

November 2017

The Body Fit Bulletin

For Clients and Friends of Body Fit Health Club

**“The most dangerous Phrase In Any Language is—We’ve always done it this way”
- Grace Hopper**

We Have A New Logo!!



Helping you Move Better, Feel Better and Perform Better

As I'm sure you've noticed by now, we've undergone a serious overhaul the last few months. Walls have been torn down, equipment has been moved around, and the floor seems to have this funny green stuff on it. In keeping with the trend of change, we wanted to introduce our new logo and the meaning behind it. The fitness industry is an ever changing machine that never stops, and if you resist change for too long, you'll eventually get run over by the machine. For over 20 years, Body Fit has operated under the name of being a "health club." We're very proud of the great years spent under the name of Body Fit Health Club. Like all things, change is inevitable, which brings us to today. The industry has evolved drastically over the last 5 years, never mind what has changed in the past 20+ years. The industry has shifted a long way from treadmills and machines. Research in the field of exercise science has also come a long way as well. The human body evolved into an upright bipedal (walking on two legs) being as it was a survival mechanism. In other words, the body is designed to move around and be upright. The body is not meant to be sitting down and not moving. The problem with traditional gyms or health clubs is they're jam packed with machines where you sit down to use them. It's always been weird to me why a person would sit in their car for x amount of time per day, sit at a desk for 8 hours and then come in for a "workout" and sit down some more on machines. With the drastic rise of metabolic diseases such as diabetes being so prevalent, PEOPLE NEED TO MOVE MORE. There is simply no way to beat around the bush. People need to get away from machines because they simply aren't doing any good. Not to mention, the majority of people in gyms have a weight loss goal, so getting around and moving in space with free weights is actually burning more calories!! Which is as essential in weight loss as is a proper diet. They must go hand in hand. Have you ever heard of the Paleo Diet? Perhaps you have even tried it. The general idea behind the Paleo diet is to eat like they did during the Paleolithic time period. The point is, the fitness industry is getting back to basics with the way we eat and the way we move. Gray Cook, a Physical Therapist and movement specialist, sums it up nicely, "If you're not going to move like they did, do not bother eating like they did."

Eat Better + Move better = Results

www.bodyfit.ca



905-852-6175



Member of The Month: Amanda Forbes

What do you enjoy most about the club?

I like that when I walk in the door there is always a friendly face at the front desk. There is always staff available to answer my questions, whether about an exercise or how to use a piece of equipment properly. The change rooms and machines are always clean and well maintained.

What goals have you achieved since joining Body Fit?

I am more amazing. Seriously, since joining Body Fit and working with my trainer, Christina, I have less pain in my knee, neck, shoulders, and lower back. I have lost about 50 lbs and become more confident in my abilities and in myself. She has been very supportive and knows when to kick my butt when I need it. I hated push ups when we first started and couldn't do a single one! Now, I still hate push-ups but can do them with more confidence:)

Presentations & Workshops



TRX Workshop with Coach CA

Coach Carole Anne loves using the TRX with her clients. TRX is a full-body strength workout that utilizes a person's own body weight as the resistance. Most people however, don't have a clue what to do with them. That's why we're offering a bit of help. Come join Coach CA at 1 or both of her TRX workshops to learn more

Workshop #1—Tuesday November 14th at
7—7:30pm

Workshop #2—Saturday November 25th at
9—9:30am

Sign-up at the front desk today

Low Back Health Presentation



Please join us on **Sunday November 19th from 11am to 12pm** as we will be holding a presentation on low back health. Learn why and how low back pain occurs, which exercises to do to enhance low back health, and which exercises may be destroying your back every single workout.

Presented by Eric Noyes BHSc (Kin),
CSEP-CPT

Sign-up now at the front desk. Members
and non-members are welcome.



#bfnation

Be a part of something...