

NEWSLETTER



NEW BIKES start a CYCLING REVOLUTION!

The Lifestyles Dept. is thrilled to announce the arrival of Keiser M3 magnetic bikes.

These top of the line machines will change the way you think about indoor cycling!



A true performance cycle. An effective workout. Less time, more results.

Take one for a spin by signing up for

Indoor Cycling
Thur 6:45-7:30am
July 8-Aug 26 (8 classes)
M: \$91; NM: \$118 +HST

Cycle & Sculpt
Fri 9:15-10:15am
July 9-Aug 27 (8 classes)
M: \$95; NM: \$1 +HST

From the Editor



Hi All! Hope you are enjoying the sunshine. With this fantastic weather comes a host of

outdoor fitness activities you can enjoy. From running and jogging to outdoor bootcamp to hiking, Vancouver and its surrounding areas offer a perfect setting. This edition of the JCC Fitness Newsletter is dedicated to getting in shape outside. So get out doors and get fit! *-Raychel*

OUTDOOR ACTIVITIES ARE CALLING YOU

By Catherine D'Aoust

There is nothing better than to spend some time in the outdoors, exercising, exploring, recharging your batteries. If you are looking for a new activity to pursue this summer, here are some ideas:

TAKE A WALK ON AN ISLAND: BOWEN ISLAND Level: beginner

The 20-minute ferry crossing transforms my view of everyday life. If you look to the right, it's just absolutely wild and beautiful, and fish are jumping, and you

can feel this teeny activity and the rhythms of nature. It's an adventure. Killarney Lake lies in the largely forested valley between Mount Gardner and Collins Peak... (more on p. 2)

RECIPE OF THE MONTH

ROASTED SALMON SALAD WITH HONEY MUSTARD VINAIGRETTE

Dressing:	Salad:
1/2 c balsamic vinegar	4 salmon fillets
1/2 c water	1/4 T pepper, salt to taste
2 t dried cranberries	8 c spinach leaves, washed
8 dried apricots, sliced	2 c yellow squash, sliced
2 t Dijon mustard	2 c red bell peppers, sliced
2 t honey	3 T toasted chopped pecans
1 T olive oil	

Directions:
Preheat oven to 425° F. Lightly coat a baking sheet with nonstick cooking spray; set aside... (more on p. 2)



CORE EXERCISE



Get that belly in shape for the beach with the **BOSU Plank!**

Position yourself so your elbows are resting in a V-shape on the domed side of the BOSU. Extend your legs behind and come onto your toes. Level the core by sinking the hips slightly until they are in line with your shoulders. Pull the belly button in to keep your back in a straight line. Head should be down looking at your hands. Hold this position for as long as possible.

NOTE: It is very important to keep your core engaged to support the lower back. If you have any spinal or low back issues you should talk to your doctor before attempting this exercise.

OUTDOOR ACTIVITIES ARE CALLING YOU (CONT)

From the landing in Snug Cove, you can walk the one-block walk to the historic Union Steamship Company Store and Crippen



Regional park. Follow the signs towards Killarney Lake, a wonderful 5-mile-long trail that winds around the lake. As you hike along the Alder Grove trail you can admire the tall cedar and hemlock trees greeting you on each side. Soon you will reach the Fish Ladder and Bridal Veil Falls, an excellent lookout area towards Deep Bay and another great photo opportunity. In my mind's

eye I imagine the leaping salmon returning from the ocean, on their way to spawn.

Continue your hike following the Killarney Creek trail, Cedar trail and Killarney Lake trail. This shady trail has frequent lake views and crosses the north end of the lake along a boardwalk. The trail contains some narrow, steep and rugged sections but they are easily negotiated at a gentle pace.

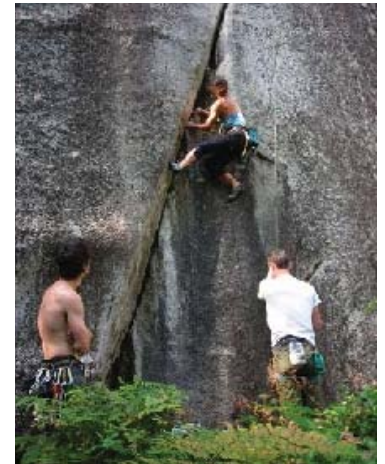
ROCK CLIMB THE BLUFFS: SQUAMISH Level: suitable for all abilities

Climbing is physically demanding; it requires leg strength and a sense of balance. Many climbs are possible without an abundance of strength. To some extent, technique can compensate for a lack of strength. And then there are some climbs, especially at the higher end of the rating scale, that demand a high degree of both strength and technique.

Rock climbing calls for a commitment of both mind and body,

and making the necessary moves requires total concentration and complete confidence. This confidence can come by taking a rock climbing course, by practicing with experienced friends, and by training indoors at the CliffHanger or the Edge.

Confidence goes hand in hand with physical conditioning. Regular aerobic and strength training will keep you ready and willing for high adventure.



HIKE THE CHIEF Level: adv./challenge

Follow Highway 99 and head to Squamish about one hour away; the road winds through the awe-inspiring landscape of mountains, glaciers and canyons to the base of the Stawamus Chief.

The Chief, as it is known to all who have hiked around it or climbed to the top of it, is a monolith flanked by a spectacular waterfall and the creek. It's a steep hike, like the Grouse Grind, heading up through a rooty, treed trail, some 1500 meters to the top. You will climb steep ladders and then scramble up on the rock face itself for the last push to the peak. Facing them is Howe Sound, to the right, Mount Garibaldi, and to the left, the Tantalus, the beautiful range of glacier-capped mountains. It's a rush!

RECIPE OF THE MONTH (CONT)

In a small saucepan, combine balsamic vinegar, water, cranberries and apricots. Set pan over medium-high heat and bring to a boil. Simmer for 5 minutes. Strain and reserve liquid and fruit. Combine liquid with mustard, honey and oil.

Season salmon fillets with salt and pepper and transfer them to prepared baking sheet. Bake fillets for 5-7 minutes, until fork-tender.

Place 2 cups of spinach on each of 4 plates. Top each plate of spinach with 1/2 cup squash and 1/2 cup bell pepper.

Place a cooked salmon fillet atop each salad and sprinkle with 2 teaspoons of pecans. Top with 2 T of dressing and 1 tablespoon of reserved fruit.

Serves 4

Cal: 322, Fat: 13.4g, Protein: 28g, Carbs: 22.5g