



*The friendly place to workout*

# Newsletter

April 2021

## FROM THE OWNER

It looks like Spring is here, early I think. I've told Larry not to put away the snow blower yet; last year he put it away and we got more snow. I'm not sure if that has anything to do with it, but let's not take any chances lol.

Get the most out of your membership. Get in the habit of coming in and doing a workout; it could be at the beginning of your day, lunchtime, after work, after the kids are in bed, whatever works for you. It can be for 20 minutes or an hour or more. Whether you come in by yourself or have a buddy to help encourage you, this is YOUR time, a time for YOU. Don't you deserve it?

We aim to keep this facility a clean, safe, and friendly place to workout. We thank you for your comments and suggestions.



keep well, stay safe and keep smiling  
Cathy & Larry

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### Some Simple Tips to Make Your Diet Healthier

#### Eat Eggs, Preferably for Breakfast

Eggs are incredibly healthy, especially if you eat them in the morning. They are rich in high-quality protein and many essential nutrients that people often don't get enough of, such as choline. When looking at studies comparing various types of calorie-matched breakfasts, eggs come out on top. Eating eggs in the morning increases feelings of fullness. This has been shown to cause people to consume fewer calories over the next 36 hours, which can be quite helpful for weight loss. One study in healthy and fit young men showed that eggs caused significantly more fullness, less hunger and a lower desire to eat, compared to a breakfast consisting of cereal or croissants. In fact, the men who had eggs for breakfast automatically ate 270–470 fewer calories at lunch and dinner buffets, compared to those who ate other breakfasts. Therefore, simply replacing your current breakfast with eggs may result in major benefits for your health.

*More next month*

## Happy Easter, Happy Spring



*"It's hard to beat a person who never gives up." – Babe Ruth*

### Our Mission:

*To provide a clean, safe, friendly facility for anyone wishing to improve their health through exercise.*

### DISCLAIMER

Tips published in this newsletter are derived from other sources and are neither supported or discouraged by the owners, managers, and staff of Chances Fitness Centre. Use your discretion if/when using them.



08 Angie                      22 Gail D  
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**SAY A PRAYER**

Little Johnny and his family were having Sunday dinner at his Grandmother's house. Everyone was seated around the table as the food was being served.

When Little Johnny received his plate, he started eating right away.

'Johnny! Please wait until we say our prayer.' said his mother.

'I don't need to,' the boy replied. 'Of course, you do.' his mother insisted. 'We always say a prayer before eating at our house.'



'That's at our house.' Johnny explained. 'But this is Grandma's house and she knows how to cook!'



**New Members**

Mary, Jamie, Kenndra, Sam, Brad,  
 Melissa, Sydney, Abby, Brittany



There are plenty of great shops and businesses in our surrounding community.

Look local when you are searching for an item.

You may be surprised at how much there is to offer and that prices are comparable.

Support your local businesses.

**D.A.M.N. FITNESS**

Dynamic  
 Affordable  
 Movement  
 & Nutrition!

**PERSONAL TRAINING**

For a free 30-minute Zoom consultation please text Terry Byrd at (416) 834-6514 with your name, number, and best time to reach you. An option while we are in lockdown. Ladies and men welcome.

**Bet you didn't know this!**

Personal hygiene left much room for improvement. As a result, many women and men had developed acne scars by adulthood. The women would spread bee's wax over their facial skin to smooth out their complexions.

When they were speaking to each other, if a woman began to stare at another woman's face she was told, 'mind your own bee's wax.'



Should the woman smile, the wax would crack, hence the term 'crack a smile'.

In addition, when they sat too close to the fire, the wax would melt . . . Therefore, the expression 'losing face.'

The three hardest things to say are:

1. I was wrong
2. I need help
3. Worcestershire Sauce

**How to Get Fit**

**F = frequency**

**I = intensity**

**T = time**

**Stop eating**

**C:** carbonated beverages

**R:** refined sugars

**A:** artificial food

**P:** processed food