

Active Living For Life!

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2009

ISSUE 1

“Those who think they do not have time for bodily exercise will sooner or later have to find time for illness.”

Edward Stanley

Your questions, answered:

How do I lose stomach fat?

An important concept to understand is that spot training does NOT work. Doing abdominal exercises will develop the muscles and increase your core strength & endurance but it will not necessarily lose belly fat.

You may have well developed abdominal muscles, the question is what's on top of it? When you burn more calories than you consume, the fat will come off, but in no set order. You may lose it from the stomach, or legs...anywhere is fair game.

Supplementing cardio with resistance training will provide the most beneficial results.

Different body types are predisposed to greater amounts of abdominal fat, but don't be discouraged...with healthy eating and activity habits, it can be lost!

Remember, having strong core muscles and a healthy body composition can reduce your risk of low back ailments!

Why am I sore after a workout?

This is called Delayed Onset Muscle Soreness (DOMS), and refers to the pain or discomfort felt after a strenuous bout of exercise. DOMS can cause stiffness, swelling, temporary strength losses and pain, typically peaking 24-72 hrs post exercise. It's normal for your muscles to be slightly sore and tired immediately after your workout, however, when you wake up a day or two later and are still experiencing muscle soreness...this may be DOMS at its best (or should we say worst)!

The exact cause of DOMS is not known, however the type of muscle contraction can be a key factor. Eccentric movement (lengthening of muscle fibres) found in downhill running or the downward movement of a squat has been shown to produce more severe DOMS.

Don't get excited...this is not an excuse to avoid these types of exercises or take it easy during your workouts from here on out!

A proper warm-up and cool-down may help to reduce DOMS. Progressively increasing the intensity and or volume of your workouts can also help to minimize muscles soreness and discomfort. Consult a fitness attendant or personal trainer for more information on how to progress your workouts safely and effectively.

Muscle of the month: Gluteus Maximus

Muscle Actions:

- Hip extension (moving leg backwards)
- Hip Rotation (pointing toes out)
- Hip Abduction (lifting leg to the side)

Stretch

- 1) Lie on back
- 2) Bring your left knee in towards your chest placing your right hand on your knee and your left hand over your ankle.
- 3) Pull your knee in closer to your chest and towards the opposite shoulder, until you feel a gentle pull (not pain).
- 4) Hold for 20-30 seconds, with relaxed breathing. Repeat on right side.

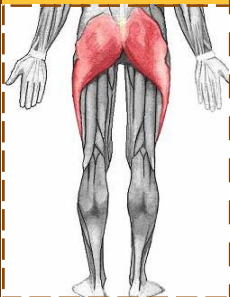
Machines that target Glutes:

- #2- Machine leg press
- #10, #24- Multipurpose hip

Free weight exercise—single-leg step-up

- 1) Put one foot in center of raised platform, so knee is at 90° or lower (this is lead leg).
- 2) Push through lead leg to slowly straighten hip and knee to move the body to standing position on platform.
- 3) Stand erect and pause before slowly descending to starting position.

Consult your Fitness Attendant for guidance and further details



Healthy Snack Ideas:

Jen's pick:

Cracked pepper & olive oil Triscuit Crackers (6)
1/2 can Light Tuna packed in water
1 Tsp yellow mustard
1 diced Dill Pickle

Mix the tuna, mustard and pickles together and eat with crackers for healthy snack packed with protein!

Approximately 220 calories; 4.5 g fat, 24 g protein, 20 g carbohydrates



Michelle's pick

Pre-workout:

3/4 cup yogurt with banana
Approximately 200 calories; 0.4 g fat; 11.3 g protein; 41 g carbohydrates.

Michelle's pick Post-workout:

Whole wheat peanut butter (organic, dry roasted) sandwich with a glass of skim milk.
Approximately 400 calories; 18 g fat; 24 g protein; 41 g carbohydrates.

Get the most out of your membership!

A series of exercise "how-to's" will be offered daily in the grotto to help you enhance your fitness experience!

Whether you're new to the gym and would like to know how to get started or you're a faithful member looking for something new...



Check out the class descriptions and schedule at the Fitness Attendant desk or at www.bisonactiveliving.ca



Beat it!

Many studies have shown that listening to music increases aerobic performance by up to 15%, dilates blood vessels, and improves the mood of subjects.

If you're feeling lethargic in the gym, maybe a new play-list is what you need!

Here are the top 5 workout songs from a few gym members and staff.

Ulla, Coordinator Fitness & Lifestyles

- **Hips don't lie**—Shakira
- **Dancing Queen**—Abba
- **Promiscuous**—Justin Timberlake
- **Always on my mind**—Willy Nelson

Erin, Education

- **Whigfield** - Saturday Night
- **System of a Down** - Chop Suey
- **Dropkick Murphys** Shipping off to Boston
- **Timbaland** - The way I Are
- **Eric Prydz** - Call on Me

Derek, Med. Rehab

- **Our Lady Peace** - All you did was save my life
- **Black Eyed Peas** - Boom Boom Pow
- **Bill Currington** - People are Crazy
- **Keri Hilson f/ Kanye West** - Knock you Down
- **Eminem** - Beautiful

Alex, Fitness Attendant

- **Amon Amarth** - Twilight of the Thundergod
- **Blink 182**—Online Songs
- **Basshunter** - Now You're Gone
- **Three Inches of Blood** Deadly Sinners
- **Ensiferum** - From Afar