



#### Healthy Eating

*How to Beat the Holiday Bulge!*

*With Thanksgiving having just passed, and only 8 weeks until Christmas, the holiday season is fast approaching! Make sure you don't fall victim to the 10lb Holiday Bulge by following these five tips:*

1. *HAVE THE RIGHT ATTITUDE. Decide to enjoy the festivities by indulging in a few treats without going overboard to ensure you don't regret it come New Years.*
2. *EAT ONLY UNTIL YOU'RE FULL. Indulge in smaller portions of everything instead of piling your plate for 2 or 3 rounds. This tip alone will save you hundreds of extra calories!*
3. *PUT THEM AWAY. Having extra treats around for guests is great, but make sure its not you who nibbles them away before the guests arrive! Put out enough to enjoy when guests are around, and put them away when they go home.*
4. *REIGN IN YOUR STRESS LEVEL. Holidays can be a stressful time with many gatherings to attend and family coming together.*

#### What's New in the Gym?

Call us today at 905-842-7444 to book your tour!

§ Take advantage of our October special while it's still here! **Receive your first two months at just \$17 each!** Then decide which membership option suits you best with either our One Year Term membership, or our NEW Month-to-Month option.

§ We've made some changes to our aerobics schedule that we know you'll LOVE:

- We've added **Zumba twice a week** (Mondays and Wednesdays)
- New **Athletic Stretch** class on Tuesday nights
- AND you asked, we answered... **Yoga is now offered on Thursday nights** at 8:00pm starting October 22!

§ Want to check-in on your progress? Book a consultation with our NEW Fitness Consultant, Alex. Just call us to find a time that works for you.

#### What's New in the Clinic?

No injury, ache or pain is too small to be taken care of. We have a full rehabilitation clinic with acclaimed physiotherapist, Rudolf Dosen. ART, active release technique, acupuncture, spinal decompression and massage therapy are just some of the services that we offer. Walk-in or make an appointment. You do not have to be a Revolution gym member to take advantage of these services.

#### Open House

A big **THANKS** goes out to everyone who attended our open house on September 19 and helped make it such a hit!

Our **Zumba demonstration** was a great success thanks to instructor Lisa Sidorowicz and her assistants Mellie Blondel-Rainville and Amanda Robinson! Our "Old Rat Pack" proved to us that they're not all physique and flare, but true spirited athletes as they ran 3 legged and other gruelling races lead by trainers Andrew, Catherine and Scott.

The **Aerobathon** ran for two hours, and our members raised enough money to feed the children at the Rafiki Orphanage in Africa for two months! Wow! Finally, all staff was on hand to show potential new members what all the hype is about at Revolution. We're sure that they now know why our gym is **Oakville's best kept secret!**



Free time can become sparse, but don't let that stop you from enjoying some (non-food) treats like a bubble bath or a novel you've been dying to read.

5. **KEEP UP YOUR EXERCISE!** Don't give up your usual workout routine, because it will only be harder to get back into after the holidays. Make some time to catch up with friends by scheduling a "gym date" to attend an aerobics class or just work out together. Your waistline with thank you!



**Halloween class on Saturday, October 31st from 9.30 - 11am**

This will be team taught by instructors who will be featuring "That 70's Workout"

It will be a great workout, lots of fun and we hope you can all find some 70's-inspired apparel (e.g. spandex, leg warmers, headbands etc).

Make sure you bring the kids out, as there will be treats!



## Trainer's Tip of the Month

Good posture can create the illusion of dropping at least 5 – 10 pounds. So many of us lift weights with poor technique and form. Even the best of us need gentle reminders as our bodies naturally want to gravitate towards our own physiological imbalances. Check in with a trainer or book time for a fitness assessment to find out how you can take advantage of benefit assisted personal training.



## Equipment Spotlight

### *The Medicine Ball*

Medicine Ball training is one of the oldest forms of strength and conditioning training. In ancient Greece the physician Hippocrates had them sewn out of animal skins and stuffed with sand for injury prevention and rehabilitation. Mostly used for core conditioning the medicine ball will help improve total body power and co-ordination. Here are a couple of medicine ball exercises to add to your routine.

### **Eights**

Stand up, hold medicine ball over your right shoulder, arms extended.

One continuous movement bring the ball diagonally across like you are chopping wood. Bring the ball up to your left shoulder and bring down to your right foot. Continue the figure eight pattern.

### **Single leg V-ups**

Start position, lie back legs extended and arms above head, holding the ball. Head should be in neutral position. Leading with the chin and chest towards the ceiling, contract the abdominals and raise one leg up towards the ceiling. Return to start position and repeat raising the other leg. This is an advanced exercise. Try it without the ball first, or raise your shoulders off the floor without the back and build up to the full exercise to prevent injury.



*Do You Have the Autumn Blues? Try these 8 mood-boosting tips from Oxygen magazine!*

- 1. Get a workout buddy. A 2008 study found that people who exercised with friends or family were happier and stayed motivated longer than those who did not.*
- 2. Get some green for your office. Studies show that having at least one green plant in your office will make you happier than your coworkers who go without (as long as you remember to water it!).*
- 3. Exercise outdoors. The snow hasn't fallen YET, so take advantage of some cooler temperatures to get some fresh air and sun into your day (without sweating buckets).*
- 4. Paint your bedroom blue. This colour has been shown to produce a calming feeling, while colours like orange are an irritant.*
- 5. Squirt some citrus. The scent of lemon and other citrus fruits are known to improve mood. Try lemon-scented soap or lotion.*
- 6. Play with Fido. Interacting with (wo)man's best friend will reduce your stress level!*
- 7. Lower your sugar intake. Although this might be difficult around the holiday season, sugar gives you energy first and leaves you with a crash later (making you both tired and grumpy).*
- 8. Play games. Take advantage of cooler temperatures by playing a puzzle or word game indoors to reconnect with family.*