

# 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 "Best Medicine" For Your Heart

When's the last time you had a good laugh?

Not just any kind of laugh, but the gut-busting, tear-inducing kind of laugh that leaves you barely breathing?

I hope it hasn't been *too* long. Because as it turns out, laughter is not just all fun and games.

Recent science shows that a good laugh a day, may very well keep heart attack at bay.

Cardiologists at the University of Maryland Medical Center (UMMC) in Baltimore decided to test the effects of laughter on the heart.

They compared the humor responses of 300 participants, half of which had previously experienced a heart attack or had bypass surgery. The other half did not have heart disease.

The results? Dr. Miller, director of the Center for Preventive Cardiology at the University of Maryland Medical Center put it best, "The old saying that 'laughter is the best medicine,' definitely appears to be true when it comes to protecting your heart."

In another study, the same group of cardiologists at the UMMC decided to study the positive effects of laughter on the heart even further.

What they found was quite surprising...

Laughter actually makes the tissue that forms the inner lining of blood vessels (known as the endothelium) to expand in order to increase blood flow.



### COMMUNITY NEWS

It's not every month that Cadbury sells it's Easter Cream Eggs. Those commercials with rabbits clucking like chickens never get old...at least not for me. Even though I'm not a

fan of those super sweet cream eggs, I am a huge fan of the Easter season.

Once again, I am really proud to support and be part of the largest Easter Egg Hunt in Uxbridge. ...and probably all of Durham Region! 7 years ago one of my neighbours went out of her way to invite all the kids on the street to join her family in an egg hunt. Word of this little gesture of kindness spread like a nasty rumour in a small town.

She kept organizing the hunt and families wanted to be a part of it. The "Hunt" as she now calls it, typically sees over 500 people in attendance and over 3000 eggs to be found. If this sounds like something you and your little ones may want to be a part of, just flip to page 5 for more details.

Happy Easter and Happy Hunting!



So there's one VERY good reason to start laughing a LOT more often.

Also, you already know that in addition to laughter you should be exercising and eating healthy. But here's what you may not know...

There are four heart-healthy foods you can include in your diet that can help protect your heart and keep it healthy for a long, long time.

**Blueberries**— I'm sure you've already heard blueberries are high in antioxidants. But new research shows they also help lower LDL ("bad") cholesterol. Eat 'em plain, add them to oatmeal or a fruit salad.

**Garlic**—This tasty herb has been shown to relax the lining of your blood vessels. This helps reduce high blood pressure. Add it to as many meals as you like. The more, the better!

**Omega 3 fats** — These "good" fats help protect you from heart disease. You can get your fill by eating fish — salmon being the best option. Or, you can take it as a supplement. Pretty much any local grocery store should carry it.

**Beets** — Not always a favorite, but beets are actually great for your heart. They help reduce high blood pressure. You can either start eating more beets or drink some beet juice everyday to get maximum benefit.

Remember, laughter is definitely one of the "Best medicines" for your heart. But don't forget to also eat right, exercise, and incorporate one of the four heart-healthy foods into your diet!

If you have questions about this article, or would like to know more about taking care of your heart and the overall health recommendations we give to our clients, just send us an e-mail at [info@bodyfit.ca](mailto:info@bodyfit.ca).

## Does THIS Hurt When You Walk?

Everyone knows walking is great for your overall health. But sometimes, walking can cause aches and pains. You don't have to "grit" it out and hope it gets better on its own. Here are 4 solutions to the most common aches and pains folks report when walking

**1. Lower back pain.** It's pretty normal to feel an ache in your lower back — especially when you first start walking. This is normally caused by tight hip and thigh muscles, which can cause you to twist your hips with each stride you take. The solution? Try putting your hands on your hips to keep your hips from rotating too much. Try to keep them square with the direction you're going in. Also remember to always stretch after walking. The more flexible you are, the less you'll experience this pain.

**2. Shin Splints .** Another common one, especially with new walkers. It's caused by an imbalance between the muscles that help you lift the foot off the ground and then place it back. A major cause is over striding. Keep your feet under you. Don't over extend on your strides. Also, make sure you wear a shoe with a low heel instead of a high, wedged heel. This will help correct the imbalance, and ease the pain.

**3. Swollen fingers.** If you're fingers end up bigger than when you first started walking, it's from swinging your arms too much. Try to not exaggerate the swinging motion as you walk. Also, periodically bend your arms to create a 90 degree angle and make a fist. Tighten it and then open and stretch out the fingers. This will help recirculation of the blood that's causing the swelling.

**4. Sore knees.** Sore knees after walking doesn't mean you're getting old. It just means your posture while walking is too far-forward. This placed extra stress on your knees. Make sure to stand up straight, and keep your shoulders back. Your hips and shoulders should be in line with each other. Also, keep your strides underneath you. Don't over extend yourself.

## 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](http://www.bodyfit.ca)  
Or just give us a call for more information.  
905-852-6175

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# Spring Fitness CHALLENGE

# Push-Ups, Plank Burpees, Box Jumps

**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](mailto:info@bodyfit.ca) \* 905-852-6175



## DO YOU KNOW THESE PEOPLE? **Welcome New Clients!**

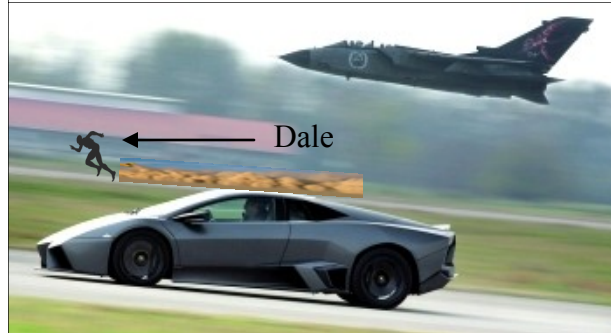
**Here are the new clients that became members of our fitness family this last month! We'd like to welcome you publicly, and wish you all the best!**

Sarah Van Ek, Courtney Durnan, Cameron Graham, John Steptoe, Matt Wagner, Kim Zapfe, Jonathon Peck, Heather Watson, Jeff Sider, Mike Slade, Kevin Garry, Jonathan McNeill, Cathie Snoddon, Dawna Haines, Sabine Kaesler, Judi Freeman, Dave Fumerton, Jeffrey Kinniburgh, Karen Rowsell, Taryn Skinner,

After a very successful Run To The Sun, members are now shaping up for spring. 4 challenging exercises, 4 weeks to do them and a little cardio to top it off! Dale, confident as ever, has been quoted,

*"Standard push-ups are for wimps. I don't do push-ups, I push the earth down!"*

Rumour has it, he's even been seen racing airplanes as a warm for his cardio!



## ARE YOU SMARTER THAN A 5TH GRADER?

*Take The Quiz...And Win!!!*

**Directions:** You are only allowed to do three internet searches (or refer to other reference materials like an encyclopedia - or your kid ☺). A few of these are simple, some are not. But this is all 5th grade knowledge - taken right from the hit television show's question banks. Email your answers to all 18 questions (just the letter corresponding to your choice, i.e. 1. C, 2. B, etc.) to us at: [info@bodyfit.ca](mailto:info@bodyfit.ca). **Three lucky people with 100% correct answers will receive a Gift Certificate for a FREE massage from Jasmine Mathews RMT.** You can't win if you don't play... so let's go have some fun! I'll print the answers and the names of the winners in next month's issue.

(Take the Quiz on the next page →)



# ARE YOU SMARTER THAN A 5TH GRADER?

*Take The Quiz...And Win!!!*

1. What is the fastest bird on foot?

- A. Flamingo
- B. Penguin
- C. Emu
- D. Ostrich
- E. Turkey

2. What planet is closest to the sun?

- A. Venus
- B. Earth
- C. Mercury
- D. Mars
- E. Jupiter

3. Which of the following is NOT one of the Great Lakes?

- A. Alberta
- B. Huron
- C. Michigan
- D. Ontario
- E. Superior

4. A heptagon is a shape with how many sides?

- A. 4
- B. 6
- C. 7
- D. 8
- E. 9

5. How long is one regular term for a Municipal Member of Council?

- A. 1 year
- B. 2 years
- C. 3 years
- D. 4 years
- E. 6 years

6. What is the compound word in this sentence? --  
The bus driver took an

alternate route to the airport.

- A. Driver
- B. Alternate
- C. Route
- D. Airport

7. Which of the following states is NOT on the Gulf of Mexico?

- A. Georgia
- B. Texas
- C. Florida
- D. Alabama
- E. Louisiana

8. What is the lowest prime number?

- A. 0
- B. 1
- C. 2
- D. 3
- E. 5

9. On what continent is the chimpanzee's natural habitat?

- A. South America
- B. Asia
- C. Africa
- D. Australia

10. What is the largest South American country by area?

- A. Argentina
- B. Brazil
- C. Chile
- D. Mexico
- E. Peru

(cont'd →)

11. Which one of the following states is NOT part of the Four Corners?

- A. New Mexico
- B. Utah
- C. Colorado
- D. Nevada
- E. Arizona

12. Who was the first person to step foot on the moon?

- A. Neil Armstrong
- B. Edwin 'Buzz' Aldrin
- C. John Glenn
- D. Sally Ride
- E. Alan Shepard

13. 'Carefully' is an example of what type of word?

- A. Adjective
- B. Noun
- C. Verb
- D. Adverb

14. What animal classification is a turtle?

- A. Amphibian
- B. Fish
- C. Reptile
- D. Mammal

15. In the northern hemisphere, in what month is the autumnal equinox?

- A. August
- B. September
- C. October
- D. November

16. Emma has 2 metre sticks. She also has a 30-cm ruler. She laid them end-to-end in a line. How

many cm long is the line?

- A. 1.23 m
- B. 230 mm
- C. 180cm
- D. 230 cm
- E. None of the above

17. Inca civilizations were concentrated on what continent?

- A. South America
- B. Africa
- C. North America
- D. Asia
- E. Europe

18. What state is the Grand Canyon in?

- A. California
- B. Arizona
- C. North Dakota
- D. New Mexico
- E. Utah

**Think you have the right answers??**

**Just e-mail them to [info@bodyfit.ca](mailto:info@bodyfit.ca) for your chance to win one of 3 FREE massages!**

# Optimum Performance Through Education



Michelle Avery  
BKin/BEEd, OCT.

## Recommended Readings

There is a large world of resources available to us to help educate ourselves. Sometimes, however, with so many options it can become difficult to choose which resources would be most valuable to spend time reading and which ones may make you feel disappointed at the end of your time invested. I am always searching for new items to read whether they are from magazines, books, journals or even interesting online sources that offer valuable, quality information from qualified professionals.

I thought I would take a moment of your time to introduce you to two great books that I have read during the past few months. Each book discusses nutrition as its main theme and each author offers insightful, educated opinions about healthful dieting for overall wellness.

The first book is entitled “The Hormone Diet”, written by one of Canada’s leading naturopathic doctors, Natasha Turner. Dr. Turner teaches the reader about the direct relationship between achieving hormonal balance through proper nutrition. As a result of this, the participant has increased overall health and sustained weight loss for as long as her program is followed. Dr. Turner does an excellent job at explaining some difficult scientific concepts related to hormone function and the human body by using a vocabulary that everyone can fully understand. She offers a 3-Step program to help renew, replenish and restore your health. Some other great tips that are discussed in the book are: the importance of getting enough sleep, the need for both exercise and sex, natural skin care, stress management, and eliminating toxic chemicals from your home. If you wish, you can visit her website to learn more [www.thehormonediet.com](http://www.thehormonediet.com).

The second book that I have enjoyed is called “This is Why you’re Fat, and How to Get Thin Forever”, written by celebrity fitness trainer, Jackie Warner. What I like most about this book is her no-nonsense approach to telling people like it is (as you probably could have already guessed given the title of the book!) Jackie also does a great job in teaching the reader about how nutrition is directly related to hormonal balance. You may have always been one of those people who wondered when you would ever have to apply what you learned in high school chemistry to your everyday life, but Jackie finally makes that connection for you as she easily explains how it’s “all about chemistry, baby”. In addition she also discusses the importance of exercise and provides examples of exercises for the reader to experiment with. There is a great list of healthy meal plans, recipes and a sample food journal and training log.

Overall, each book offers valuable information in its own right. Dr. Turner provides a more scientific approach and explanation about hormonal influence on our well being. However, while the importance of exercise is briefly discussed, it does not provide a lot of detail and Dr. Turner’s philosophy on training is quite different than mine. Jackie Warner does not take her celebrity status for granted and truly offers some straight forward advice. Her book is easy to read and offers a realistic approach to eating well by offering great meal choices while at the same time acknowledges the idea of allowing yourself to indulge in something “off the menu”.

Enjoy!



**Wanna Be Part Of The Fun??**

**If you and the family are looking for a fun way to spend the afternoon on Easter Sunday**

**April 24th then go to:**

**[www.bartonegghunt.com](http://www.bartonegghunt.com) and Register Now!**

## Who Knew? April Fun Facts

- The Vietnam War ended on April 30, 1975, when South Vietnam surrendered.
- Earth Day is celebrated April 22nd.
- Professional baseball regular season begins in April.
- Diamond is the birthstone for April
- The first edible Easter eggs were made in Germany, made out of pastry and sugar
- The Easter Bunny was first introduced to North America by German immigrants who settled in Pennsylvania during the 18th century.



## Be Inspired!

"I am thankful for laughter, except when milk comes out of my nose." ~ Woody Allen

## 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 ☺.



Quick 'n *Really* Easy Recipe of the Month:

## Chicken Tostadas

Prep: 15 minutes

It's a weekday evening, sixish. You've got so many things to do that evening, and not enough time to do them in. Typical, right? When it comes to preparing dinner, it doesn't have to take all night. Here's a really quick dinner idea that even your kids can pitch in on!

### Ingredients:

- 8 tostada shells
- 1 16-ounce can black beans (drained and rinsed) or refried black beans
- 2-3 precooked/grilled boneless, skinless chicken breasts (also available at the grocery- Tyson brand packages of fully cooked grilled chicken-breast strips)
- 2 cups shredded romaine lettuce
- 1/2 cup sour cream (optional)
- 3/4 cup fresh salsa
- 1/2 cup (2 ounces) shredded Mexican cheese blend (or Monterey Jack or Cheddar)

### Directions:

Heat oven to 225° F. Wrap the tostada shells in foil. Place in oven until warm, about 6 minutes. Meanwhile, warm the beans in a small pan over medium-low heat. Place the chicken in a nonstick skillet and warm over medium heat, turning once, for 4 minutes. Place 2 tostada shells on each plate. Divide the beans, chicken, lettuce, sour cream (if using), salsa, and cheese among the tostadas.