

# URBAN

## WELLNESS CENTRE

### vital ENERGY! news

UPDATE #7

SPRING/SUMMER 2011



Welcome to the 7<sup>th</sup> update of our vital ENERGY news!

We would like to thank everyone who stopped by the membership appreciation day in February. Keep in mind the **Referral Program** that commenced that day. For every 3 new members that you refer and who purchase a membership, you will get one month free added to your current membership. If you have not already done so, stop by to pick up the referral cards in the office.

Check out our website frequently for updates at [www.urbanwellnesscentre.ca](http://www.urbanwellnesscentre.ca)

**The Urban Wellness Centre is now on Facebook and Twitter!!!**

<http://www.facebook.com/pages/Urban-Wellness-Centre/203057909706613?ref=ts>

<http://www.facebook.com/pages/Urban-Wellness-Centre/203057909706613?ref=ts#!/group.php?gid=67193545940>

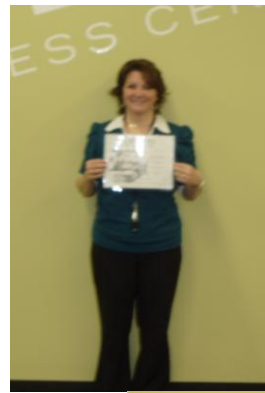
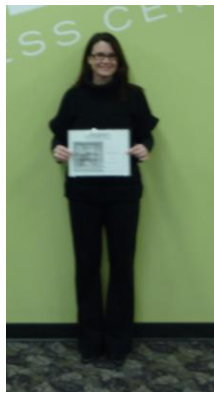
# Congratulations to the winners of the 1<sup>st</sup> annual Pounds Off Challenge!

First Place Individual - Lianne Gauthier  
2nd Place Individual - Mavis Milroy  
3rd Place Individual - Stacey Oliferchuk

First Place Team – Alison Caldwell, Danielle Robinson, Rennie Stonyk  
Second Place Team – Erin Polcyn, Anna Placido-Hanke, Travis Homesen  
Third Place Team – Natalie Dixon, Lana Wilde, Marianne Sta Rosa

Individual Highest Body fat % lost - Stacey Oliferchuk

Team Highest Body Fat % lost – Rhonda Spatt, Ryan Wiebe, Monica Hunt



*A total of 444 pounds was lost!!  
Congratulations to everyone and keep up the good work!*

# URBAN

WELLNESS CENTRE

Ph: 949-1846

## Summer 2011 Fitness Class Schedule (effective June 1<sup>st</sup>)

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
11:00 – 11:45	<b>Level 1 Yoga</b>  <b>Regan</b>		<b>Hard Core Circuit</b>  <i>Erica</i>		<b>Core Power &amp; Muscle Up</b>  <i>Erica</i>
12:00 – 12:45	<b>Core Power &amp; Muscle Up</b>  <i>April</i>	<b>Low Impact</b>  Deb	<b>Boot Camp</b>  <i>Erica</i>	<b>Guts &amp; Butts</b>  <i>Deb</i>	<b>Cardio Craze</b>  <i>Erica</i>
1:00- 1:45	<b>Boot Camp</b>  <i>April</i>	<b>Fusion</b>  <b>Kathryn</b>	<b>Bosu Blast</b>  <i>Erica</i>	<b>CrossFit Style workout</b>  <i>Kathryn</i>	<b>Low Impact</b>  Erica
4:45 - 5:30		<b>Level 1 Yoga</b>  Gillian		<b>Guts &amp; Butts</b>  <i>Diva</i>	

## **Living Your Healthiest and Happiest Life Possible: Eat Less to have More**

According to Dr. David Niven, author of the *100 Simple Secrets of Happy People*, fruit eaters feel good about what they eat, are less interested in eating junk food, and ultimately feel better about themselves. In his book, he makes the case for eating fruit by stating that eating fruit is associated with an 11% higher likelihood of feeling capable and satisfied.

### **The Problem with Eating too Much of the Wrong Types of Food:**

What you eat can cost you a lot of money on many levels. Choosing high stress foods will cause you to lose energy. This will show itself in the form of feeling sleepy, tired, head in a fog feeling, difficulty concentrating and as a result a decrease in your productivity and creativity. This is where choosing to eat the wrong types of foods will cost you a lot of time and money.

**Why Don't People Consistently Eat Less To Have More?** My experience over the past 17 years has shown me that the average person will make winning food choices given a normal, non-stressful life. This same person is likely to blow the gains from eating well when faced with challenges- tight deadlines, competing priorities, difficult co-worker and/or client, loss etc. The reason for this comes from not establishing firm healthy eating habits.

**How does eating fruit (and vegetables) fit in with eating less to have more?** The connection is that by eating more plant-based foods, you end up eating a lot more food for far fewer calories. Said another way, you gain more by eating less calories- this is a great win!

### **Solutions for Living your Healthiest and Happiest Life Possible:**

1. Keep the Healthy Eating Schedule (See *Solutions for Health* for more information) in mind. This schedule guides you to eat as follows: Red meat-1x per week; Poultry-2x per week; Fish – 3x per week and Vegetarian meals (beans, lentils, tofu, nuts/seeds etc) 3-4x per week.
2. Remember to make half the food on your plate a plant-source- vegetables, and ¼ whole grains and the other ¼ lean meats, fish and poultry.
3. Try and eat a mostly plant-based lunch meal every day. Choose nuts, legumes, and soybean products as your protein source. Combine them with one of the many salads I suggest in my *How To Eat More Plant-Based Foods Guide*. You will have high energy level throughout the day, not get hungry at all and this is because you won't suffer from the afternoon slump that comes from eating the wrong the way.
4. If you can (those with diabetes and taking insulin or pills will need some source of carbohydrate food) omit the starchy foods such as breads, buns, bagels, rice and pastas at lunch. Use the natural carbohydrate found in nuts, seeds and vegetables as your source of energy.

### **What are the benefits of following the above solutions?**

You will feel fuller longer and are less inclined to overeat. This is one way in which to control your weight. The biggest benefit of all is the increased energy you will have when you choose to eat in this winning way.

Excerpt from *Solutions for Health*, by Phyllis Reid-Jarvis, RD,CDE, Life Coach

### **“Choose nuts\_ they are nutritional powerhouses!**

You may think that nuts and seeds are fattening. They do contain fat, but the kind that does not cause your cholesterol level rise. In addition, they are high in fibre and anti-oxidant vitamins such as A, C, E and beta-carotene, which is converted to carotenoids in your body; as well, they are full of B-vitamins that play a role in energy production within our bodies”. -Phyllis Reid-Jarvis ; onsite Dietitian Urban Wellness Centre

# Fee for Services Schedule 2011

- **Massage Therapy**

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

**RATES:**

UWC Members

**55 minutes= \$50**

**25 minutes= \$30**

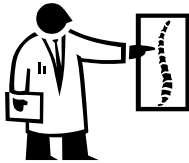
Non-member Rates:

**55 minutes=\$60**

**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.



- **Chiropractic Care**

**Dr. Sasha Kamani** is working out of the massage room on Thursdays from 12:00 p.m. until 1:30 p.m. His appointment clipboard is located on the reception desk. Receipts and direct billing available.

**RATES:**

\$35 initial exam

\$30 treatments

( Non-UWC members pay \$5 more per session )

**Call 949-1846 to schedule your appointment.**

# Fee for Service Schedule

## Fitness Professional Services

Personal Training	Member	Non-member
Initial session: (60 min)	\$68.25	\$78.75
Follow-up: (45 min)	\$52.50	\$63.00
Package of 5	\$236.25	\$294.00
Package of 10	\$420.00	\$525.00

Fitness Testing	Member	Non-member
	\$63.00	\$78.75

Packages	Member	Non-member
Starter fitness Package	\$115.25	\$131.25

## Professional Life Coaching Services

	Member	Non-member
Single Coaching Session:	\$75.00	\$110.00
Package of 5	\$359.00	\$495.00
Package of 10	\$649.00	\$880.00

Laser Coaching (15 minute sessions)	Member	Non-member
Face to Face:	\$15.00	\$19.00
Telephone:	\$13.00	\$17.00
Email:	\$10.00	\$15.00

## \*Dietitian Services

	Member	Non-member
Initial session: (45 min)	\$68.25	\$89.00
Follow-up: (30 min)	\$37.00	\$59.00
Package of 5	\$175.00	\$275.00
Package of 10	\$319.00	\$529.00

Diet Analysis	Member	Non-member
	\$75.00	\$95.00

Packages	Member	Non-member
Starter Nutrition Package	\$229.00	\$279.00

## \*Combination Services

	Member	Non-member
Wellness Package	\$69.00	\$89.00
Balanced Package	\$123.00	\$161.00

Relaxation Package	Member	Non-member
	\$144.00	\$189.00

Create your own package	Member	Non-member
Choose any 3 services	12% rebate	10% rebate

\*80%-100% coverage by most insurers. Check your coverage.  
GST included in all services.

\*Speak to an Urban Wellness Centre team member for information on all services.  
Corporate Packages available: [www.urbanwellnesscentre.ca](http://www.urbanwellnesscentre.ca)

## Corporate Offerings

Life coaching  
Onsite Fitness and Nutrition Consultations  
Group Workshops/keynote speaking  
Worksite Wellness Programs

Call 949-1846 for details

# Press Pause for a Stretch Break

By Kristine Hayward,  
Winnipeg *in motion* Coordinator

**Y**ou know the feeling. You've been stuck at your desk for hours, and your body is stiff and achy. You're finding it hard to concentrate, and every time you look at the pile of work on your desk you tense up even more. When you do finally get up from your chair your knees creak, your muscles

ache and your first few steps make you want to sit down again. It's an exhausting cycle.

Fortunately, there are some simple stretching exercises you can do at your desk to help you stay loose, relaxed and tension-free. Make a habit of doing these quick and easy stretches every day and your whole body will feel better. They're don't require any equipment or experience to do.

## *Stretching the stress away*

Stretching at your desk combined with deep breathing can help you to relax and concentrate at work. Hold each stretch for at least 10 seconds, or to a point where the tension seems to melt away as the muscle relaxes. Be sure to stretch slowly, avoid bouncing and stretch only as far as you feel comfortable. You should never feel any pain when stretching, but rather a slight pull or mild discomfort. If you have time, try to repeat each stretch at least two times.

## *An easy beginner stretching routine*

Ready to add some stretches to your day? This easy beginner stretching routine will help keep the aches and pains away.

For additional information and helpful hints on how to put physical activity back into your day, visit the Winnipeg *in motion* website at [www.winnipeginmotion.ca](http://www.winnipeginmotion.ca) or call the *in motion* Info line at 940-3648.

Thank you to Sharon Walters, Tannis Pratt and Jim Legeros for modeling stretching exercises.



Physical Activity - do it for life!

[www.winnipeginmotion.ca](http://www.winnipeginmotion.ca)



**Wrist, Hand and Forearm Stretches**  
Extend one arm out in front of your body, parallel to the floor with the palm facing up. Apply gentle pressure on the palm of your hand, pulling it gently back towards you to feel a gentle stretch through your wrist.



**Chest and Shoulder Stretch**  
Clasp your hands together behind your head, keeping your head in a neutral position looking straight ahead. Pull your elbows back, while thrusting your chest out.



**Triceps Stretch**  
Stretch your triceps by raising your arm up near your head and bending at the elbow. Gently apply pressure with your opposite hand and hold the stretch.



**Back and Forearm Stretch**  
Sitting tall, clasp your hands together and press your arms directly out in front of you. Hold for 10 seconds.



**Neck Stretch**  
Look straight ahead with your shoulders relaxed, not raised. Tilt your head to one side and press your opposite palm towards the floor. Hold for 10 seconds and repeat on the opposite side.



**Hamstring / Lower Back Stretch**  
From a seated position, extend one leg out with your toes pointing straight up towards the ceiling. With a straight back, lean forward from the hips and reach down your leg until you feel a slight pull. Hold for 10 seconds and repeat on both legs.