



**COME AND JOIN THE PARTY.
HAPPY 5th BIRTHDAY, REVOLUTION!
SEPTEMBER 19, 2009**

WIN A ONE YEAR MEMBERSHIP!

Simply tell your friends about Revolution. Whomever refers the most friends by Sept. 19, 2009 will receive ONE YEAR FREE!



Healthy Eating

*Essential Fatty Acids –
Why Your Body Needs
Them Now!*

Essential Fatty Acids (EFA's) are fats that are a necessary component of the human diet. Our bodies cannot produce them on their own and thus, they need to be obtained through the foods we eat. There are two groups of essential fatty acids, the omega-3 fatty acids and the omega-6 fatty acids. Fatty acids are important to our diet because they support the cardiovascular, reproductive, immune and nervous systems.

Here are a few foods that are great sources of essential fatty acids: healthy oils (flax, hemp, soybean, olive), nuts (walnuts, Brazil nuts, pine nuts), seeds (pumpkin, sesame, sunflower), avocados, dark leafy green vegetables, fish (salmon, sardines), and chicken.

*Recipe of the Month-
Almond Beer Stif Fry*

Almonds are a great source of monounsaturated fat which helps build a

What's New in the Gym?

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

- § Mark your calendars, because Saturday, September 19 is the annual Revolution Open House! Don't forget to bring your friends for a free workout and to join in the fun and festivities. Watch for an upcoming schedule of events, as well as more information on free giveaways that will be happening all day.
- § This month, take advantage of our Open House Special. Sign up for a membership by September 19 and get one month free!
- § Join us on Facebook! Search "Revolution Health & Fitness" and become a fan. Stay up-to-date on the latest and greatest things going on in the club, interact with fellow members and staff, ask questions, and show your Revolution love.
- § Congratulations to **Wendy Oldershaw and Debbie Flynn**, the winners of our Transform Challenge with Catherine. Read their testimonials later this issue!
- § Please note that Body Blast (Tuesday at 6pm) will be cancelled until September. Keep your eye out for an exciting new class coming in the Fall!

What's New in the Clinic?

Call us at 905-337-3000 to book an appointment

- § Physiotherapy & ART, Acupuncture
- § Spinal Decompression, Massage Therapy



Get Moving On Vacation

Many of you have plans to enjoy the lazy days of summer up at a cottage or away on vacation with family or friends. For most of us

stronger heart, muscles, and better endurance.

Ingredients:

1 ½ cups brown rice, uncooked
2 tsp canola oil
¾ pound sirloin, thinly sliced
2 cups stir-fry vegetables, frozen
2 tbsp reduced sodium soy sauce
¾ cup slivered almonds

Directions:

Cook the rice. Heat the oil in a large nonstick skillet or wok. Add the sliced sirloin and stir-fry over medium-high heat. Add the vegetables, soy sauce, and almonds; stir and cook for 5 minutes. Serve over the rice.

Serves: 5 people

Transform Winners – Wendy & Debbie!

Here are a few words from our members about why the Transform class works for them.

“Thank you to Catherine for her inspiring workouts. Every workout was different, using the cardio machines, weights and circuit training. I looked forward to every class and always walked away feeling great. My golf game has improved because of my fitness level and specifically my core strength. Most recently, I was able to complete a very tough sea kayaking trip with confidence and no major aches and pains because I was in shape thanks to the transform classes. Thank you so much!” - Wendy Oldershaw

“It’s like having your own personal trainer at a fraction of the cost, this along with the camaraderie of a group of friends kept workouts interesting and motivating. Thanks to our trainer Catherine, my workout partners & Revolution for making the difference” - Debbie Flynn

this is a time to kick back and relax, but can also undermine all of the hard work we have put into our diet and exercise regimen up to this point. Here are a few tips to keep those pounds off while still enjoying yourself in the sun:

- § Be aware of what you are eating and plan ahead. Try to find out where you will be eating your meals and make smart choices while you are there. Try a light summer salad with chicken for lunch! If you are going to be splurging on a big dinner, eat smaller meals throughout the day (but don't skip meals!) so that you aren't ravenous by the time dinner rolls around.
- § Try to build exercise into the activities you have planned for your vacation. Choose a hotel that has a fitness center and swimming pool. Plan fun, active things to do like swimming, hiking, cycling, kayaking, or walking through an amusement park.
- § Be careful with alcohol. It's tempting to enjoy a fresh and fruity cocktail poolside, but some can pack up to 500 calories in just one drink! Try to stick to wine or light beer and sip water in between drinks to keep hydrated

Trainer's Tip of the Month

Chisel your chest without machines
Variations on Push-ups

Beginner/Intermediate

Wide Pushup – Do a standard push-up, but with your hands wider than shoulder-width apart.

Diamond Pushup – Do a pushup with your hands close enough for the tips of your thumbs and index fingers to touch, forming a diamond shape.

Alternating Shuffle Pushup – Start in pushup position. Move your right hand to the left until your two hands are next to each other. Now slide your left hand farther left until your hands are shoulder width apart again. Do a pushup and repeat the process, this time moving to the right and doing another pushup. That's 1 rep.

For advanced exercisers, tweak these three moves by integrating a 4-8 inch box. Use the box under one or both arms to add an extra challenge.



Women & Weight Training

Myth: If a woman lifts heavy weights in a weight training program, she will get big and bulky like a female bodybuilder.

Truth: Women do not, and cannot, produce as much testosterone as males do. It is therefore impossible for a woman to gain huge amounts of muscle mass through a simple weight training routine. Unfortunately female body builders often take anabolic steroids in order to build a high degree of muscularity. Women who engage in a weight training routine without the use of steroids will get the firm and fit (and cellulite-free) body seen in most fitness shows and magazines today!

It is important for women to incorporate a weight-training routine into their regular exercise program in order to create the firm and toned shape they are looking for. In a lot of cases women focus on cardio without resistance training which can cause both fat *and* muscle to be burned for fuel, leading to a loss of muscle in the process. If you are unsure of how to get started with a proper weight training program, call us to book a session with one of our certified personal trainers! 905-842-7444



Equipment Spotlight

Resistance Bands

This versatile piece of equipment comes in many lengths and levels of resistance, but is often overlooked in favour of free weights or circuits. Here's why you should love 'em!

- § They travel well – A set of resistance bands can be easily packed up and taken with you wherever you go.
- § They add variety – Bands allow you to change your positioning in endless ways, offering a myriad of different exercises you can do with just one band.
- § They're cheap – Depending on how many you get and what kind, resistance bands range from \$6-\$25 which is great for the budget-conscious exerciser!
- § They're great for all fitness levels – Resistance bands are great for beginners as well as advanced exercisers.

Not sure how you should integrate resistance bands into your workout? Try a session with one of our personal trainers to get you started! Call us at 905-842-7444 to book your session.



Health & Safety

Stretching

Many of us focus all of our energy on the rest of our workout and forget to finish up with a round of stretching. Since most aerobic and strength training programs cause your muscles to flex and contract, stretching is an important way to end your workout. Here's why:

- n Improved flexibility – This makes a difference in your day-to-day life as flexible muscles make it easier to complete everyday tasks such as tying your shoes and lifting packages.
- n Improved range of motion – Good range of motion has excellent benefits for your balance. As you age, balance is the key to keeping you mobile and less prone to falls (and injuries).
- n Improved circulation – After a hard workout, stretching can increase blood flow to those muscles, aiding in recovery after muscle injuries.
- n Stress relief – Stretching can help relax the tense muscles that often accompany stress.

Try to integrate 10 minutes of stretching after each workout. We have a Precor stretch trainer in the club, as well as Yoga and Pilates classes offered throughout the week!