



Newsletter

The friendly place to workout

July 2021

FROM THE OWNERS

Well, only a few more weeks and we should be able to reopen. Step 2 of Ontario's reopening plan has begun but indoor exercise facilities are part of Step 3 which will be later this month. We look forward seeing you again and being a part of your fitness plan.

In the past week, the access system was reinstalled on the new door and another security camera installed at the front entrance. The permanent awning is expected later this month; it's been on back order since COVID19 has had an effect on manufacturing and delivery of materials. We'll keep our fingers crossed that it will be here before we reopen so installation will not interfere with our members coming and going.

In the middle of June, we took advantage of this "down" time to get away for a week in our trailer. It was an enjoyable time away and we were able to have a socially distant visit with friends—it was great to see them after such a long time apart. Camping is a great way to visit as we are in separate quarters and gatherings are outdoors. Hopefully we'll get another chance to do it again this season.

Meanwhile....keep well, stay safe and keep smiling.

Cathy & Larry



You may be aware that Canada had/has some very creative people. There are many items that we use daily that have been invented by Canadians. These are a few.

- | | | | |
|--------------|---------------|------------|----------------------|
| Paint Roller | Peanut Butter | IMAX | Insulin |
| Garbage Bag | Road Lines | Pacemaker | Snowblower |
| Pager | Maple Syrup | Basketball | Electric Wheel Chair |



SO PROUD TO BE CANADIAN

"Develop An 'Attitude Of Gratitude'. Say Thank You To Everyone You Meet For Everything They Do For You." - Encouraging Quote By Brian Tracy

Our Mission:

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

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Some Simple Tips to Make Your Diet Healthier

Bake or Roast Instead of Grilling or Frying

The way you prepare your food can drastically change its effects on your health. Grilling, broiling, frying and deep-frying are all popular methods of preparing meat and fish.

However, during these types of cooking methods, several potentially toxic compounds are formed, such as polycyclic aromatic hydrocarbons (PAHs), advanced glycation end products (AGEs) and heterocyclic amines (HCAs). All of these compounds have been linked to several diseases, including cancer and heart disease.

Healthier cooking methods include baking, broiling, simmering, slow-cooking, poaching, pressure cooking, stewing and sous-vide.

These methods do not promote the formation of these harmful compounds and thus make your food healthier. Nevertheless, there is nothing to say you can't enjoy the occasional grill or deep-fry, but

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.



14 Jeannette G
24 Sam C

23 Peter T
30 Raymond B

Bet you didn't know this!

In the late 19th century people would use woollen socks to stuff the horns of their gramophones or record players to lower the sound, since these machines had no volume controllers. So that's where the saying "Put a sock in it" comes from.



In the 1800's, after a feast, hosts in England would signal that the meal was over (and guests should leave) by serving a cold slice of pork, mutton, or beef shoulder. Another similar theory is that visitors to a house were normally served a hot meal, but when someone wasn't welcome, a cold shoulder was given of whatever meat was being eaten. Hence the term "get the cold shoulder."

Jay birds would often become disorientated in urban areas after flying in from the forest. Dangers in the city, like traffic for example, would leave them confused and cause erratic behaviour. Due to this, people started using the term "jaywalker" to describe someone walking the streets irresponsibly.



Some Groaners

- How much does a pirate pay for corn?
A BUCK-aneer.
- Why shouldn't you tell secrets in a cornfield?
There are too many ears.
- Why is it so windy inside a stadium?
There are hundreds of fans.
- What are bald sea captains most worried about?
Cap sizes.
- Why do we never tell jokes about pizza?
They're too cheesy. (like these groaners)



**Congratulations to
Brenda B
who joined 3 years ago this month.**



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.

EVER WONDER

Why the sun lightens our hair, but darkens our skin?

Why is it that doctors call what they do 'practice'?

Why is lemon juice made with artificial flavor, and dishwashing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why do they call where we drive a "parkway" and where we park a "driveway"?

Why are they called Apartments when they are all stuck together?



How to Get Fit

F = frequency

I = intensity

T = time

Stop eating

C: carbonated beverages

R: refined sugars

A: artificial food

P: processed food