



Healthy Eating

SUMMER NUTRITION TIPS

Hydrate, hydrate, hydrate! Water is the best way to go. Soft drinks are loaded with sugar and the aspartame in diet drinks is known to be detrimental to your health. Most of us are dehydrated before we feel thirsty, so do your best to drink 2-3 litres a day.

It is easier to eat lighter in the summer but beware of the abundant calories and fat in some salad dressings. Load up on veggies in your salad and keep homemade salad dressing in the fridge. Try your own combinations with small amounts of healthy oils, egg, flaxseed, avocado, or extra virgin olive oil. Add plain non-fat yogurt, balsamic or red wine vinegar, crushed garlic, honey, or maple syrup for a twist!

ON THE GO THIS SUMMER? Enjoy a Cool Snack for a Quick Energy Boost!

Cut up watermelon, papaya, and grapes and throw them in the freezer. Add a handful of almonds and enjoy!

What's New in the Gym?

Have you had a complimentary fit test recently?
Call us today at 905-842-7444

- § Take advantage of our **3 MONTH SUMMER SPECIAL**– just \$149!
- § Our 20 **NEWSPIN BIKES** arrived in May. We hope you're enjoying the ride!
- § We are now equipped with a **DEFIBRILLATOR** which we hope will remain unused.
- § New **CLASSES**:
 - **ZUMBA** is now included in your membership and is offered every **Wednesday at 7:00pm** with Lisa
 - We've added a second **PILATES** class each week – **Thursdays at 10:30am** with Michelle
- § New **PROGRAMS**:
 - **TEEN SPIN** at Revolution! Spin the summer away with your friends while getting in great shape and keeping your competitive edge! This four week course is offered every **Monday and Wednesday from 4:00-5:00pm**. Run by Catherine, it all starts on July 6, 2009. Revolution members pay only \$99, or just \$129 for non-members!
 - **TEEN ATHLETIC TRAINING** with Andrew! Are you looking to take it to the next level? Have a complete fitness test and work with Andrew in groups of 3-4 people to enhance your sports performance in just four weeks! Choose either: **Tuesdays & Thursdays at 4:00pm, or Mondays & Wednesdays at 11:00am**. Members pay only \$199, or just \$225 for non-members. Program kicks off on July 6, so ask us how you can reserve your spot today!

What's New in the Clinic?

Call us to book your Physiotherapy or Massage Treatment
905-337-3000

- § Back or neck pain caused in whole or in part by a damaged disc? Try Spinal Decompression! Research shows that it is more than 80% effective in treating chronic back pain. Now available, **Spinal Decompression and Massage Therapy for just \$100!**
- § A **Hot Stone Massage** can help you relieve stress and relax like never before. Stone Therapy was practiced among Native American cultures 5000 years ago by heating a stone in the sun and placing it on the body to relieve pain. Call us to book your session of hot stone massage!

Moves of the Month

SQUATS & BENCH PRESS: Tips and Technique

For **Squats**, remember the following:

- § Place the bar in the proper position – you will feel discomfort in your neck if you are resting it too high.
- § Keep your shoulder blades back. If you have a tight chest, try stretching beforehand.
- § Breathe in before descending and hold that breath at the bottom



Did You Know?

This month's tips courtesy of Oxygen magazine's June 2009 issue.

- § Regular yoga practice can **relieve chronic pain** in addition to improving your flexibility, strength, and balance. We currently offer Yoga four times throughout the week, so come in and try a class!
- § It takes just 21 days to change or **establish a new habit**. Make it through those first 3 weeks, and you're on your way to a healthier lifestyle! If you're struggling to stay on track, try setting up some sessions with a trainer to keep yourself focused on working towards your goals.
- § Choosing the right foods could help keep you **safe from sunburn**. Pick foods like watermelon & papaya, sweet potato wedges, or bruschetta – all of which are packed full of lycopene and beta-carotene. Check out our Healthy Eating section for a great summer snack involving these foods!

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- § Do not let your knee go past your toes; keep your hips back and the weight on your heels.

The best **Bench Press** technique:

- § Keep your forearms perpendicular to the floor and your elbows under the bar.

- § At the start of the lift, in the top position, retract and depress your shoulder blades. Maintain this position throughout your set, keeping the bar above your shoulders.

- § Lower the bar to your chest (one inch above), keeping it around mid position (not at your shoulder).

Still not sure if you're maintaining proper form? Book a demo with one of our personal trainers! Call us at 905-842-7444 to book your session today.



Equipment Spotlight

BOSU BALL: Balance Training at its Best!

Long before the Wii Fit Balance Board came along, there was the BOSU ball. This versatile tool resembles an exercise ball cut in half, and offers many benefits for individuals of all fitness levels. It can help you improve your balance, endurance, flexibility, and stability through a wide variety of exercises. Try out the BOSU ball during your next workout, or book a demo with a personal trainer to learn how to integrate this piece of equipment into your workout routine! 905-842-7444



Health & Safety

SUN SAFETY: Getting a Glow without Damaging Your Skin

Follow these 5 easy tips to protect your skin this summer:

1. Choose at least an SPF 30 and apply every day – rain or shine. The sun's rays can damage your skin even on cloudy days.
2. Apply sunscreen at least 30 minutes prior to going outside and re-apply every 90 minutes (or more often), especially when sweating or swimming.
3. Choose the sunscreen most appropriate for you. If you exercise outdoors, choose a sweat-proof and waterproof option. If you have sensitive skin, choose a fragrance-free, oil-free facial sunscreen.
4. Even a slight change in skin colour can indicate sun damage. Get a safe tan from a bottle using a self-tanner or bronzer. Many brands are made to show colour gradually and are mixed with a daily moisturizer to keep your skin happy and healthy!
5. Choose workout wear that has built-in UV protection. While this will not protect you completely, it will offer an extra layer of defense against the sun's harmful rays.

Most of all enjoy summer while it's here! You know the snow is only a few months away.

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