

URBAN

WELLNESS CENTRE

vital ENERGY! news

UPDATE #3

SPRING 2010



Spring into Action!

Spring is fast approaching and that often means a time of change and new beginnings! In this edition you will find tips to eating more frequently throughout the day from our dietician Phyllis, and springing into action in terms of revisiting your New Year goals with our life coach Tracy.

Our membership is growing and so is the demand for our great services! Our dietician is now here a full day a week (Mondays from 9-5) and all Urban Wellness Centre members now receive her services at half price.

Beginning in April, we have added an additional YOGA class with our fantastic new instructor Tally on Fridays at 1 p.m. Do not miss our CrossFit style demo workout taught by Pascal April 6th at 11 a.m. it will be amazing!

2010 is off to a great start at the Urban Wellness Centre it's going to be a great year!

Check out our website frequently for updates at www.urbanwellnesscentre.ca

OUR FEATURED MEMBER

-Garth Leopky-



I am a Senior Case Manager at Manitoba Public Insurance by day and a Hockey Official by night. I grew up playing hockey in Portage la Prairie and after briefly playing Manitoba Junior hockey, began officiating. In the rural area, there are many opportunities for officials to stand out and after only 2 months, I was working as a Linesman in at the same level as I had played.

I have been very lucky to have the opportunities in officiating that I never had as a player. I have officiated in the IHL and AHL for the past 12 years including an All Star game and the Calder Cup finals. I have worked in Hockey Canada's University Cup, Royal Bank Cup (Junior A), Allan Cup (Senior), World Junior A Challenge and World Under 17 Championship.

For me, my eyes were first opened up to the fitness level required to perform at an elite level at the age of 22. It was my first foray into resistance training as I was determined to officiate professional men's hockey. It was a daily commitment to diet, strength training and mental preparation. My preparation paid off when the IHL's sole focus on selection was on fitness and skating skill. Their spirit was that they could teach the rest.

Over the years while finishing University, moving onto married life and eventually becoming a father, it was easy to allow personal fitness to take a back seat. Admittedly, I took it for granted for many years. However, with another national championship heading back to Manitoba in May of 2010, I needed a renewed focus on my fitness and found it with the opening of the UWC.

Like few other sports, a hockey official skates over 7 miles per game over the course of all 60 minutes. We need to maintain an ability to recover quickly, prevent injuries, intervene in altercations and maintain our speed/agility while not allowing our mental focus to wane. Our personal fitness allows us to do so. It also takes a strong commitment in order to get up the next morning, work all day and then head out again the next night and perform at a high level.

One of the adaptations I have made over the years is the implementation of supplements to my diet. I have spent much time and energy trying to understand why my legs would cramp and be painful to the point of impairing my performance. It was my sister-in-law, a Certified Athletic Therapist who pointed out to me that I wasn't taking my post exercise recovery serious enough. Once taking glutamine and a protein supplement post exercise, my legs began feeling 10 years younger almost immediately.

I have always felt like an athlete and take the commitment to being the chief integrity officer of a hockey game seriously. Just like preparing your mind, you must also prepare your body. Once your mind and body are prepared and you are certain that they will not fail you as the competition gets intense, only then will you be able to focus fully on the task at hand.



AVAILABLE SERVICES



Your time is valuable.... improve your health and fitness in less time!

- **Fitness Testing**

- A fitness and lifestyle appraisal that will give you information about your body's current physical condition. Physical tests include: Body Composition, Aerobic Fitness, and Musculo-Skeletal Fitness. This is a great benchmark for future comparisons and allows more definitive personalized goal setting.

Rate: \$60



- **Personal Training**

- Spend your workout time more efficiently! Reach your personal fitness goals more effectively, injury free and at a faster rate! Your Certified Personal Trainer designs a program based on your schedule and specific fitness goals.

Rates:

\$50 /session

5 session package \$200 (*changes hourly rate to \$40*)

10 session package \$300 (*changes hourly rate to \$30*)

Call 949-1846 to schedule your appointment.

- **Massage Therapy**

- book your appointment in the book on the reception counter just outside of the massage room or call 949-1846.
- Olivia is available for appointments Tuesdays, Wednesdays and Fridays.

Member Rates:

55 minutes= \$40

25 minutes= \$30

Non-member Rates:

55 minutes=\$50

25 minutes= \$40

Both therapeutic and relaxation massage is available.

Receipts available upon request. \$10 charge for failure to cancel with 24 hours notice.

Gift certificates are available for purchase.

Nutrition and Health Corner *with Phyllis Reid-Jarvis*



Should you Eat Three Square Meals or Six Small ones per Day?

Many of my clients have questions regarding whether or not they should incorporate snacks as part of their balanced approach to health. Conversely, many are of the opinion that snacking should not be part of the Game Plan for Wellness. There is some truth to this. If you choose high-stress snacks such as chips, candies, regular baked products, colas and soda, as well as unlimited amounts of sweetened beverages, then you are fighting an uphill battle to achieve balance. Also, if the size of your snacks is similar to that of a regular meal, then you have set up a barrier to achieving your health goals.

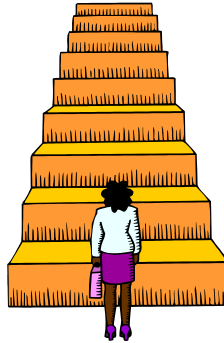
The amount of difficulty associated with getting and preparing foods will also dictate how much and how often one eats.

If food is easy to obtain, we tend to prefer eating our meals as a large number of small meals. Fewer but larger meals tend to be eaten only when there is a lot of cost associated with getting and preparing the smaller meals. This seems to be an inherent preference in all species when studied. So, it looks like *humans on the whole are programmed from birth to eat a large number of small meals.*

Given the wide availability of tasty, safe foods in Western cultures, we should all be eating larger numbers of smaller meals. On top of that, we have many time- and labour-saving devices to help us in preparing our meals.

The above is an excerpt from Solutions for Health, Phyllis Reid-Jarvis
To read more about this and many other topics about health, food and wellness see Solutions for Health available at the Urban Wellness Centre. Pick up your copy today and start investing in your greatest wealth, your health.
Dietitian Services **available onsite** on Mondays at the Urban Wellness Centre!
Sign up in the schedule located on the reception counter. *UWC members receive half price services!*

Life Coaching *with Tracy Hermann*



Picking that Perfect Goal

So you've made it through another winter and with the start of the New Year came the promises you made to yourself to stop procrastinating and to become the individual you want to be. You know what I mean, one of those people who will look back in their old age without regret, someone who has found their purpose in life. You took your goal off the shelf, dusted it off, embraced it and are living it. If this is your story then I congratulate you as you are part of a very select group! Well done! For those of you who are energized now with the mild, sunny weather but are still trying to figure out which goal to dust off, it may be time to do a little introspection.

Most of us have goals that we have not yet met whether they are personal goals around relationships, spirituality, education, health, hobbies, fun or physical fitness or professional goals like career and finances. To help you prioritize your goals, consider your accomplishments in life and decide which ones have brought you the greatest personal satisfaction. Be honest with yourself. This is no time to pass judgement. Use this information to give you a better understanding of the things that really make you happy. Take the time now to assess your goals and make sure that the ones you have selected will bring you true fulfillment. We have all done some wonderful things in our lives but not all of them have really made our hearts sing. This spring, pick a goal that will feed your soul. Achieving it will help you grow and take you one step closer to understanding your own unique purpose.

Tracy can be reached at 771-1564 or at tracyhermann@shaw.ca for consults.



Upcoming Events

April

- 10% off life coaching services with Tracyō .set a goal for Spring!
- CrossFit style demo class Tuesday April 6th at 11:00 a.m .

May

- get a co-worker or friend to join and receive a free UWC water bottle

Featured Resistance Training Exercise

Dumbbell Lunges with Crossover


- 1) Start position: Stand with feet hip width apart. Grasp DB's and hold out in front of body.
- 2) Step forward 2-3 feet forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury. As you are lunging swing dumbbells across body towards the hip.
- 3) Pushing off front foot, return to start position with legs and dumbbells.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.
- 5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.



Fitness Class Corner



Spring Fitness Class Schedule *effective April 1, 2010*

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
11:00 – 11:45	Level 1 Yoga Tally	CrossFit Style Workout Pascal	Hard Core Circuit Erica	Body Weight Resistance Kathryn	Core Power & Muscle Up Erica
12:00 – 12:45	Body Weight Resistance Kathryn	Guts & Butts Deb	Cardio Craze Erica	Low Impact Deb	Hard Core Circuit Erica
1:00- 1:45	Hard Core Circuit Kathryn		Core Power & Muscle Up Erica		Level 1 Yoga Tally
4:45 - 5:30	Boot Camp Erica	Level 1 Yoga Tally	Fusion Kathryn	Guts & Butts Diva	Happy Weekend! 

See next page for class descriptions

- All classes are 45 minutes in duration to allow you to get back to work on time
- Please be courteous to fellow members and ensure that you are on time for class
- Please refrain from wearing strong perfumes/colognes to be respectful of individual allergies

Thank you for your cooperation in making our classes pleasant for all!

Bring a friend or co-worker to class with you for a free trial session.

Fitness Class Descriptions:

Level 1 Yoga: this class introduces the beginner to yoga poses and allows the intermediate Yogi to continue the base of their practice. This class incorporates sun salutations and standing poses to improve both your posture and flexibility. Please bring your own yoga mat to class.

Hard Core Circuit: work your butt off in this 45 minute high intensity circuit focusing on functional training for everyday life! Cycle through stations spending a minute at each. This workout is for intermediate to advanced participants. Please take the first 5 minutes to warm up on a piece of cardio equipment.

Guts and Butts: spend 45 minutes working on toning your middle and your buttõ .two areas of concern as we age! Fight gravity in this challenging workout that will keep you coming back for moreõ suitable for all levels of fitness.

Cardio Craze: intermediate to advanced levels of fitness can take part in this hi/lo cardio workout that will leave you energized and ready to tackle your day. Includes abdominal and flexibility components.

Low Impact: beginner to intermediate fitness levels can participate in this low impact class that will work to improve your fitness with great moves and music!

Core Power and Muscle Up: A full body resistance training workout that gets your metabolism revved up for maximum calorie burning! Open to all levels of fitness. Variety of equipment will be uses including hand weights, bosus, medicine and stability balls.

Fusion: the best of everything! Power cardio workout, core, resistance training and yoga stretching to finish things off.

BWR (Body Weight Resistance) Workout: utilizing your own body weight creates a great functional workout that transfers to every day life. An awesome cardio and resistance training experience. Just bring yourself!

Boot Camp: a fast-paced workout of challenging drills to blast your cardio and muscular systems. Take your fitness to a new level and push yourself harder! Go for it!!

CrossFit Style workout: functional movements targeting all fitness modalities..flexibility, accuracy, stability, endurance, strength, power, speed and agility

Gym Etiquette...gentle reminders!

- Please wipe off benches and equipment after use. Cleaning solution is in bottles located on the shelves of the t.v. columns
- Please return all weights to racks after use
- Please use cardio sign up during busy times (located on first column under t.v.) and limit your time to 20 minutes

Please contact Kathryn at 949-1846 with suggestions or comments, or email

info@urbanwellnesscentre.ca

“THANK YOU FOR BEING A MEMBER OF THE URBAN WELLNESS CENTRE”