 2 tbsp drained hot or mild giardiniera (pickled vegetables) - optional
- 1/2 tsp dried oregano

Directions:

Preheat oven to 450°F.

Place wraps in a jelly roll pan or on a cookie sheet; brush with oil and turn wraps over. Combine remaining ingredients; sprinkle evenly over one side of each wrap. Fold wraps in half over filling.

Bake in oven for 5 minutes. Use a large spatula to turn quesadillas over. Continue baking until tops are golden brown and cheese is melted, 2 to 3 minutes. Cut in half.

Serves 4 as a main dish, 12 as an appetizer.

Nutrition Facts per serving: 379 calories; 16g protein; 25g carbohydrate; 23.7g fat (9.5 saturated); 1g fiber; 39 mg cholesterol.

Did You Know?

Fun facts about August from all around the globe

- ◆ The origin of August's name: August was the 6th month in the early Roman calendar, named after Julius Caesar Augustus
- ◆ August's flower: Gladiolus
- ◆ National Watermelon Day is on August 3rd
- ◆ National Smile Week is the week of August 5-11th
- ◆ Christopher Columbus set sail from Palos, Spain, on his first voyage across the Atlantic, August 3, 1492.
- ◆ More people are born in August than any other month
- ◆ The Philippines celebrates August as the *Buwan ng Wika* ("Language Month")
- ◆ In the United States, August is National Goat Cheese Month
- ◆ Edinburgh Festival is an internationally famous arts festival that takes place during August

It's a little known fact (or in most cases, wishful thinking) that some foods can, in certain situations, go from being fattening no-no's to being totally calorie-free simply by mangling your perspective. Here's a list of those foods and situations.

1. Anything sampled when preparing food - If you're taste-testing, those tastes are calorie-free. If you're cooking for someone else and aren't going to be having any yourself, those tastes actually have negative calories and can help you lose weight.
2. Anything eaten off someone else's plate doesn't count. If you can get it when they're not looking, that's negative calories again.
3. Anything eaten on your birthday, a friend's birthday or a family member's birthday has no calories. This includes family and friends whom you haven't spoken to or mentioned in years.
4. Foods that you've never tasted before are calorie free. If you don't recognize it, eat it guilt-free. If you can't even pronounce the name, that's negative calories.
5. The calories of any leftover foods will be added to the total of the day you originally started eating them on. This means the calories from the leftover pie you eat on Wednesday only count on Tuesday, the day you originally started the pie. And who cares about yesterday?
6. If you can eat it through a straw, it has no calories. For example, if you can get a piece of spaghetti through a straw, you deserve it.

Be Inspired!

"Insist on yourself. Never imitate."
~ Ralph Waldo Emerson



Three Scottish Amigos

Glamour shots of myself, Dale Andrew (our Master Trainer), and Matt Samis, Body Fit member, tossing a 17' 6" caber at the Highlands of Durham Games on the weekend of July 24-25th 2010. Yes, it's as easy as it looks!

B.Z. Toons

by Brian Zaikowski



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!!