SEPTEMBER 2020

RETURN TO WORK

The end of a seemingly sedentary safety procedure.

Stay tuned to the website for October's fitness challenge!

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WESTERN CANADIAN PLACE
FITNESS CENTRE

Relax & Renew

Karen Matheson, RMT.

MONDAY 10 - 5:30 pm
WEDNESDAY 10 am - 2:30 pm
FRIDAY 10 - 5:30 pm

60-minute massage starting at $85 + GST.

Scan QR code below to book your session.

WESTERN CANADIAN PLACE FITNESS CENTRE

GETTING BACK INTO FITNESS

A guide to get started at Western Canadian Place Fitness Centre.

After a few months of you contemplating starting an at home workout regime, or scheduling a 6 am run every morning, we are here to tell you something - don't give up! Working in the fitness industry, we know some people struggle to find their motivation to be physically active enough times in a day let alone meet the recommended weekly amount for adults.

Now we find our selves amidst a pandemic, and it gives us one extra reason to say "maybe my fitness goals weren't meant to be". Let me be the devil's advocate here and tell you that physical activity is for everyone. Everyone can benefit from the foundations of a good exercise routine.

Here are 5 easy ways to get started at WCP:

1. Learn about the benefits of being active versus sedentary.
2. Find activities you thoroughly enjoy (doesn't always have to be running on a treadmill).
3. Book your time slot during a time you're less busy or less productive at work (afternoon, before/after work) .
4. Find a buddy and attend a fitness class together, classes are complimentary to your membership at WCP.
5. Book an orientation and complimentary program by one of our team members, who are all university educated, and CSEP certified.

Come visit us any time or call down to inquire about the facility and membership.

Last, but most certainly not least, the staff at the WCP fitness centre have worked tremendously hard to open up the gym and continue offering services in the safest way possible. Please adhere to our new protocols so that our members can focus on their health and fitness goals while using the facility.

We look forward to welcoming you back!

> **AT A TIME LIKE THIS, IT'S VERY IMPORTANT FOR PEOPLE OF ALL AGES AND ABILITIES TO BE AS ACTIVE AS POSSIBLE.**
>
> - World Health Organization

IMPORTANT:
The 60-minute Gym Access bookings include your time spent in the changeroom. Please respect the WCP staff by leaving the facility ON TIME.

ACTIVITY RISK RANKING

The Government of Canada has a great resource outlining the most effective ways to adjust to our new normal while maintaining your safety.

CLICK TO VIEW

Fitness centres are rated as high-risk level for exposure, and for this reason, we approach member and staff safety with industry-leading standards. We welcome you to book a tour with us when you are ready to come back so we can introduce you to our new protocols in the fitness centre. Call (403) 662-2240 or e-mail one of our staff members below.

KORY

General Manager
kory.conrad@wcpfitness.ab.ca

RAY-ANN

Program Coordinator
rcaffery@healthsystemsgroup.com

ANNIE

Office Manager
info@wcpfitness.ab.ca

Tired of hauling your workout gear to and from work?

Good news, we rent lockers and tote boxes!
Inquire with a staff member to set one up.

** Locks included in rental price.

LIVE CLASSES ARE BACK!

SCHEDULE

EXERCISING OUTDOORS

Although the weather is beautiful at this time of the year, there is always a bit of a risk when you exercise in heat. Your body will be working harder to cool your skin and internal organs and therefore it may feel like a more difficult workout.

With increased perspiration, you will be losing more electrolytes. You should consider hydrating with an electrolyte substance before and during your workout. If you wait too long, your body will be less absorbent to the fuel. In extreme cases, this lack of fuel will cause heat exhaustion or heat stroke.

If you have fueled appropriately and you aren't feeling lightheaded, nauseous, large amounts of cramping or irregular breathing, you are probably okay. Getting outside can make for an incredibly peaceful exercise experience and may decrease your proximity to those carrying COVID-19.

> **TARGET 800 TO 1200 MILLILITERS PER HOUR, WITH 700 TO 1500 MILLIGRAMS OF SODIUM PER LITER**
>
> - Jason Machowsky, RD

MOVE OF THE MONTH

Pike Push Up

How do you perform this exercise?

1. Get yourself into your best Downwards Dog: begin in high plank then press your hips up and back. (It's okay if your knees are bent and your heels are off the ground.)
2. With your hips piked up in the air, bend at your elbows until your forehead or nose approaches the surface beneath you.
3. Finally, press the surface away from you and repeat steps 1-2. Repeat 10-15 times for 3 rounds.

What muscles are used?

- deltoids
- triceps
- pectorals
- serratus anterior
- core stabilizers

How can you modify it?

- Make it HARDER
  - place an elevated surface under your feet (bench, step with risers, bosu ball, etc.)
- Make it EASIER
  - spread feet further apart for more stabilization

Kale Salad with Maple-Roasted Pecans

A recipe from Andrea @ Nourished Freedom
nourishedfreedom.com

Serves 4.

Ingredients

- 1 bunch (about 5 large stalks) of kale
- 2 large cloves of garlic, minced
- 1/4 cup (60 mL) freshly squeezed lemon juice (about 1 extra-large lemon)
- 3 to 4 tbsp (45 to 60 mL) extra virgin olive oil
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) freshly ground black pepper
- 1 tsp (5 mL) maple syrup, to taste (optional)
- 1/2 cup (125 mL) Maple-Roasted Pecans (see recipe below)
- 1/3 cup (90 mL) dried cranberries or dried cherries, for garnish

Method

1. Rinse the kale leaves and pat dry. Create a ring with your index finger and thumb pull the leaves from the stem in an upward motion from the base of the stalk. Discard the stalk. Using a chef's knife, remove the smaller ribs. Chop kale into small, bite-sized pieces and place in a large bowl.
2. To make dressing, combine garlic, olive oil, lemon juice, salt, pepper, and maple syrup (if using) in a mason jar. Shake or whisk until combined.
3. Pour dressing over kale. Give the kale a luxurious massage, 30 seconds or longer, until the kale is completely coated and softened.
4. Mix in dried cranberries and maple-roasted pecans. Serve and enjoy!

Maple-Roasted Pecans

Makes 1 1/2 cups.

Ingredients

1 1/2 cups pecan halves
2 tbsp (30 mL) maple syrup
1 tbsp (15 mL) melted butter or coconut oil
1/2 tsp (2.5 mL) ground cinnamon
1/4 tsp (1 mL) salt

Preheat oven to 325 degrees and line a baking sheet with parchment paper. In a medium bowl, combine pecans, maple syrup, melted butter or coconut oil, cinnamon, salt and stir until well combined. Spread coated pecans on a single layer on the parchment-lined pan. Bake for 10 minutes, stir pecans, bake for an additional 7 to 10 minutes. Be careful not to burn them. Let cool completely.

RESOURCES

1. Stay active at home & get your required amount of exercise in

2. Exercise and Physical Activity Ideas

3. Risk Ranking of Activities

4. Exercising in Dry vs. Humid Heat

5. Recent Recipes (Andrea)

ADDITIONAL RESOURCES

1. Back to School

2. Arthritis Awareness Month

3. Ovarian Cancer Awareness Month

LIV NORTH