



Healthy Eating

*Fuel for your Tank –
Calculating Your Daily
Caloric Needs*

It can be hard to determine the right number of calories your body needs to function each day. After calculating your Basal Metabolic Rate (BMR) you can determine how many calories you burn in an average day based on your activity level. You can then use that number to determine what your caloric intake should be. Use an online BMR calculator (search Google), and then plug that number into the following equation depending on your activity level:

1. Sedentary (little or no exercise):
Calorie-Calculation = $BMR \times 1.2$
2. Lightly active (light exercise/sports 1-3 days/week):
Calorie-Calculation = $BMR \times 1.375$
3. Moderately active (moderate exercise/sports 3-5 days/week):
Calorie-Calculation = $BMR \times 1.55$
4. Very active (hard exercise/sports 6-7 days a week):
Calorie-Calculation = $BMR \times 1.725$
5. Extra active (very hard exercise/sports & physical job or 2x training):
Calorie-Calculation = $BMR \times 1.9$

Recipe of the Month-

What's New in the Gym?

Call us today at 905-842-7444 for more information

- § We have a great new membership option that lets you work out for the rest of the Summer FREE! Sign up for a one year membership now and your payments don't start until September 1, 2009!
- § Thank you for your patience as we gave our aerobic studio a **new coat of paint**. It's now looking better than ever!
- § Please remember that **bikes** are to be kept on the racks outside of the gym. We have purchased a few extra locks in case you forget yours - just ask for one at the front desk.
- § Congratulations to **Rosanna Santamaria!** She is the lucky winner of a 3-month gym membership. Keep your eyes open in the club for details on our next contest in September!
- § For an extra abdominal workout, **try one of our classes! Core Conditioning, Legs & Core and Pilates** will all spice up your usual abs routine. Check out our aerobic schedule online at www.revolutionhf.com



What's New in the Clinic?

Call us at 905-337-3000 for more information

- § Our clinic is open three days a week and boasts **great hours!** Tuesdays & Thursdays from 8am - 8pm, and Saturdays from 8am - 2pm. We're sure that we can accommodate your busy schedule - call us today to book your appointment.
- § Summer is a great time to kick back and let go of life's everyday stresses. Why not further enhance that relaxed state of mind with **massage therapy?** Our registered massage therapist, Derrick Welsh, will help melt away any tension you may be carrying in your muscles. Try massage therapy today!
- § Do you have an injury resulting from over-used muscles? Conditions such as headaches, back pain, carpal tunnel syndrome, shoulder pain, and plantar fasciitis can all be resolved quickly and permanently with **Active Release Techniques (A.R.T.)**. Our acclaimed physiotherapist, Rudy Dosen, Doctor of Physical Therapy, is a certified A.R.T. therapist and may utilize the technique as a part of your physiotherapy treatment.

Whole Wheat Pasta Salad with Chicken
(Courtesy of Oxygen magazine's Summer 2009 issue)

Ingredients:
4 chicken breasts (1lb), cooked and roughly chopped
8 oz whole wheat pasta, cooked and cooled
1 cup cherry tomatoes, halved
½ cucumber, chopped
1 red bell pepper, chopped
4 oz artichoke hearts (reserve marinade for dressing)

Dressing:
1 shallot, minced
1 7-oz container Greek yogurt, reduced fat (2%)
Directions:

1. In a large bowl, combine chicken, pasta, tomatoes, cucumber, pepper, and artichokes. Mix well.
2. In a small bowl, combine dressing ingredients and stir well. Pour over salad.

Serves 4.
Nutrients per serving: 374 cal., 11g fat, 71mg chol., 188mg sod., 31g carb., 5g fibre, 7g sugar, 36g protein.



Did You Know?

You don't have to restrict calories in a big way to lose a few inches around your midsection. Shift your focus to eating foods high in **protein and fiber** to give you the energy you need while keeping you fuller longer. (Goodbye unnecessary snacking!)

Sticking to whole grains (like whole wheat bread, oatmeal, and brown rice) will not only improve your **cardiovascular and gastrointestinal health**, but boost abdominal weight loss as well! Recent studies have shown that a diet high in carbohydrates is effective for losing weight and **outperforms** a protein-focused diet when it comes to losing body fat and lowering cholesterol and blood sugar. (Beck, 14 July 2009, Globe & Mail)

Change up your abs routine by incorporating **different moves** to target them from all angles. Make sure you don't overdo it either! Your core gets a



Trainer's Tip of the Month

V-Sit with Dumbbell

Set Up: Start on your back with your legs extended and hold a 5-10lb dumbbell with arms outstretched in front of you. Inhale to prepare.

Action: Exhale, squeezing your abs to bring your legs and torso up to a "V" shape. Slowly lower, without touching all the way down, and exhale to come up again. Aim for 10-12 reps in good form.

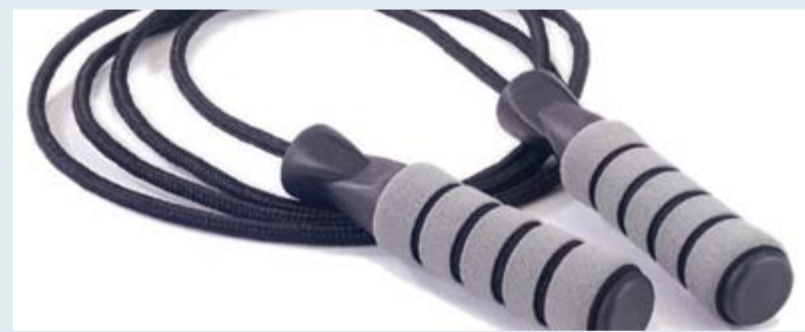
Remember that it's not just about abs-focused exercises. It is only through a combination of cardio, healthy eating, and core work that you will reduce the fat around your midsection and reveal the rock hard abs hiding beneath!



Equipment Spotlight

Skipping Rope

One of the most basic pieces of equipment we have to offer can pack a great cardio punch. Don't have time for a long cardio sweat session but still want a quick calorie burn to warm up? Try skipping! In just 10 minutes you can burn between 70-110 calories. Make sure you have the right length rope by stepping on the middle and pulling the handles taut up to your chest. If they stop in the middle of your chest, it's just right.



Health & Safety

Gym Germs: How to Avoid Them!

At Revolution Health & Fitness, we are very proud of the cleanliness of our facilities and much of this comes from the healthy habits of our members! Help us keep germs at bay by following these squeaky clean tips:

1. Wipe down your machine with the sanitizer provided before and after using it. Even better, cover it with a towel as well to avoid the transfer of any bacteria. Towel service is available from the front desk for only \$1.
2. Mind your mat! We provide exercise and yoga mats for our members, but you may also bring your own. Make sure to spray your mat with sanitizer before use to ward off germs such as athlete's foot, E. coli, and the flu virus.

Wash your hands often or use the hand sanitizer provided to stop germs from spreading.

Next Month: The Annual Revolution Fitness Open House!
Keep an eye out for more details to follow.

workout with any physical activity you do, so keep your abs-focused routine to no more than three days a week.

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