

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

Are You Doing THIS For A Healthy Heart?

You already know that exercise and eating right are two VERY important things you've got to do to give your heart some lovin'.

But there's something else you should be doing that you probably don't know about. Let me explain...

There's a "silent threat" to your heart's health that goes unnoticed by most people.

It's surprising, but you really don't hear too much about this in the mainstream media ((I'm not sure why).

What's more, numerous studies link high levels of this one thing to a much greater chance of heart attack — even if you're already eating right AND exercising.

I'm talking about homocysteine.

Homocysteine is a naturally-occurring , simple amino acid. However, when there's too much in your blood stream, it can damage and irritate the lining of your arterial walls.

This means plaque has a heck of a lot easier time "sticking" to your arteries... and makes them stiff and narrow.

And the link between homocysteine and heart attack is quite alarming.

For example, in one study published in the *Archives of Internal Medicine*, researchers looked at homocysteine and it's impact on heart health.

They found that folks with high levels of this amino acid were FOUR times more likely to suffer a heart



COMMUNITY NEWS

"You only have one heart— don't break it!"

Ok, so it's a play on words... but Valentine's IS around the corner.

For many it's a day solely dedicated to affairs of the heart. Well this Valentine's, I say you give your hardest working muscle the best Valentine's of all — great health! After all, heart disease is one of the leading causes of death in Canada. That's why it's so important to not just get fit to look good, but to keep your heart in great shape.

So give your heart some love all month long! If you've been putting off getting your workouts in, get to it. If you're struggling to eat healthy, create a sensible plan and follow it.

And don't forget to give your heart the good "stuff" it needs — love and laughter. When you're feeling stressed, take a few deep breaths and let it go. Don't take yourself too seriously and be able to find the joy in even the smallest things you do.

If there's someone in your life who you need to talk to and let them know how you feel, do it. Tell those important to you how much you love them. And remember to take things one day at a time. As the saying goes, "Yesterday is history. Tomorrow a mystery. Today is a gift. That's why it's called the present."

So sit back, relax and enjoy the rest of "heart" month. Happy Valentine's Day!



The big bike will be coming to Uxbridge this spring. Body Fit will be putting together a team and we want you on it!

We'll keep you posted with the details.

attack!

Another study conducted in Norway found similar results.

Published in the *New England Journal of Medicine*, this study followed men with heart disease for a six-year period.

Here's what they found—

Men with high levels of homocysteine suffered the highest number of heart attacks... and those with higher levels had lower chances of surviving.

Not fun. So what can you do on a regular basis to protect your heart?

Well, the good news is it's pretty easy. There are cheap, safe and natural supplements you can take daily that keep homocysteine under control — and lower it, if your levels are too high:

Folic Acid—You can find this at any grocery or health food store.

Vitamin B12— Again, this is one you can find at your local grocery store... sometimes sold as a “B complex” that also includes folic acid.

TMG (Trimethylglycine) — You might have to get this one at your neighborhood health store. TMG helps “flush” homocysteine out of your bloodstream.

Also, homocysteine levels can be easily measured with a simple (and usually inexpensive) blood test. Ask your doctor.

So remember — exercise, eat healthy, and watch out for homocysteine to keep your heart healthy and happy!

If you have questions about this heart health article, or would like to know more about the vitamin/mineral supplements we recommend to our clients, just give us a call at 905-852-6175 to schedule a free, no obligation nutritional consultation.

Healthy Fast Food? Here's How You Can Still Get Good Nutrition — Even When Your Only Option Is The Drive-Thru

It doesn't matter how busy you are... you can still make sure you eat healthy — even when you're only option is a quick stop at a drive-thru. Here are 4 tips that can help you make healthy choices which ALL fast food places now offer.

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

1. Cut out the buns. If you absolutely have to stop at a fast-food joint, that's fine. One way you can remain healthy is to cut out the buns. Eat just the patty. Ideally, choose something with no cheese — preferably grilled chicken.

2. Have it YOUR way. Most places now offer healthy sides instead of French fries. For example, Wendy's will give you a baked potato. Burger King offers apple fries. And McDonald's has a fruit cup.

3. CHOOSE a salad. For the past 2 years now, almost every major fast-food chain offers a healthy salad. Choose grilled chicken, if available. Also, hold the dressing. Most dressings have more calories than a hamburger! If you absolutely must have a dressing, go with a low-fat option. And instead of drowning your salad in the dressing, put it in a small container on the side where you can dip your lettuce in it. You'll eat far FEWER calories.

4. Drink water or unsweetened tea. You're ALREADY at a fast-food place. No need to add to the calorie count with empty calories. The best thing to do is just have water, or unsweetened tea. If you absolutely must have flavor, go for a diet drink, although water is preferred.

No matter how busy you are, you can still use your free will and a little common sense to make healthy choices!

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CLIENT FUN - RUN TO THE SUN !

This month we are changing it up a little! In an attempt to beat those February Blah's. We know it's hard to get motivated when you are surrounded by grey skies and cold winter days. So we are making a run for it!

Introducing the 1st Annual Body Fit Run to the Sun !

Open to all members of all skill and all ages.



Do you walk, jog, run or row for your Cardio? Do you want to do something fun? Then this is for you! No experience needed.

Teams of Body Fit members will transport themselves from Uxbridge to Florida this February 2011! A distance of 1221 miles on Interstate I-75.

If you want to do something FUN and beat the February BLAHS, then sign up at the reception desk by Friday February 4th or we will find you and recruit you! No worries if you don't get in by Friday....we'll find you a team.

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

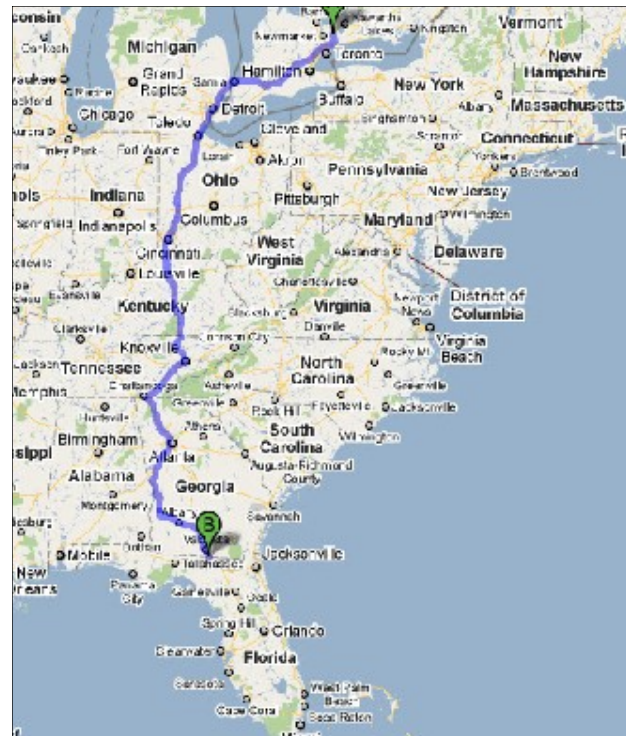


DO YOU KNOW THESE PEOPLE?

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!

Erica Gajewski, Sanaz Komijani, Isabella Viggers, Bruce Terry, Corey Robertson, Silvia Kennedy, Matthew McCartin, Tamara Williamson, Lindsay Cockburn, Dawn Kerrigan, Derek Moynan, John Mills, Heather Hales, Cheryl Harrison, Melissa Somers, Angie Shepard, Billy Lashley, Wayne McGowen, Jen Purdy, Steven Langhorst, Sharon McKendrick, Connie McCormick, Sarah Lawrence, Blake Windross, Sheila Henderson, and Norma Lockwood.



Run to the Sun Rules:

1. All participants should register before race day by Friday Feb. 4th. Race Day starts on Monday Feb. 7th.
2. The Total Distance is 1221 miles (Uxbridge to the Florida Boarder via I-75)
3. Participants will be placed on a team as to make the teams of equal abilities.
4. Participant must inform the staff on duty that they are going to log their miles for the Run to the Sun competition.
5. Participants must walk/jog/run/row on Body Fit treadmills, EFX's and/or rowers.
6. Staff must verify the amount of mile(s) run by the participant as per the display screen on the equipment.
7. Body Fit staff must have a member verify their miles logged...no cheating!
8. After the 'run' is completed by each participant, they must go to the front desk and roll the die.
9. The participant shuffles the cards and gives them to the staff on duty.
10. Depending on the number rolled, the staff counts out the number of 'Run to the Sun Cards' and reads out loud the card that pertains to the number rolled on the dice.
11. The directions on the card are followed and the miles logged are added or subtracted to the teams total.
12. Then number of miles are logged and added to the team's total.
13. There is no limit to how long a participant can run, the # of miles accumulated in a day or week.
14. Prizes will be awarded not only to the winning team but to every team and for all different reasons! Remember, it's all about having fun...but a little competition never hurts.:)

SPECIAL HEALTH BULLETIN:

Need a Meal-On-The-Go? Choose A Healthier Fast-Food This Year

THE CHALLENGE

You go on a diet to lose jiggly fat, but with many diets you'll also end up losing lean muscle. And that can set you up for future weight regain, because muscle is what burns calories. It's key to your metabolism. Fat, on the other hand, is just—fat. Many diets also leave you feeling deprived, hungry, and finding time to prepare a healthy, nutritious meal can often be a real chore. When you're rushed, you often make poor choices, reaching for fast food or take-out options that are high in calories and fats and low in nutrition. How can you have a nutritious meal that's easy to prepare, tastes great, and will help you reach your weight loss goal?

THE SOLUTION: CINCH SHAKE MIX

All the Benefits of a Meal

Cinch™ shakes are a quick and healthy answer to “What’s for breakfast?” or “What’s for lunch?” Cinch shakes are a great tasting, nutritious way to help retain that all important muscle and keep you feeling full and satisfied while you lose weight. Our proprietary formula is Powered by Leucine™, the amino acid that signals the body to preserve muscle during weight loss. In other words, the leucine in Cinch shakes helps you keep muscle so you lose fat.

Each time you drink a Cinch shake, you get 24 grams of protein** . And that's important. Why? Because protein is used to build muscle, and muscle is what keeps your metabolism up and burns calories. Protein-rich foods also hold off hunger, which can help reduce between-meal snacking. And let's not forget about that muscle-sparing leucine and essential nutrients your body needs. Look for many great tasting shake recipes on www.CinchClub.com.

Benefits

- ◆ Provides the benefits of a meal, but tastes like dessert
- ◆ Powered by Leucine™ to preserve muscle while you lose weight
- ◆ 24 grams of non-GMO soy protein per serving** to help you feel satisfied and full
- ◆ High in fiber, with 6 grams per serving
- ◆ Low glycemic to retain normal blood sugar levels and sustain energy
- ◆ Delivers 35% or more of the Daily Value for 21 essential vitamins and minerals

For only \$3.26 per meal, it's a no brainer!

Four Great-Tasting Flavor Options:



Creamy Vanilla, Chocolate, Café Latte, and Strawberry

****15 Servings Only \$49.00 MN****

Save by ordering on-line at www.bodyfit.ca—click on the Shaklee logo

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

Optimum Performance Through Education

Supplement Review: L-Carnitine



Michelle Avery
BKin/BEEd, OCT.

This past summer I had the opportunity to attend the Canadian Fitness Professionals Conference that was held in Toronto. I always love to attend this annual event and often feel renewed and regenerated both physically and mentally once the weekend has come to an end. It's always a great opportunity to meet with others in your profession who share the same passion for wanting to live a healthy active lifestyle. The conference is an excellent opportunity to share ideas, learn new concepts, and further your education in the field of fitness and health promotion.

One of the workshops I attended was presented by the author and educator, Brad Schoenfeld, M. Sc., C.S.C.S.. The main focus of his presentation was to compare the claims being made about sport supplements from both the advertisers/marketing companies' perspective, and from the reports of scientific research. The presentation was very thorough and analyzed a wide range of very popular supplements

that are currently on the shelves. One of the supplements discussed is called L-Carnitine.

L-Carnitine is a compound that is synthesized in the kidneys and liver from two amino acids: lysine and methionine. It is primarily responsible for shuttling fatty acids across the mitochondrial membrane to be used as fuel in the process of cellular respiration. The claims made by marketing and advertising specialists is that L-Carnitine will help an individual improve their response to glucose, increase their resistance to muscle fatigue and also accelerate the recovery process from a strenuous exercise session. In addition to this, claims have been made that this supplement is designed to help a person decrease their overall body fat. The majority of the scientific literature claims that most of the supplemented carnitine is not actually taken up by the muscles. Research has indicated that it will actually circulate in the plasma and ultimately be excreted in the urine. The majority of studies show that there is no significant effect on exercise performance or fat loss. Current research shows that there are no overt side effects or toxicity seen in subjects who had doses up to 3000/mg day. In addition to this, some studies found that there was a potential to alter the absorption of other amino acids which would be unfavourable.

The bottom line about this product indicates that the research to date does not support the claims that have been made by marketing companies. Oral supplementation for fat loss or enhanced exercise performance has not supported by scientific literature.

First and foremost, I believe that you should try to consume all of your nutrients from whole foods. That being said, I also realize that this is not always possible, and depending on your situation and lifestyle, sometimes supplementation is necessary. I'm certainly not against supplements; however, I would advise each person who is considering supplementing to find out what the scientific research behind the product states. Be smart, do the research. Furthermore, a discussion with your health care practitioner about your concerns and questions would be a good idea. Just because a product makes great claims about the wondrous things it can do for you doesn't always mean that it is the right product for you!



Breakfast in Bed

Start his or her day off right! Pamper your sweetheart with a luscious breakfast in bed. This Valentine's Day, serve up decadent Chocolate Waffles for your sweetie!

Prep Time: 5 Min

Cook Time: 10 Min

Ready In: 15 Min

Ingredients

- 1 1/2 cups all-purpose flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup white sugar
- 3 tablespoons unsweetened cocoa powder
- 1 cup milk
- 2 eggs
- 4 tablespoons butter, melted
- 1 tablespoon butter, softened

- 3/4 cup confectioners' sugar
- 1/2 teaspoon vanilla extract
- 1 teaspoon milk

Directions

1. Preheat waffle iron. In a large mixing bowl, stir together flour, baking powder, salt, sugar and cocoa. Stir in milk, eggs and butter until mixture is smooth.
2. To make hard sauce: stir together softened butter, confectioners' sugar, vanilla extract and milk. Sauce should be fairly stiff.

Spray preheated waffle iron with non-stick cooking spray. Pour mix onto hot waffle iron. Cook until golden brown. Serve hot with hard sauce.

Nutritional Information

Amount Per Serving Calories: 227 | **Total Fat: 7.7g** | **Cholesterol: 60mg**

Valentine's Day As Measured By The Numbers

- **180 million** — This is the number of Valentine's Day cards exchanged on this romantic day every year.
- **Almost 40 percent**—The ratio of Valentine's Day cards that are bought by parents.
- **120** — This is the number of single men in their 20s for every 100 women of the same age.
- **33** — This is the number of single men 65 and over for every 100 women of the same age.
- **58 million** — The number of pounds of chocolate that will be sold during Valentine's week



I just love to do special things for my wife on Valentine's day! Simple things like:

- ◆ Open the door for her when she puts all the laundry in the washing machine,
- ◆ Plug and unplug the vacuum as she moves from room to room cleaning.

Guys, it's these little thoughtful things you can do to have a marriage such as mine! Oh...and having a wife with a good sense of humour helps!

Happy Valentines Melanie!

Be Inspired!

"When you know what you want, and you want it badly enough, you'll find a way to get it."
~ Jim Rohn

When was the first Valentine's day celebrated?

(I have no original source on this one so it may be fact or fiction.)

The lover's holiday has its beginnings in the 4th century B.C. in Rome. The Romans held an annual lottery wherein young men would draw a young woman's name from a box. The couple would be assigned to each other the entire year for entertainment and pleasure. This celebration, traditionally held on February 15, also included banquets, dancing and foot races run in the nude.

Around A.D. 496, early church fathers sought an end to the pagan practice, but knew better than to upset the citizens by removing the lottery completely. Instead, they had teenagers pull the names of saints from the box. The teen was supposed to spend the year emulating that saint's life as much as possible, which was probably not as much fun as naked marathons. St. Valentine was chosen as the patron saint of the new event, and young Roman men resorted to courting females by sending handwritten notes delivered on February 14.

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 ☺.