

# 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**

## Can caffeine boost your exercise performance?

Caffeine is the most widely used drug in the world. Nearly 100% of adult men and (non-pregnant) women report some level of caffeine consumption. And about 81% of Canadians drink coffee (63% daily; 18% occasionally).

Due to its widespread availability and use, both socially and as an ergogenic aid (substances, devices, or practices that enhance an individual's energy use, production, or recovery), caffeine was removed from the list of banned substances for athletes.

Caffeine, a naturally occurring substance found in a variety of plants, is generally accepted by most sports scientists as an effective ergogenic aid.

### How does caffeine affect performance in exercise and sports?

Its stimulating effect on the central nervous system reduces the sensation of fatigue, perception of work effort and even pain. Caffeine also contributes to improved mental clarity, greater concentration, focus and technical skill during and after strenuous activity or fatigue. Ingested caffeine is quickly absorbed by the body and peaks in 1-2 hours.

There are more than 74 good studies on the use of caffeine for both endurance exercise and short-term, higher intensity exercise. The vast majority of the studies conclude that caffeine does indeed enhance performance and makes the effort seem easier (by about six percent).

A common explanation to why endurance is improved with caffeine is the muscle glycogen is spared. Glycogen is the stored energy in the muscle tissue that is broken down during exercise. Studies suggest that glycogen sparing may occur as a result of caffeine's ability to increase fat availability for skeletal muscle use. It is important to note, however, that studies so far cannot fully explain the ergogenic effect of caffeine.

**How much improvement can you gain from a jolt of caffeine before your workout? .... (See Next Page)**



### COMMUNITY NEWS

It seems like I just wrote about the start of summer and now fall will be here before you know it. If there is something that is on everyone's mind, it's back to school. Staples is usually one of the first reminders with their "most wonderful time of the year" jingle.

But now that it's back to school time it's also time to welcome back my wife, Melanie, to our staff. Now that our youngest is starting school, Melanie will be here to coordinate upcoming programs for our members.

Our goal is to really make your experience enjoyable and rewarding. Whether you are new to Uxbridge or just new to Body Fit, we want you to feel like you are part of the club. And that goes for long time members too! Melanie has some fresh fun ideas that I think you are going to like.

If you have any ideas yourself, don't hesitate to let us know. You can always send your comments to [info@bodyfit.ca](mailto:info@bodyfit.ca) or go to our web site at [www.bodyfit.ca](http://www.bodyfit.ca) and click on feedback under contact us. Get ready for a great new season!

### 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.

(con't)...It depends on many factors, including:

- ◆ duration and intensity of the activity
- ◆ How much caffeine you ingest
- ◆ When you take it
- ◆ Whether you are a habitual caffeine user

The average improvement in the studies was about 12 percent, with more benefits noticed during endurance exercise than with shorter exercise (eight to 20 minutes). More benefits were also noticed in people who rarely drink coffee, who were not tolerant to its stimulant effect.

Because each person responds differently to caffeine, don't assume you'll perform better with a caffeine-boost. Depending on when you do your workouts and how you feel before getting started, you can determine if you feel the need for a caffeine boost. Caffeine comes in various forms—coffee, pop, energy drinks, gels, chews, etc.—try a few options to find the one that works best for you prior to a workout. For example, acidic coffee may cause you a bit of nausea during your workout, whereas a chew may settle better for you.

And as we've mentioned before, watch out for those extra 'empty' liquid calories. Remember specialty coffees may be filled with extra, unnecessary fat and calories.

### So how much caffeine is needed to feel a boost?

A moderate caffeine intake is considered to be 250 mg/day or the equivalent of 2 and a half cups of coffee a day. In research studies, the amount of caffeine that enhances performance ranges from 1.5 to 4 mg per pound of body weight taken one hour before exercise. For a 150 lb person, this comes to about 225 to 600 mg. More doesn't seem to be better.

Caffeine levels in products vary, such as: Diet Coke, 12 oz: 30 mg; Espresso, 1 oz shot: 40 mg; Red Bull, 8 oz can: 80 mg; Starbucks, 16 oz coffee: 200 mg.

According to the American Council of Sports Medicine, for the average teenager or adult who is exercising with the goal of enjoyment and self-improvement, using caffeine defeats the purpose. Although we may feel as though we are increasing our performance, it more related to the temporary effects of caffeine. Proper training, nutritional habits, and sleep are more sensible and productive approaches (without the side effects) to get the most benefit from your exercise routine.

## 8 Tips To Raising A Healthier Child

A healthy and active lifestyle starts at home. Here's a few tips to encourage health and fitness lessons that will last a lifetime.

1. **Make fitness a top priority.** Many kids face the same workout obstacle as adults: Fitness is an afterthought. Creating a detailed fitness plan works for both adults and kids. Plan fitness activities throughout the week for the whole family.
2. **Lead by example.** Children with active dads are 3.5 times more likely to exercise than those with inactive dads. But when both mom and dad are active, kids are 6 times more likely to exercise.
3. **Create a 'team'.** The best way to stick to an exercise program and to make it fun is to make it social. Get some friends together to get in shape for a 5k race or a hiking trip. For kids, be sure to start and end exercise with high-fives or a cheer.
4. **Make fitness fun.** Find activities that you and your kids truly enjoy doing, such as riding bikes, rollerblading, sports, etc. When exercise was fun or playful, 83% of overweight kids did it consistently. And kids who took part in 10 weeks of sports and games viewed exercise more positively and were more likely to engage in fitness activities again.
5. **Make your gym portable.** A playground or backyard can be a perfect exercise spot. Try racing up the slide and sliding down, do this five times. Do as many chin-ups as you can on the bars, or climb ropes. Do a few sets of pushups with your hands or feet on a beam or slide. Finish by jumping onto the benches and racing around the playground.
6. **Serve smoothies.** Exercise can be its own reward, but we all may need a little extra encouragement sometimes. Integrate rewards into your activities when you think your kids may need a boost. They'll associate a long hike or tough bike ride with a cool fruit smoothie afterward.
7. **Cut down on TV time.** Remember TV is the enemy of activity: Kids are twice as likely not to get enough exercise if they are planted in front of the TV for more than 2 hours a day.
8. **Think outside the Gym.** Kids want to go, go, go. And the gym can feel like a prison, for you and your kids. Exercise doesn't have to be regimented and confined—mix it up. Gardening, nature walks, bike rides, walking the dog...just get out there and be active.

## 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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## CLIENT OF THE MONTH

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

**Ian McGuire**

**Congratulations!**

Every month we choose one client who has done something exceptional and reward him or her with a **FREE LUNCH FOR 2** at **Scrambles Restaurant** (One of my favorite restaurants - I highly recommend it!) Watch for YOUR name here in a coming month!

Have you ever walked past a person and did that double take? You are sure that you have seen them before but you just can't place them?? Ian is, without question, that guy. He is a quiet, friendly and unassuming member that is always here in the evenings. Well into his second year at Body Fit, Ian has made fitness an integral part of his lifestyle. He works hard when he comes in but more importantly, he comes in regularly and the results show. Congratulations Ian! P.S. I know I've seen him before....I think it was on T.V. But he won't tell me what show.

**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!**

Debbie Lambert, Liisa Novek, Gessica Raponi, Cody McKenzie, Terry Cyr, Jonah Goldberg, Mareena Mallory, Jason Prentice, Jamie Hanna, Tyrell Ott, Lyn Lewis, Matt Hinzl, Fiona Rajevski, Carly & Samantha James, Mike Hanna, Megan Di Julio, Caroline Jones, Alexandra Bicanic, Clark Scott, Rachel Hickling, Ryan Scarborough, Andrez Knowles, Margaret MacLaren, Colleen, Gallucci, and Jane Loewen



## Local Business of the Month

I drive a 1999 Ford F150 and I would challenge anyone to find any significant amount of rust on the body. The reason it's still in great shape is because:

1. It's a FORD!
2. I get it sprayed!

If you want to keep your vehicle looking like you store it in Florida for the winter, all you have to do is wash it regularly and GET IT SPRAYED once per year. I'll be honest and tell you I have missed a year or two but the results speak for themselves. After trying a few places I have found one that I'm sticking with. Dave and Susie at Classic Auto are tops in customer service and Krown's product works great.

So, don't wait until the snow flies and the salt begins it's attack on your vehicle. Go see Dave and Susie ASAP.

Oh, F.Y.I. they are the only dealer that does a spring touch up for FREE!!

### SAVE \$10.00 on a Krown Rust Control Treatment!

Krown Rust Control Treatment WILL NOT Void Manufacturers Warranty

162 Reach Industrial Park, Port Perry Location  
**ONLY**  
Classic Auto

**905-985-0439**

-Superior Rust Protection  
-Locked in Pricing  
-Free Accident Re-Spray  
-Safe for all Electronic/Electrical components  
-Lubricates Moving parts



**1 Coupon per Vehicle,  
No Cash Value,**

Code: Body Fit Newsletter

# “Thousands of Household Jobs, One Product”

## Did you know?

Many all-purpose cleaners may contain toxins that can be absorbed through the skin or inhaled. Synthetic solvents may cause hormone disruptions. Organic solvents such as butyl cellosolve are neurotoxins and nasal irritants. Another toxin, morpholine, can cause liver or kidney damage. Glass cleaners contain ammonia, a poison that can irritate skin, eyes, and the respiratory system.

Go to your cupboard right now. Pick a cleaner, any cleaner. Does it contain chlorine, phenol, ammonia, or formaldehyde? These—and more—may be toxic. Home is no place for stuff like that.

Shaklee's Basic H<sup>2</sup> does not contain these hazardous ingredients.

**9 out of 10**  
poison exposures are  
suspected to be from  
household products.

## Basic H<sup>2</sup>® Organic Super Cleaning Concentrate

An unbelievable amount of supersafe, really powerful clean comes out of doubly concentrated Basic H<sup>2</sup> Organic Super Cleaning Concentrate. We challenge you to use it up anytime soon. Basic H<sup>2</sup> literally gives you a thousand ways to try.

## Benefits

### All you need for thousands of household jobs

- Superconcentrated—16 ounces makes 48 gallons of super-powerful all-purpose cleaner.
- Versatile cleaner—removes dirt, grease, and grime from any washable surface, inside and out.
- Cuts through the most stubborn grease and grime, leaving no smeary residue.
- No-rinse, no-residue, streak-free formula.

### Use on any washable surface—indoor or outdoor

- ◆ Walls
- ◆ Sealed countertops, tiles and floors
- ◆ Stoves
- ◆ Pots and pans
- ◆ Driveways and engine grease
- ◆ Ovens
- ◆ Windows and mirrors
- ◆ Appliances
- ◆ Sealed woodwork
- ◆ Furniture
- ◆ Barbeque grills

## Shaklee Difference

### Safe

- ⇒ Nontoxic
- ⇒ No toxic fumes
- ⇒ No hazardous chemicals
- ⇒ Fragrance free
- ⇒ Mild on your hands
- ⇒ pH balanced
- ⇒ No chlorine

### Powerful

- ⇒ Tough on grease
- ⇒ Ultraconcentrated
- ⇒ 16 oz. makes the equivalent of over 5,800 bottles of Windex® (26oz. each)

### Green

- ⇒ Natural, sustainably sourced ingredients—derived from corn and coconut
- ⇒ Biodegradable surfactants
- ⇒ No phosphates
- ⇒ Recyclable packaging
- ⇒ No dyes
- ⇒ Safe for septic systems and graywater

## Basic H<sup>2</sup>® Organic Super Cleaning Concentrate

473 ml. makes the equivalent of over 5800 bottles of Windex®

**Super Cleaning Power for Only \$11.05 SRP**



Call 905-852-6175 or email [Info@bodyfit.ca](mailto:Info@bodyfit.ca) to order now!



# Optimum Performance Through Education



Since the inception of Body Fit's monthly newsletter I have been asking myself, 'How can I use my knowledge and experience to help inspire others to live a stronger and healthier lifestyle?' When I approached Andy about the idea of contributing an article within the newsletter his response was very positive. He has graciously provided me an opportunity as an educator and leader in the field of fitness and health sciences to offer helpful information about how you can increase your knowledge, improve your personal well being and, ultimately, enhance the overall quality of your life. There's never been a better time to build a partnership with the staff and members of Body Fit as there is right now.

Let me take this opportunity to introduce myself. Some of you may recognize me from here at the gym while training with my workout partner, or perhaps you've attended one of my spinning classes. Some of you may also remember me as that 'very pregnant woman' who was waddling her way around the gym last summer waiting anxiously for the arrival of baby #2 (an even tougher workout I might add!!). You may even recognize me as being one of your son or daughter's teachers from Uxbridge Secondary School. But ultimately, I'm a fitness enthusiast who shares a common goal with all of you – to live a healthy lifestyle in hopes of being our best.

I have worked in the industry for the past 13 years in a variety of roles. I am a certified fitness and spinning instructor as well as having earned my personal training certification. After completing my Bachelor of Kinesiology and Bachelor of Education I began a teaching career with the goal of inspiring our youth to incorporate fitness into their daily lives and teach healthy habits that will last a lifetime.

Each month I will write about a topic of interest in the area of fitness and health. This leads itself to a wide variety of possibilities. If there is a particular topic that you would like to read about just let me know. I'm excited about contributing to the monthly edition of Richly Rewarding Living. I would love to hear your questions and I welcome your feedback through our interactive blog at [bodyfit.ca](http://bodyfit.ca) or you can e-mail me directly with your comments at [michelle@bodyfit.ca](mailto:michelle@bodyfit.ca).

Yours in Fitness,

  
Michelle Avery

## Quick & Easy Recipes of the Month

### Veggie Pita Pizza

Prep Time: 10 minutes

Cook Time: 15 minutes

#### Ingredients:

- ½ whole wheat pita – whole pita, sliced in half and lightly toasted
- 2 tbsp chopped green bell pepper
- 2 tbsp chopped onion
- 2 tbsp tomato sauce, canned
- 3 mushrooms, cleaned and sliced
- 2 oz mozzarella cheese, part skim, sliced and shredded
- 2 tbsp cooked soybeans (edamame)
- ½ tsp grated parmesan cheese

#### Directions:

Preheat oven to 375°F.

Slice whole wheat pita in half. Slightly toast in toaster or under broiler in oven.

Once toasted, top pita half with tomato sauce and spread evenly to cover. Then sprinkle with shredded mozzarella, bell pepper, onion and mushrooms and 2 tbsp of soybeans.

Lightly sprinkle with parmesan cheese and place pita on a cookie sheet and bake in oven for 15 minutes at 375 degrees.

### Chipotle Turkey Burgers

Tired of the same old burger? Here's a quick easy recipe for a spicier burger this grilling season!

#### Ingredients:

- 8 oz lean ground turkey
- 2 wheat or whole-grain buns, toasted
- 1/2 avocado, sliced
- 2 tbsp chipotle salsa
- 1/4 tsp salt
- 1/4 tsp pepper
- Pinch of cumin
- 1 tomato, sliced
- 1/2 red onion, thinly sliced
- 2 tbsp low-fat sour cream



#### Directions:

Mix the turkey, salt, pepper, and cumin, and form it into two equal patties.

Preheat a skillet or frying pan over medium-high heat. Coat with a bit of olive oil and add the burgers, cooking them for 4 to 5 minutes a side, until slight firm to the touch.

Dress each bun with avocado slices, tomato, and red onion. Top with the burger, sour cream, and salsa. Makes 2 servings.

## Did You Know?

Random trivia to impress your friends with...

- Dentists have recommended that a toothbrush be kept at least 6 feet away from a toilet to avoid airborne particles from the flush.
- Most dust particles in your house are made from dead skin.
- The strongest bone in the body, the thigh bone, is hollow. Ounce for ounce, it has a greater pressure tolerance and bearing strength than a rod of equivalent size in cast steel.
- The average human eyelash lives about 150 days.
- It takes about 20 seconds for a red blood cell to circle the whole body.
- The average human scalp contains between 120,000 and 150,000 hairs.
- The thumbnail grows the slowest; the middle nail grows the fastest.

## "Laugh, It's Good For You"

You may have heard it before and we've talked about it here before—humor and laughter is healing. Yup, you heard it right, laughing is *good for you*.



It's been discussed and written about how laughter is good for your waistline and how it effects your whole body. Laughing burns calories, so the more you laugh, the more you burn. It increases your heart rate by 10 to 20 percent, burning about 1.3 calories per minute. So if you get in a good chuckle every day, those calories burned can add up.

Not only is laughing beneficial for your waistline, but laughing brings great benefit for the whole body and has even been proven to be healing. A lot of data out there shows that heart surgery patients who are depressed after a procedure have a higher mortality rate, and optimistic patients have significantly fewer wound infections. Laughter can cultivate that optimism, and it truly is the best medicine in many ways.

Laughter defuses fear, relaxes the heart and body, relieves pain, assists our coping mechanism, boosts our immune system, and sharpens our thinking. Our heart rate and blood pressure spike briefly when we laugh, then they fall down below your baseline afterward, the same as with exercise. Scientists have also been able to prove that laughter stimulates the parts of our brain that use the "feel good" chemical messenger dopamine. That puts laughter in the category of activities you want to do over and over again.

Laughter is pleasurable, perhaps even 'addictive' to the brain, and brings many whole-body healthy benefits. It's one addiction I'll support. So, next time you find yourself stressed out, anxious, or in a negative mood, turn to some good humor.

## REFERRAL REWARDS!!!

I'd much rather pay you with free personal training sessions 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 ☺.

