

# 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**

## The Magical 'Exer-Shoe'...Ain't So Magical

**Claim:** "Skechers Shape-Ups are a great way to exercise while you go about your busy day. 'Shape Up While You Walk' by toning your butt, leg and abdominal muscles, burn more calories, fight cellulite, improve your posture and circulation and reduces knee joint stress." "Get in shape without setting foot in a gym." "Fitflops, 'the flip flop with the gym built-in'."

**Reality:** A growing number of doctors are warning that toning shoes don't deliver on their marketing promises and could cause injuries by, among other things, changing a person's gait, or way of walking.

The makers of "toning shoes" say the shoes can help give wearers more shapely butts, legs and abs, often without the need for gym workouts. The 'toning shoe' trend represent the fastest-growing segment of the \$17 billion-a-year athletic footwear industry. It's a market driven by a customer base that is 90% women.

Busy moms and working women who spend much of the day on their feet, such as teachers, hairstylists, and restaurant servers, are among the most devoted buyers of toning shoes, which typically sell for \$100 to \$250.

The designs of toning shoes vary, but generally they have pods or curves in the bottom that create instability. They try to replicate the gentle, heel-to-toe motion of walking on a soft, sandy beach. That imbalance makes the wearer work harder to maintain his or her balance, and shoe-makers say, it relates to about 11 to 41 percent increased muscle activity in the legs, glutes, and calves.



### COMMUNITY NEWS

Two big dates are coming up this month; Monday the 25th and of course Halloween on the 31st! The flurry of political jargon has already started in my neighbourhood as candidates solicit our votes. I was once told by a politician that if you ever want to really see the fruits of your labour it best done at the municipal level. So I applaud all the candidates out there trying to make a difference in our community.

And then there is Halloween... This year, (and my kids don't know it yet) but we will be spending it in the witchiest town of them all...Salem Massachusetts. It is the site of the Salem Witch Trials of 1692 and where Halloween seems to exist all year round. I'll be taking videos and tons of pictures that I'll share when we get back. Have a Happy Halloween and don't forget to vote!

### Mentalrobics

Exercise your brain with puzzles.

**SoDoku:** The object is to insert the numbers in the boxes to satisfy only one condition: each row, column and 3x3 box must contain the digits 1 through 9 exactly once.

	4			2			7	
8				6		4		
		7			4		3	1
2	9							
			4	9				
							1	8
6	5		1			3		
		3		5				7
	8			3			5	

Puzzle solution on Page 6...

Some doctors, including Barbara de Lateur, distinguished service professor of physical medicine and rehabilitation at Johns Hopkins University's School of Medicine, warn that toning shoes create their advertised benefit by destabilizing how a person walks and say that wearing the shoes can result in strained Achilles tendons. De Lateur also says the shoes can be a particular problem for older consumers or those who have difficulty keeping their balance.

And some foot specialists find the shoes to be clunky, heavy and unstable. Dr. Paul Langer, a podiatrist at Minnesota Orthopaedic Specialists, wore a pair of toning shoes as an experiment. "I can say that after a day in clinic, my legs feel tired and the shoes feel way heavy (they are much heavier than conventional shoes)," he says. "Because the shoes are unstable, muscles must work harder to stabilize the foot and leg. I would never propose that these shoes would replace a conventional fitness routine."

There have been small studies showing increases in muscular activity with the use of curved soles. Reebok said independent lab tests showed that EasyTone shoes generated up to 28 percent more butt muscle activation, compared with ordinary sneakers, because of the mini balance balls in the bottom of the shoe. Skechers said it conducted a six-week test that showed Shape Ups users lost an average of 3.25 pounds.

According to doctors who have questioned the effectiveness and safety of toning shoes, there are elements of truth to the ads. But many of the doctors want more independent studies on the shoes, rather than industry-financed research. Other doctors, such as De Lateur, say they have seen enough to conclude that the shoes mostly represent hype.

In the end, there just isn't enough data to show the pros outweigh the cons. Save your money and stick to a conventional 'tried and true' fitness program.

## 8 Fitness Do's and Don'ts

Here's what you need to know to avoid common fitness mistakes and get the most out of your exercise routine.

- 1. Don't lift too much.** Talk with one of our staff or personal trainers to ensure you're lifting weights that are appropriate for you—otherwise you could injure your muscles. If you're ready to challenge yourself, add weights gradually and always listen to your body.
- 2. Do warm-up.** Many folks tend to rush through a warm-up, either giving it minimal time or bypassing it altogether. But just like cold dough, cold muscles are as easy to work with (without risking tears) as warmed ones. Try walking and/or active stretching to prepare muscles for your workout.
- 3. Don't 'jerk around'.** If a free weight is so heavy that you have to 'jerk' it up to get it to move, then you're probably straining your muscles as well—and risking injury. Find a weight you can control with a smooth lift, this goes for weight machines as well.
- 4. Do stretch more.** Stretching improves range of motion and flexibility and can reduce the risk of muscle tightness and strain. Use active stretching during your warm up to loosen muscles, and end with additional static stretching right after your workout, while our muscles are still warm to get the most from it.
- 5. Don't lean on the machine.** While you are doing your cardio on the stair-climber, elliptical, cross trainer, or treadmill you may be tempted to lean on the hand rails, but this may put undue stress on the wrists and back. Monitor your posture during exercise for the most effective results.
- 6. Do bring a bottle.** Always bring a bottle of water with you and drink from it regularly—before you feel thirsty.
- 7. Don't go overboard with food and drink.** Unless your workout lasts for more than an hour and half, you shouldn't need energy bars, gels or chews to fuel your workout. Also be wary of high-sugar, high-calorie sports drinks—always check the nutrition facts label.
- 8. Do find 'just right'.** Many people either work out too intensely (risking injury) or not intensely enough and wonder why they don't see much result. Consult one of our staff or personal trainers to help you define your fitness goals and create a fitness plan that's right for you.

### 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

### Inside This FUN Issue of Richly Rewarding Living...

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**"Heart rate—The Window Inside The Body"....Special Health Bulletin**

## CLIENT OF THE MONTH

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

**Lynn Taylor**

**Congratulations!**

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

**FREE LUNCH at Scrambles Restaurant**

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

Watch for YOUR name here in a coming month!



I am almost certain that Lynn Taylor was one of the very first members of Body Fit. When I first met Lynn I was working for Jym Wit, which was in the Testa Building by the hospital. She was an active member and that was almost 17 years ago. As a school teacher she was highly motivated to shed some stress at the end of almost EVERY day. I think I spent more time spotting Lynn than any other member. As a teacher, a mom and now a grandma, Lynn has always found time for the gym. Lynn is like family and she goes out of her way to make you feel the same. Congratulations Lynn and thank you for being such an inspiration.

***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!

Anna Huynh, Jane Smith, Shaun Kernohan, Lisa Balcovek, Jarek Barwise, Trish Morse, Jim Rondeau, Daniel Butchart, Jane Rushlow, Candice MacLennan, Colleen Buchanan, Jason Riley, Tony Robinson, Janet Skanes, Linda Race, Brandon Wilson, Jennifer Beer, Jess Manchee, Constantine Hatjis, Cathy Leask, Warren Gayman, Kelly Lashley, Mandy Stevenson, and Cathy Smith

## Local Business of the Month

Every month I share one of my local favorites!

**My neighbours chuckled when they heard I hired Nicole for the exterior of my house .....but when she was done they all wanted her number!** Decorating, renovating and picking what colours to use are things you should leave to a professional. Transforming your house into something that can be showcased on the home tour can now be done inexpensively and professionally. Nicole Coulter has put together an exclusive Special Christmas Decorating Package for members and friends of Body Fit. She can talk the talk and walks the walk and yes.... her home is on the Christmas Tour.

## Company Is Coming for Christmas And It's Time To Refresh Your Home!

***Introducing the  
Christmas Whole Home Make-Over!***

- ◆ Interior and Exterior colour pallet
- ◆ Room layout and furniture placement
- ◆ Window coverings and accessories
- ◆ Tips on tree and home decorating
- ◆ Comprehensive itemized shopping list to get it all done!

A \$500 VALUE  
**FOR ONLY \$300**

**Nicole Coulter**  
Interior Decorator  
**416-587-4767**  
nikcoulter@gmail.com

## SPECIAL HEALTH BULLETIN:

# Heart Rate — The Window Inside The Body

Monitoring your heart rate is a form of biofeedback data - you know what is going on inside your body. Although there are many subjective clues as to how your body is doing during exercise (perceived exertion, breathing rate, physical sensations), none is as reliable as measuring heart rate. It is objective and is affected by both internal and external factors - meaning you will have a dependable measure of your physical state.

A heart rate monitor gives you a physiological window, through accurate heart rate measurement, into your body's response to the moment-to-moment changes in your physical activity.

## Why is it important to monitor your heart rate when you exercise?

Your heart rate is a convenient, reliable, personal indicator of the intensity of your exercise. It's good to know the intensity of your exercise so you can vary it depending on your fitness level and the goals you want to achieve by exercising.

Heart rate monitoring brings following benefits to all levels of users:

### Exercise Beginner

- ◆ Teaches you about your body's reaction to exercise
- ◆ Keeps you from starting out too hard (as beginners are often tempted)
- ◆ Helps you control the intensity of your exercise routine
- ◆ Provides feedback on your improvement

### Regular exerciser

- ◆ Helps you control the intensity of your exercise program under different circumstances
- ◆ Helps you fine-tune your program for the best results
- ◆ Gives you plenty of feedback both during and after a session, teaching you more about your body's reaction to exercise
- ◆ Helps you see how you're progressing

### Serious exerciser

- ◆ Helps you make sure you work out at the right planned intensities for your training program (hard enough on hard days, light enough on recovery days, enough recovery between intervals, etc.)
- ◆ Enables you to track and accurately adjust your training program
- ◆ Teaches you about your body's reaction to training, providing an early warning of overtraining, flu, etc.
- ◆ Provides feedback on your progress

## Why Choose Polar?

Getting the most out of your training doesn't always mean working faster or harder. The best way to improving your fitness and seeing results is to train at the right intensity. So with a heart rate monitor, you can make sure you're not over or under training, and you can make each session count. With Polar as your training partner, you'll have evidence of your progress – motivating you each and every time you train.

As the inventors of the first heart rate monitor for training over 30 years ago, they're truly specialists in the field. Since then, they've been leading this category, and the world's top specialists have been working on the most accurate and intelligent training computers and heart rate based features. Their unrivalled physiological expertise, based on in-depth scientific studies, allows them to lead the way in innovative product development.

What makes Polar truly unique is that their features give guidance based on your personal information, and individual heart rate and its variation. The state-of-the-art intelligence of Polar products can tell you how much, how often and how hard to train. This is why so many top athletes use Polar training computers. But you don't have to be a professional athlete to benefit from heart rate monitoring. At Polar, they understand how important training is to you. So they have made it as much a part of their lives as it is of yours.



**Body Fit is Proud to be an authorized dealer for the entire Polar Heart Rate Monitor Product Line!**  
**For more information or to purchase your monitor see the front desk for details or e-mail [info@bodyfit.ca](mailto:info@bodyfit.ca)**

# Optimum Performance Through Education



## Achieving a More Balanced Physique Part 1 of 3: Women on Weights

Over the course of my career I've often been asked about what the best way to lose weight is and how to achieve a more balanced physique. In the most simple of explanations, there are three criteria that need to be met in order to achieve the best results: resistance training, cardiovascular exercise and proper nutrition. Sounds simple right? Yet our struggle continues day in and day out. More often than not, I see the majority of women slugging it out on the cardio equipment and yet the number of women in the weight room completing resistance training is very low. There are a lot of benefits to including resistance training into your workout program. Participating in this type of training through the use of either free weights or machines will completely change your overall look by giving you shape in places you've always wanted while minimizing those areas that you'd prefer not to accentuate. It provides results that are different than those that come from completing only cardiovascular training. Don't get me wrong, I'm not suggesting that you all of a sudden stop doing cardio and switch to only lifting weights. Cardio is an essential component to help keep your heart and lungs functioning at an optimal level and will help to reduce body fat. But remember, meeting the three criteria to achieve a more balanced physique is important, and finding the right balance that works for you is even *more* important! If you are like many women I have spoken with about training, you too may need a few points to help you be successful and encourage you to start your weight training.

**Point #1:** Muscle building through the use of resistance training can help us create more lean body mass which will allow your body to burn more calories even when you're at rest. Not only are calories burned during your resistance training session, but studies show that they continue to be burned well after the session is completed.

**Point #2:** Women using weights will NOT bulk up. If you are avoiding the weight room simply because you fear that resistance training will cause you to develop overly large muscles, let me assure you that there is no need to worry. Women naturally possess only 5 to 10 percent of the testosterone that men do and therefore gaining large, masculine amounts of muscle is a very difficult task to achieve.

**Point #3:** Resistance training can improve bone density and decrease risk for developing osteoporosis.

**Point #4:** Exercise decreases depression and anxiety while stimulating your mental focus and general overall mood by increasing dopamine and endorphins within our system.

**Point #5:** Women should challenge themselves and attempt to use heavy weights. I often like to tell my clients to not be afraid to lift heavy weights. Ideally, when choosing a particular weight for a given exercise you should try to find one that is heavy enough so that your last few repetitions are very difficult to complete. Your body is a complex and responsive system. It will adapt to those demands that are placed upon it. I challenge you to give it a try, you might just surprise yourself and realize how strong you really are.

**Point #6:** It is best to complete your resistance training prior to your cardio program. This way your body will be able to work harder and lift more weight. As a result, you will achieve greater strength gains and your results will show a more lean, toned look. You should be at your freshest when beginning your weight training. In addition, your body can rely primarily on your glycogen stores for completing the weights, giving your body a better opportunity to tap into your fat stores while completing your cardio.

Yours in Fitness,

Michelle Avery

## Quick & Easy Recipe of the Month



### Pumpkin Pancakes

"These barely-sweetened fluffy pancakes feature ginger, cinnamon and allspice to emphasize the pumpkin flavor. Serve them hot with maple syrup for the best autumn or winter breakfast dish ever."

#### Ingredients:

2 cups all-purpose flour, 3 tablespoons brown sugar, 2 teaspoons baking powder, 1 teaspoon baking soda, 1 teaspoon ground allspice, 1 teaspoon ground cinnamon, 1/2 teaspoon ground ginger, 1/2 teaspoon salt, 1 1/2 cups milk, 1 cup pumpkin puree, 1 egg, 2 tablespoons vegetable oil, 2 tablespoons vinegar

#### Directions

1. In a separate bowl, mix together the milk, pumpkin, egg, oil and vinegar. Combine the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt, stir into the pumpkin mixture just enough to combine.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

#### Nutritional Information

**Amount Per Serving** Calories: 278, Total Fat: 7.2g, Cholesterol: 40mg, Sodium: 609 mg, Total Carbs: 45.8g, Protein: 7.9g

## Mentalrobics

Solution to SuDoku puzzle.

Additional SuDoku puzzles you can play online or download available from - [www.dailysudoku.com](http://www.dailysudoku.com)

3	4	9	5	2	1	8	7	6
8	2	1	7	6	3	4	9	5
5	6	7	8	9	4	2	3	1
2	9	8	3	1	5	7	6	4
1	7	6	4	8	9	5	2	3
4	3	5	6	7	2	9	1	8
6	5	2	1	4	7	3	8	9
9	1	3	2	5	8	6	4	7
7	8	4	9	3	6	1	5	2

## Keep Your Brain Young: Sharpen Your Memory With These Healthy Habits

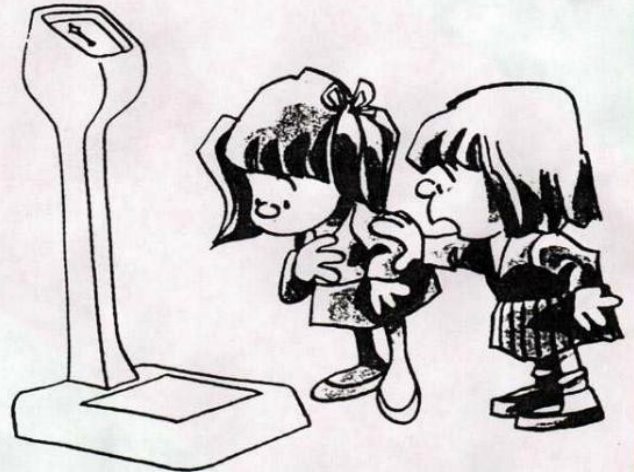
You're never too young to start preventing memory loss. And the more you stimulate your brain, the better you'll fare. Adopt these healthy habits in your daily life to keep your brain fit:

- **Feast on fruits and veggies.** In a study of 1,836 elderly men and women, those who drank fruit or vegetable juice at least three times a week had a 75% lower risk of developing Alzheimer's than those who juiced up less than once a week. Another study found that eating plenty of fruits and vegetables may protect against cognitive decline.
- **Stay close to friends and family.** In a study of 2,513 men, those with the least contact with friends and family in late life were nearly three times more likely to develop dementia than those with the most social activity. Falling out of touch with friends increased risk even more.
- **Get enough sleep.** Connections between neurons (nerve cells that make up the brain) strengthen while you sleep, solidifying memories.
- **Exercise regularly.** Physical activity (even brisk walking counts) helps neurons function better and preserves the health of the blood vessels that supply oxygen nutrients to the brain.
- **Ward off stress.** When you're under significant stress, the brain releases cortisol, a hormone that, over time, can damage cells in the hippocampus, the section of the brain that's responsible for short-term memory.
- **Challenge yourself.** Learning new things—how to speak Spanish, how to knit, how to solve puzzles—strengthens the neural connections in your brain. Stronger connections help you store and retrieve information with increasing efficiency.

## Be Inspired!

*"The only way of finding the limits of the possible is by going beyond them into the impossible."*

~ Arthur C. Clarke



*"Don't step on it... it makes you cry."*

## The Slobbovian Diet

A Slobbovian was terribly overweight, so his doctor put him on a newly discovered diet.

"I want you to eat regular meals for 2 days, then skip a day, and repeat this procedure for 2 more weeks. The next time I see you, you should have lost at least 5 pounds."

When the Slobbovian returned, he shocked his doctor by having lost nearly 60 pounds.

"Why, that's amazing!" the doctor said. "Did you follow my instructions?"

The Slobbovian nodded, "I'll tell ya though, I thought I was going to drop dead by the 3rd day."

"From hunger, you mean?"

"No, from all the friggin' skipping!"

## 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!!