

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

You and Your Gut

Did you know that the health of your gut effects your entire body?

Did you ever wonder why the thought of speaking in public or going for a job interview ties your stomach in a knot? Or why your stomach feels like it flips when your overjoyed?

Like the brain, the gut is highly sensitive and full of nerves, so when a stressful or emotional event occurs, it has a profound effect on the digestive system.

How your gut works

The term 'digestion' actually covers a collection of bodily processes that combine to "unlock" the value of food—both physically and chemically—to yield nutrients that can be absorbed and utilized. Most food can't be used by the body in its natural state, so an intricate process occurs in the digestive system to convert everything you eat into a form that can then be absorbed and transported throughout the body.

When your digestive system is working properly, the result is a general well-being and balance, which includes mental alertness, higher energy levels, a strong immune system and healing and repair throughout the body when illness or infection arises.

When the balance is lost

We know that any system can develop glitches, and digestive disruptions or disorders can and often do have a major impact on our health. Surveys suggest that digestive upsets that can't be attributed to a specific condition or disease are quite common. In one survey, almost 70% of those responding reported having at least one of 20 different symptoms—including discomfort, indigestion, belching, and bloating—in the last three months.

These types of problems can create a domino effect: When our digestion is poor, we have less access to nutrients and energy—resources that are necessary for healing. So dysfunction in the digestive tract often doesn't just remain there—it can result in symptoms anywhere in the body, including allergies, arthritis, asthma and chronic fatigue.

What causes an imbalance in the digestive system?

Poor digestion, poor absorption, and unhealthy bacteria in the gut



COMMUNITY NEWS

It's that time of year again and there is a lot going on. Christmas is a time for giving and there's no exception here at Body Fit. Starting out on December 6th, we co-host, with Okami Kai, the Annual Knock Out Hunger Event. Our goal is to raise enough food and cash donations to fill at least three pick-up trucks with food. This is a fantastic night for the kids and our way of giving back to the community. Don't miss it. Next, we give back to our members. 12 days of Christmas is an event worth showing up for. Starting Monday the 13th we give away a gift every day through to the 24th. All you have to do is come in, work out and fill out a ballot. It's a new draw every day and the gifts are worth a minimum of \$100! Every ballot goes into the final draw.... A One Year Membership at Body Fit!

There are more special offers but not enough space here to mention them...so good luck and Merry Christmas to you and your family!

Tantalizing Trivia

Test Your Knowledge of the Holidays...

- At Christmas, many people believe you should kiss if you and another person are under what plant?
 - Ivy
 - Holly
 - Evergreen
 - Mistletoe
- "A Christmas Carol" is a popular story read during the Christmas season. Who wrote this famous story?
 - Mark Twain
 - The Grimm Brothers
 - Charles Dickens
 - Hans Christian Andersen
- What is the most popular natural Christmas tree in Canada?
 - Balsam fir
 - Fraser fir
 - Scotch pine
 - White Spruce
 - Manitoba Maple
- Christmas music is always popular during the holidays. What is the best-selling Christmas single of all time?
 - "Jingle Bells"
 - "Deck the Halls"
 - "We Wish You a Merry Christmas"
 - "White Christmas"
- What is the name of the Canadian organization that provides up-to-date information on Santa's whereabouts as he traverses the world Christmas Eve?
 - North American Aerospace Defense Command (NORAD)
 - The Weather Network
 - Royal Canadian Air Force
 - NASA
- How many "la's" in a line of "Deck the Halls"?
 - 6
 - 7
 - 8
 - 10

Answers inside on page 3...

lie at the root of most common digestive complaints and many other chronic conditions as well. The culprits may include certain “problem” foods such as beans or dairy, eating meals high in fat, habitually eating too fast or too much, and even eating while under stress. Other factors include:

- ◆ *Getting older.* The muscles of the GI tract may become less efficient, and you may be taking longer to digest your food. Some research suggests that older individuals may not be able to handle the digestion of high fat foods as well as when they were younger. And medications can also affect digestion, leading to constipation and other problems.
- ◆ *Poor mealtime habits.* Digestion can suffer when you continually eat on the go and in a rush. When food is not chewed well, salivation may be inadequate and food grinding may be incomplete. As a result, carbohydrate digestion may not get the jump-start it needs before reaching the stomach.
- ◆ *Poor food choices.* Heavy, fat-laden meals can take longer to digest. The digestion often associated with greasy foods may also be partly explained by the production of gases when fatty acids and stomach acid are neutralized in the small intestine. If trapped, this gas may contribute to bloating and discomfort.

How to keep the digestive tract in check

- ◆ *Exercise.* Regular physical activity stimulates digestion and promotes re-absorption and elimination of gas.
- ◆ *Drink plenty of water.* Water helps stimulate the flow of digestive juices and eases the passage of wastes.
- ◆ *Consume adequate fiber.* A diet high in fiber aids digestion and promotes regularity. If your dietary fiber intake is low, remember to increase the amounts you consume gradually to allow your body to adjust.
- ◆ *Avoid overeating,* particularly late at night and meals high in fat. A large meal that is rich in fat can be difficult to digest because fatty foods tend to stay in the stomach longer. Overeating prior to bedtime can also cause pain and bloating because lying flat can trap gas in the stomach and intestine.
- ◆ *Manage stress.* Stress can also play a big role in how well your digestive tract functions. Keeping stressful situations in perspective and maintaining positive outlets for stress relief is probably some of the best advice anybody can follow to protect both their digestive tract and overall health.
- ◆ *Relax and enjoy your meals.* Negative emotions can negatively affect digestion—witness the common expression ‘my stomach is in a knot’. Taking time to enjoy a meal can actually help the digestive process.

7 Excuse Busters

We’ve heard them all...excuses. Here’s a few of the most common diet and fitness excuses and how to break them to stay on track.

Excuse #1: “I’ll do it tomorrow...” Start right now. Your diet and fitness program needs to be something you can live with forever, not something you put off because it doesn’t happen to be convenient for you. You need to come up with ways to make your diet and fitness convenient and automatic.

Excuse #2: “I’m too old.” You’re never too old to start exercising. The research is clear: Exercise will help you live longer, with significantly increased mobility and independence. Overall, exercise will help to improve your quality of life.

Excuse #3: “It’s useless—my genetics are working against me.” You can lose weight. It’s very rare that a person can’t lose weight and get in reasonable shape for his or her body type.

Excuse #4: “Cook dinner? Please! I don’t have time.” Even if you don’t have time to buy healthy food and cook at home, you can still make eating healthy convenient and quick. For example, check out your local health foods market for a ‘hot foods bar’ or pre-made meal options. Or try batch cooking—pick one day of the week to prepare an entire week’s worth of healthy meals.

Excuse #5: “It’s raining, so I can’t go for my morning walk.” You’re not made of sugar, so you won’t melt. With many indoor options, bad weather is not a hindrance to your fitness routine.

Excuse #6: “I travel all the time.” If you travel often, you need to weave healthy eating and physical activity into your lifestyle. Try: Find healthy restaurants where you’ll be (ask the hotel concierge or manager for recommendations; and many restaurant menus are available online); Get moving; Opt for a hotel suite with a

kitchen.

Excuse #7: “I’m too tired.” This is an often misused one. If you’re like most people, you’re not getting enough sleep. Research shows that lack of sleep can cause weight gain by increasing appetite; and also, when you’re tired you’re less likely to make the healthiest food choices. Set up your environment and routine for sleep success, go to bed earlier and aim for 7-8 hours of sleep.

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
- Complimentary 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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CLIENT OF THE MONTH

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

Stephanie Knapp

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 favourite restaurants - I highly recommend it!)

Watch for YOUR name here in a coming month!



Stephanie Knapp is by far one of the most goal oriented members of Body Fit. Since she joined approximately a year ago, Stephanie has utilized her personal trainer and own intuition to gain remarkable results. Her strength has increased and her overall inches have decreased dramatically. While we're sure her son and innate perseverance have kept her moving, we like to think that Stephanie's results are mostly due to our good company!

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!

Todd Chisholm, Murray Brown, Brett Kingswell, Kyle Apps, Eric Lewis, Charlie Richens, Eloise Smith, Natalie & Ryan Taylor, Kim Devine, Karen Hockley, Monique Sibb, Melissa Briggs, Sylvia Faria, Liz Leman, Kristi Grant, Todd Heinzl, Julia Faust, Irina Novikova, Partick Graham, Phillip Webber, Annabelle Murray, Graeme Brown, Bill Ford, Stephanie & Jason Bonnyman, Karen Tarr, Sarah & Jeff Acorn, Susan Fumerton, Tahney Leask, Nicole Gilliland, Carolyn Wray, Laura Kelland, Nuria Defoe, Adam Konrad, and Tia Deering

Give The Gift of Health!

Holiday Gift Certificates Now Available!



\$79 - Stocking Stuffer

- 1 Month M/S
- 7 Days / Week
- 5 Complimentary Guest Passes
- 2 Weight Room Orientations / Week
- All Group Fitness Classes
- No Start Up Fee

**\$199 Value,
Yours for \$79!**



\$289 - New Year's Resolution

- 3 Month M/S
- 7 Days / Week
- 5 Complimentary Guest Passes
- 2 Weight Room Orientations / Week
- All Group Fitness Classes
- No Start Up Fee
- 8 Week Christmas Crunch Program (includes 4 week fitness program and 4 x 30 minute personal training sessions)

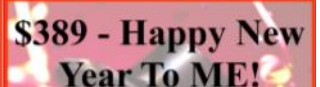
**\$539 Value,
Yours for \$289!**



\$189 - Santa's Sack of Toys

- 3 Month M/S
- 7 Days / Week
- 5 Complimentary Guest Passes
- 2 Weight Room Orientations / Week
- All Group Fitness Classes
- No Start Up Fee

**\$300 Value,
Yours for \$189!**



\$389 - Happy New Year To ME!

- 3 Month M/S
- 7 Days / Week
- 5 Complimentary Guest Passes
- 2 Weight Room Orientations / Week
- All Group Fitness Classes
- No Start Up Fee
- 8 Week Christmas Crunch Customized Program (includes 4 week fitness program and 4 x 30 minute personal training sessions)
- Dietary Analysis and Nutritional Consultation
- 60% Off Babysitting Services

**\$639 Value,
Yours for \$389!**



Holiday Student Pass

2 Week All-Inclusive Membership

\$39.99 + HST

Cannot be combined with any Free Trial offer

SPECIAL Christmas Sale:

EVERYTHING IN THE MINI PROSHOP ...25% OFF!

BOeS

Boxing, Mixed Martial Arts, Rugby, Fitness

Lifting Straps - Padded

- 1.5 inches wide, neoprene padding
- One size fits all

\$5.25 per pair....Reg. \$6.95

Supplying quality equipment to Fitness Centres, Schools and Clubs across Canada since 1994. *"Quality Equipment at the Best Prices!"*

Spandex Fitness Gloves

- Padded leather palm. Breathable spandex back. Velcro tab
- Sizes: X-Small, Small, Medium, Large or X-Large

\$11.25 per pair.....Reg. \$14.95



PLATEMATE®

Discover what the experts have known for a long time. Micro-loading - strength training with smaller incremental increases - is the smarter, better, and safer way to success.



\$29.95 per pair....Reg \$39.95

POLAR

LISTEN TO YOUR BODY



Getting the most out of your training doesn't always mean working faster or harder. The best way to improving 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 make each session count. Use Polar as your training buddy and you'll have evidence of your progress – motivating you each and every time you train.

Priced from \$71.25Reg. \$94.95



Specifically designed, sport by sport. Soft and absorbent Coolmax fibres with elastic arch support zones provide for good fit and optimal comfort. A perfect hold inside the shoe avoids friction, protects from shocks, prevents blisters and promotes blood circulation. Sold in sizes fitting men and women that anatomically fit left and right!

Priced from \$10.50 per pair.....Reg. \$14.00



Optimum Performance Through Education



Michelle Avery
BKin/BEEd, OCT.

Achieving a More Balanced Physique Part 3 of 3: The Importance of Nutrition

In the last two months we've taken a look at the requirements for achieving a balanced physique. So far these discussions have included the importance of

incorporating both resistance training and cardiovascular training into your workouts. However, taking it out of the gym and into the kitchen is the last, but ultimately one of the most important components to achieving a balanced physique. Even if you've been working your hardest at the gym trying to either lose those last couple of inches or perhaps gain an additional pound of muscle, either way, it all comes down to taking a look at what nutrients you're putting into your body. Understand that nutrition is important and can be filled with many lessons in order to fully comprehend and appreciate its importance. However, my objective here this month is to try and give you a few tips as to how you can improve your daily eating habits and hopefully lead you one step closer to achieving your personal goals.

Here are a few tips to guide you to achieving those goals:

1. Eat 5-6 small meals/day. Attempt to eat these meals every 2-3hrs throughout the day. Deprivation is not the answer. Unfortunately, a lot of people think that skipping a meal and eating less will result in weight loss. When you eliminate a meal, your body begins to slow down your metabolism because it thinks it's being starved. This then leads to the body storing fat that it would otherwise burn as a source of energy.
2. Incorporate a balance of carbohydrates, lean protein and

healthy fats into your meals. Finding the right balance between each of these nutrients helps to fuel your system and leave you feeling fuller longer and ultimately more satisfied which means..... fewer cravings!!

3. Make sure that you're eating enough protein. Active women in particular need approximately 1 gram of protein per pound of body weight. Protein plays many roles in our bodies and is comprised of amino acids. These amino acids are responsible for helping build and repair muscle tissue. In addition to this, protein is also a part of our cell membrane structure, our DNA, and also act as enzymes which are in part responsible for helping our bodies in metabolism.

4. Drink 2-3 litres of water a day. Water helps to keep the body hydrated, remove wastes and regulate body temperature.

Eliminate processed foods (refined sugars and flours) and artificial sweeteners as much as possible. Try to stick to eating foods that are closest to their natural state. For example, fruits and vegetables, rice, sweet potatoes, etc. If you look at the ingredients list, the shorter the list usually the more wholesome the food. J

As I stated previously, nutrition is an important component of achieving a balanced physique and improving your overall well being. If you have any particular questions about nutrition, please feel free to e-mail me at michelle@bodyfit.ca. I'd love to hear from you.

To comment or ask questions about any of Michelle's article's, please go to her blog at www.bodyfit.ca

Healthy Holiday Recipes

Preparing a traditional Christmas dinner that's lower in fat and calories but still thrills the crowd isn't hard. All it takes is a few ingredient substitutions and some clever fat-busting techniques.



The Big Turkey

If you're hosting a small gathering, buy a turkey breast rather than the whole bird, as breast meat is lower in calories than dark meat. If you do buy a whole turkey, avoid "self-basting" turkeys, as they often contain added fat. And--it goes without saying--stay

away from the deep fryer this year, and roast or smoke the turkey.

Stuff the turkey cavity with whole or halved onions, halved lemons or apples, and sprigs of fresh herbs such as sage, marjoram, thyme, and/or rosemary.

Rather than rubbing the skin with butter or oil, spray it with an oil spray and season it with salt and pepper.



Good Gravy

Gravy is one of the biggest calorie culprits on the table. Use vegetable oil rather than turkey drippings when making the gravy--it's still fat, but oil is lower in saturated fat and is cholesterol-free.

If you use turkey drippings to add flavor, use a gravy separator. Pour the gravy into a separator and allow it to sit for a few minutes. Some of the fat in the gravy will rise to the top of the glass where you can skim it off easily. Better yet, make a low-fat broth-based gravy or a vegetarian gravy instead.

allrecipes.com
CANADA

Answers to the Tantalizing Holiday Trivia...

How well do you know the holidays?

1. d) Mistletoe
2. c) Charles Dickens
3. a) Balsam Fir. The first four trees are listed in popularity
4. d) "White Christmas"
5. a) North American Aerospace Defense Command (NORAD)
6. c) Eight plus one fa ; Fa, la, la, la, la, la, la, la, la

You Have To Check This Out!!



PNP or Portable North Pole is one of the coolest ways to really amaze your kids. Last year, Melanie created a profile for our kids and they were mesmerized.

I have posted a sample video on our blog at www.bodyfit.ca. Just click on the general interest section and then it's under Message From Santa. You'll soon see why our kids wanted to watch it over and over and over.

To set this up for your family, all you have to do is go to www.portablenorthpole.ca and follow the instructions. It only takes a couple minutes and you will receive a personalized video that is sent to your e-mail address.

Sympatico also has a similar program. You can find it at www.magicsanta.ca.

Oh....forgot to mention; It's totally FREE

Be Inspired!

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world." ~ Harriet Tubman



Body Fit and OKami Kai at The Uxbridge
Santa Clause Parade



Hanz and Franz "Warming Up" Before The
Parade

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!! ☺