

# FITNESS NEWSLETTER

DEC '09/JAN '10



## **NEW** **PROGRAMS**

### **Boomer Bootcamp**

**Dates:** Mo 1:00-2:00pm  
Jan 25–Mar 22  
We 7:30-8:30pm  
Jan 27–Mar 24

**Cost:** M\$45/N\$72 +GST  
**Instructor:** Cristy Villegas

### **Laughter Yoga**

**Dates:** We 9:15-10:00am  
Feb 3–Mar 24

**Cost:** M\$40/N\$64 +GST  
**Instructor:** Sunghee Lapel

### **Ski Conditioning**

**Dates:** Mo 7:00-8:00pm  
Feb 1–Mar 22

**Cost:** M\$96/N\$125 +GST  
**Instructor:** Catherine D'Aoust

### **AbXtreme Circuit**

**Dates:** Tu 7:30-8:30pm  
Jan 26–Mar 23  
Th 7:30-8:30pm  
Jan 28–Mar 25

**Cost:** M\$45/N\$72 +GST  
**Instructor:** Rocio Kiwroy

### **Fit U 2**

This maintenance program is for those who have completed Fit U!

**Dates:** Mo 5:30-7:00pm  
Jan 18–Mar 22  
We 5:30-7:00pm  
Jan 20–Mar 24

**Cost:** M\$169/N\$221 +GST  
**Instructor:** Martina Yabekova

Try Our New  
Programs for  
**Free** Jan 11-15  
2010 ! Please sign  
up in the weight  
room by Jan 8.

## **LETTER FROM THE EDITOR**



Hello everyone! Happy Holidays and Happy New Year! Welcome to our bone and joint health edition of the JCC Fitness Newsletter. It's a fact that our bones and joints are exposed to an extreme amount of stress, day in and day out. After awhile that stress can result in wear and tear and eventually permanent damage to your joints and the bones and connective tissues that support them. However by taking precautions while exercising, eating a diet high in joint friendly vitamins and minerals, and allowing your body adequate time to rest and rejuvenate, you can help prolong the lifespan of your bones and joints.—Raychel

### **ALIGN YOUR SPINE!** BY RAYCHEL BOUWMAN

The largest and by far the most used joint in the body is the spine. Whether you are sitting, standing, walking, lifting or even sleeping, your spine is what supports you. Constant everyday use alone can result in spinal and neck injuries, so what does this mean for those of us who use and train our backs regularly for exercise? There are certain steps that you can take to promote spine safety and health during activity:

1. Use your legs to lift, not your back. This age old adage is quite often forgotten or ignored but it's as true now as it was years ago; always bend your knees and lift by pushing through your heels to come to a standing position using your glutes, quadriceps and hamstrings.
2. Keep your core tight. Imagine pulling your belly button to your spine. By maintaining this position during exercise you are working the muscles as well as protecting the back.
3. Align your spine! Make sure to always keep your neck in line with the rest of your spine. Twisting, arching and hunching while exercising leads to many back injuries as well as muscle strains and sprains, so be aware of the alignment of your back!



## THE SKELETON IN YOUR CLOSET: NUTRITION FOR HEALTHY BONES

BY ELIZABETH ROY, RN

## LOVELY LUNGES

We know that our bones and joints undergo regular stress and that they need time to repair. What many of us don't realize is that we need to provide our bodies with the building blocks to carry out this repair. Good nutrition is one of the building blocks for healthy bones. Current research has shown that essential bone building occurs during the early years until approximately 35 years of age. During this time, a diet containing foods rich in Calcium and Vitamin D along with a minimum of 30 minutes of exercise a day will help to build a strong foundation in the bones for the future years.

Of all the nutrients, Calcium is arguably the most important for maintain good bone health. But do we get enough in our diet each day? The Dietary Reference Intakes (RDI) for children ages 9-18 is 1300 mg per day. For adults ages 19-50 the DRI is 1000 mg. Have a look at the Canada Food Guide (CFG) to estimate the amount of Calcium you consume on average to ensure you are getting enough. (You can find the chart at: [www.osteofit.org](http://www.osteofit.org).)

In conjunction with Calcium, it is essential to consume adequate amounts of Vitamin D which is the activator for Calcium to begin building new bone tissue. As there is an insufficient amount of natural Vitamin D produced year round in Canada it is often a good idea to take a Vitamin D supplement- a minimum of 400 International Units per day. Most dairy and soy products are fortified with Vitamin D, and fish and eggs are natural sources. Take the time to estimate your average dietary consumption of Vitamin D at [www.osteofit.org](http://www.osteofit.org).



Lunges are a great exercise for building strength and endurance around the knee and hip and ankle joint. Stand with your legs apart one in front of the other. Slowly lower the back knee towards the floor while keeping your torso tall. Make sure the knee of your front leg doesn't move past your front toe. Pull the abs in to protect the low back. Repeat on the other leg. Complete 12-15 repetitions on each side.

## RECIPE OF THE MONTH: CALCIUM RICH CORN CHOWDER BY ELIZABETH ROY



Here's a calcium-rich recipe to keep your bones strong and your body warm over the holidays!

### INGREDIENTS:

- 2 large carrots
- 1 large onion
- 1 potato
- 1/2 cup pearl barley
- 14 oz can creamed corn
- 1 can evaporated milk
- 1 tsp salt
- 1/4 tsp pepper

**DIRECTIONS:** Peel and chop carrots, onions and potatoes. Combine in a food processor until finely chopped. Put vegetables and barley in a large saucepan; add enough cold water to cover. Bring to a boil. Reduce to medium heat, and let simmer for 40-45 minutes or until barley is tender. Stir in corn, milk, salt and pepper. Cook over medium heat, stirring frequently. Serves 6.