

# 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**

## How Many Of These Toxins Are In YOUR Body?

Did you know that your body gets exposed to HUNDREDS of toxins every day?

If you've ever wondered where that headache came from... or why your mood sometimes swings... or why you can't seem to think clearly, it's probably because these toxins made their way into your bloodstream — without you even realizing it.

It's scary, I know. The worst part is these toxins can be found everywhere. In the water you drink... the food you eat... even on the clothes you wear. Where do they come from? Practically everything — the chemicals used to make plastics... vinyl... laundry detergent... household cleaners, you name it.

Seeing how big of a problem this is, the Environmental Working Group (EWG) set out to see just how big a threat these toxins are...

And in one study, they analyzed the blood of newborns in American Hospitals. They scanned these newborn blood samples for KNOWN and hazardous metals and chemicals (some used in "heavy" industries)...

They found 287 DIFFERENT toxic metals and chemicals in the newborns' blood.

Of course, the babies got it through their mom's bloodstreams... which means that toxic pollutants are everywhere. What's more, they have a very easy time getting absorbed through your skin.

The Centers for Disease Control and Prevention also know how prevalent these toxins are. In one study, they took blood and urine samples of 2,400 people. They found around 215 toxic pollutants in



### "Time to Clean Up Your Health—And Life!"

Winter is on its way out and Spring is in. And while it's a New Year, there still may be a few things lingering from last year that need to be "cleaned up."

With your health it's easy... what are a few things you can do to clean things up? Maybe you still have some "junk" food in your house that needs to go... maybe you've been eating out with friends or family and making not-so-good choices when you do (if so start making healthier choices)... or maybe you're still keeping the clothes that are a few sizes too big, just "in case." It's time to go through and clear all that stuff out!

In your life, it's a little trickier to "clean" things out, but it CAN be done. A good place to start — take a look at the New Year's resolutions and or goals you've set. Which ones have fallen by the wayside? Make a list of them. Now next to each, write down what you think are the obstacles in your way to achieving that goal.

Once you've got your list done, it's time to go one by one and *start clearing out those obstacles*... so you can be back on track to achieving your goals. Are there friends who are a negative influence on you? It's time to see them a little less, or find more positive, supportive friends.

Or maybe one of the obstacles to achieving one of your goals is knowledge. Set aside a little time each day to learn the things you need to know... Or maybe you need more "time" because it seems like there aren't enough hours in the day. If that's the case, start prioritizing your day, plan things out, and start saying "no" to projects or favours that you don't really want to do but would've otherwise said "Yes" to, in order to be nice.

So get to it. And make sure to read and apply the tips in this month's newsletter. Stay clean!

To Your Health,

these samples!

These pollutants include everything from lead, mercury, pesticides, to aluminum and the fire retardant BDE-47.

That's why it's so important to detox your body on a regular basis. Detoxing leads to increased energy, a strengthened immune system, less allergies and more efficient fat-burning.

Here are 4 ways you can detox naturally and avoid getting these toxins in your bloodstream in the first place...

**1. Reduce your exposure to plastics and heavy cleaners.** Heating your food in plastic containers, for example causes the release of PCBs which then leak into your food. If you're cleaning the house, use "natural" cleaners that are not laden with heavy chemicals to do the job, as these can seep into your skin.

**2. Eat cruciferous veggies.** These are veggies like broccoli, kale, cauliflower and bok-choy. They contain compounds that help regulate the negative hormonal effects toxins can have on your body.

**3. Milk thistle.** You can find this at any health food store. It is believed to help cleanse your liver (which is highly important for great overall health.)

**4. Chlorella.** This usually comes in powder form. You can find it at your local health food store as well. Chlorella is special, in that it literally "grabs" onto heavy, toxic metals in your bloodstream and "flushes" them out, through a process known as chelation.

This Spring, don't just clean your house. Clean out your body!

**If you have questions about this article, or would like to know more about detoxifying your body and the supplements we recommend to our clients, just give us a call at 905-852-6175 to schedule a free, no obligation detox consultation.**

## 4 Foods You Should NEVER Eat

You know what foods are good for you... but do you know what foods you should absolutely, never eat? These foods aren't just artery-clogging... they're horrible for your overall health and well-being. So do whatever you can to stay clear.

**1. Trans-Fat.** This is known as a complete heart killer. It's a man made fat (hydrogenated oils) originally designed to increase the shelf-life of most foods (think peanut butter, margarine, cookies, etc.) Health organizations all agree that no more than 2 grams of trans fats should be consumed per day. Why? It's linked to increasing LDL or "bad" cholesterol... it increases triglycerides... and causes inflammation. Basically, it's a power-packed artery blocker. So make sure you read ALL food labels. Make sure there are no trans fats. Also, look in the ingredients. If it says "hydrogenated oil" then don't buy it. Even though the label says it is free of trans fats, it still contains them due to the hydrogenated oils in the ingredients.

**2. Margarine.** Avoid this one, since it has trans fats and is not good for you. You're better off eating real butter. Avoid the marketing hype that it's good for your heart. It's not.

**3. "Chinese" Food.** What we in Canada call Chinese food is absolutely horrible for you. It's loaded with MSG (a form of salt) and boatloads of fat. The sodium content alone will provide you with about a week's worth of the recommended daily allowance. If you absolutely love it, I'd recommend having it no more than once a month.

**4. Diet Soda.** Believe it or not, these calorie-free concoctions can actually make you fat! A study at Purdue University found evidence that the artificial sweeteners used may mess with your body's metabolism, inducing you to overeat! Either way, you should probably just stick to water and tea. And if you absolutely must have soda, have the sugary kind... but sparingly!

### 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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## RUN TO THE SUN - UPDATE

With almost 100 members quickly making their way to the hot Florida sun, I have to say that I am truly impressed with the number of miles being logged so far. When we put the teams together, we made every effort to keep them balanced based on what everyone "thought" they did on average. Well, it seems that a little competition has increased certain averages quite considerably! But not to worry. Just when you think your team is out of the race....the merger will renew your spirits.



### THE MERGER

With the final week ahead, we want to bring everyone back into the race so it will come down to the wire. Team purple has jumped to a good lead and stair climber #1 hasn't cooled down since we started, but everyone will have a chance to win. On Friday March 4th check the wall to see what has changed and how far your team has to go to cross the finish line.....good luck and I'll see you at the border!

**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!**

Joanne Hewitt, Megan Taylor, Holly Imrie, Adam Blaire, Patti Ball, Rileigh Rodych, Dawn McCarthy, Krysia Ruchlewicz, Gill Hudson, Lynn Mac Duff, Shon McGuffie, Sofi Irwin, Michael Cameron, Glenn Jeffery, Codi Brown, Patricia Godecharle, Wanda Stride, Serge Gingras, Graham Greene, James Nelligan, Aneta Prytula, James & Matt Byers, Charles Catherwood, Rachael Eynon, Erika Plante- Signal, Jim Dunn, Mark Cucco, Rebecca Westlake, Adam Hoover, Sean & Samantha Catherwood, Kari Crawford, April Moir, and Irina Finn.

## RUN TO THE SUN STATS (as of March 1st)

- ◆ Team in first place - Purple
- ◆ Team in last place—Turquoise
- ◆ Distance between them - 356.64
- ◆ Total miles run by all teams— 3425.35
- ◆ Total miles drawn - 1065.95
- ◆ Total miles donated - 354.61
- ◆ Most miles by a male:
  - ◆ Rick Blair - 251.71
- ◆ Most miles by a female:
  - ◆ Maggy Bell - 188.66



### Quick Irish Stew

You don't have wait for St. Patrick's Day to enjoy satisfying Irish stew. This dish, full of tender chicken, potatoes, carrots, onion, mushrooms, mixed veggies and plenty of herbs and spices, makes a hearty home style stew in no time.

#### Ingredients:

- 4 cups cooked, cubed chicken breast meat
- 2/3 cup sliced fresh mushrooms
- 1 cup chopped onion, sauteed in butter
- 1-1/2 cups chopped carrots
- 6 cups chicken stock
- 1 teaspoon dried sage
- 1 teaspoon dried basil leaves
- 1 teaspoon garlic salt
- 1 teaspoon dried parsley
- 1 (10 ounce) package frozen mixed vegetables, thawed
- 3 cups cooked, diced red potatoes
- 1/2 cup chopped celery
- 1/8 cup all-purpose flour

#### Cooking Instructions:

1. Combine chicken, mushrooms, onion, carrots and stock in a large saucepan over medium heat. Simmer until carrots are tender, about 10 minutes.
2. Stir in sage, basil, garlic salt, parsley, mixed vegetables, potatoes and celery and cook until heated through. Stir in flour to thicken sauce, then serve.

Preparation Time: 5 min.

Cooking Time: 40 min.

Ready In: 45 min.

Servings: 6

Servings per Recipe: 6

#### Nutrition Facts:

- calories: 308cal
- total fat: 4.5g
- cholesterol: 80mg
- sodium: 1102mg
- carbohydrates: 33.1g
- fiber: 5.5g

# The Most Alien-Looking Place On Earth!!

A few weeks ago, I was forwarded an email from a friend with these weird, cartoon/ alien planet-looking photos in it. Now I don't usually even take the time to read 'forwarded' emails, let alone continue the forward, but this one really peaked my interest! I did a little research of my own just to be sure it wasn't a hoax or someone just being really crafty with Photoshop.

After finding dozens of reputable sources showing pictures and details on this place, I still can't believe it. So I thought I would share it with you to see what you think.

## Welcome to Socotra Island

Socotra is a small Yemeni archipelago of four islands and islets in the Indian Ocean off the coast of the Horn of Africa, about 350 kilometers south of the Arabian peninsula. Socotra is one of the most isolated landforms on Earth of continental origin—isolated from mainland Africa for the last 6 or 7 million years. The archipelago features narrow coastal plains, a limestone plateau with caves, and mountains which rise to 1,525 meters above sea level.

Like the Galapagos Islands, this island is teeming with 700 extremely rare species of flora and fauna, a full 1/3 of which are endemic, meaning they are NOT found anywhere else on Earth.



Socotra is home to more than 800 species of plants, some 240 of which are endemic to the island, and there are certainly many more plant species that have yet to be discovered. The climate is harsh, hot and dry, and yet - the most amazing plant life thrives there.

Botanists rank the flora of Socotra among the ten most endangered island flora in the world. The archipelago is a site of global importance for biodiversity conservation and a possible center for ecotourism.



The Desert Rose (*adenium obesium*) which looks like nothing so much as a blooming elephant leg. In some cases it appears as if it doesn't require any soil and sinks its roots straight into the bare rock—see the picture at the bottom of the page.



One of the most striking of Socotra's plants is the Dragon's Blood Tree (*Dracaena cinnabari*), which is a strange-looking, umbrella-shaped tree. The tree is so named because any injury to the bark results in a deep red liquid excreting from the scar – the source of valuable resin for varnishes, dyes, and "cure-all" medicine; and also used in medieval ritual magic and alchemy. The branches of this strange tree spread out into the sky and from below appear to hover over the landscape like so many flying saucers... and from above they have a distinct mushroom look.

## Getting around can be a challenge, as there are almost no roads

Despite the fact that this island has around 40,000 inhabitants, the Yemeni government *put in the first roads just 2 years ago* - after negotiations with UNESCO, which has declared this island a World Natural Heritage Site. I would prefer a camel ride to what is bound to be a bumpy and slow 4x4 ride... It looks like a quiet and peaceful enclave in an otherwise troubled world. If you want to visit there, you can forget about beachfront hotels and restaurants; this island is geared towards eco-tourism and sustaining the local economy and way of life.



So what do you think? Will you add it to your must see list?



# Optimum Performance Through Education



Michelle Avery  
BKin/BEEd, OCT.

## Opportunity Knocks

Whenever I travel to different places I'm always interested in visiting other training facilities and seeking out top trainers who I may be able to work with and learn from their experience. Last year I travelled to California with the Uxbridge Secondary School Soccer and Volleyball Teams (my husband coaches the soccer team and I was on maternity leave). When I knew that we would be spending part of our time in Venice Beach I couldn't help but think about what a great opportunity this would be to visit the world famous Gold's Gym in Venice Beach California. In addition to making sure I could fit this into my schedule I also wanted to get in touch with one of the

world's top trainer and professional, Charles Glass. My hope was to set up a couple of training sessions with Charles at Gold's to hopefully learn some new training techniques and to see if he could help me fatigue some of my body parts that typically are very stubborn in response to exercise. So, I sent him an email and explained who I was and my travel itinerary with hopes that he could squeeze me into his busy schedule during the early morning hours. To my delight he was able to accommodate and we scheduled two training sessions each starting at 6:30 am. This gave me enough time to train and get back to the hotel for a team breakfast.

I woke up bright and early in order to catch my cab to the gym and I was full of excitement. I left my husband and our two kids sleeping soundly in the hotel room. I wasn't sure what to expect, but I had heard so much about Gold's Gym and that it was where some of the biggest bodybuilders who hold Olympia titles trained. I had also heard that this was where a lot of athletes also came to train. I was a little self conscious arriving with my small frame and still unconditioned physique ..... it had only been four months since I had given birth to my second son, Carter. The truth is, I was soft, which was fine, but as I stated, I definitely felt self conscious! When I arrived I explained to the front desk who I was and that I had a session with Charles. They gave me a quick tour of the facility and I headed to the cardio equipment, hopped on the stair master and began my warm up as we were going to be training legs today! I took it all in while I was on the stair master. I was amazed at the sheer size of the facility and the wide variety of equipment that was present. There were huge pictures of all the previous Olympia winners, both men and women. There was even a magazine photo shoot happening in one of the corners where some of the squat racks were. But what surprised me the most was the vast variety of people that were there working out; male, female, young, old, bodybuilders, marathoners and general fitness enthusiasts alike. I think I had this preconceived notion that the majority of people working out there would be big into bodybuilding, but I was refreshingly surprised to see so much more than that. I began to relax somewhat and continued my warm up until Charles was done with his previous client. Then it was time.

Let me start by telling you that I love to train legs, so I was really excited to have Charles make me feel exhausted by the end of the workout. I tend to put on muscle fairly easy in my lower body and therefore I prefer to train with a lot of volume and giant sets to help keep well defined, clean lines through my lower body and also to help keep my legs in proportion with my upper body. Charles helped push me through a tough workout and I loved every minute of it. Here is a sample of what we did that day at the gym.

Instructions: 3 sets of 20 reps each – superset each exercise until one full set has been completed, then begin back at the top of the list. After all 3 sets are completed, rest 2 minutes and then move onto the second giant set.

Giant Set #1	Giant Set #2	Giant Set #3	Giant Set #4
Leg Press Leg Curl 2-footed hops/leaps Leg Extensions	Walking Lunges Box Jumps Stationary Step Ups (Right Leg 20x, Left Leg 20x) Jump Squats	Smith Machine Squats Plyometric Jump Lunges Glute Extensions Pop Squats	Smith Machine Split Legged Squat (Right Leg 20x, Left Leg 20x) Smith Machine Wide Stance Squat Smith Machine Narrow Stance/Ski Squat

## March Madness

- **March 1876** — The year Alexander Graham Bell patented the telephone.
- **Inauguration Day**— Presidents were inaugurated in the month of March, until 1937, when it was switched to January.
- **What world leader died March 1953?** Stalin.
- **Henry V. Porter** — The man responsible for coining the term “March Madness.” He was a teacher and coach at Athens High School in central Illinois. He used the term to describe the excitement surrounding the Illinois state high school basketball tournaments.
- **The Ides of March**—refers to the 15th day of March in the Roman calendar. Also the day the Roman emperor Julius Caesar was killed.

## 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 ☺.

## Be Inspired!

*“We are what we repeatedly do. Excellence, therefore, is not an act but a habit.” ~ Aristotle*



## Irish Humour

Two Irishmen, Patrick & Michael, were adrift in a lifeboat following a dramatic escape from a burning freighter. While rummaging through the boat's provisions, Patrick stumbled across an old lamp. Secretly hoping that a genie would appear, he rubbed the lamp vigorously. To the amazement of Patrick, a genie came forth. This particular genie, however, stated that he could only deliver one wish, not the standard three. Without giving much thought to the matter, Patrick blurted out, "Make the entire ocean into Guinness Beer!" The genie clapped his hands with a deafening crash, and immediately the entire sea turned into the finest brew ever sampled by mortals. Simultaneously, the genie vanished. Only the gentle lapping of Guinness on the hull broke the stillness as the two men considered their circumstances. Michael looked disgustedly at Patrick whose wish had been granted. After a long, tension-filled moment, he spoke: "Nice going Patrick! Now we're going to have to pee in the boat!"

## St. Patrick's Day Fast Facts—Beyond the Blarney

In the spirit of the holiday, National Geographic News rustled up facts related to St. Patrick's Day festivities.

- ♣ St. Patrick's Day marks the Roman Catholic feast day for Ireland's patron saint, who died in the 5th century. St. Patrick (Patricius in Latin) was not born in Ireland, but in Britain.
- ♣ Irish brigands kidnapped St. Patrick at 16 and brought him to Ireland. He was sold as a slave in the county of Antrim and served in bondage for six years until he escaped to Gaul, in present-day France. He later returned to his parents' home in Britain, where he had a vision that he would preach to the Irish. After 14 years of study, Patrick returned to Ireland, where he built churches and spread the Christian faith for some 30 years.
- ♣ In the United States, it's customary to wear green on St. Patrick's Day. But in Ireland the color was long considered to be unlucky, says Bridget Haggerty, author of *The Traditional Irish Wedding* and the Irish Culture and Customs Web site. As Haggerty explains, Irish folklore holds that green is the favorite color of the Good People (the proper name for faeries). They are likely to steal people, especially children, who wear too much of the color.
- ♣ Colonial New York City hosted the first official St. Patrick's Day parade in 1762, when Irish immigrants in the British colonial army marched down city streets. In subsequent years Irish fraternal organizations also held processions to St. Patrick's Cathedral. The various groups merged sometime around 1850 to form a single, grand parade.