



Newsletter

The friendly place to workout

August 2021

FROM THE OWNERS

Welcome Back. After another lockdown, we are finally open again. It's wonderful to see so many of you back. Others have contacted us indicating they will return this month or in the Fall. We welcomed six new members in July as well. We are excited that the community is embracing our little gym and willing to give it a try.

Now that we reopened, our time doing outside work is limited; likely no new projects will be started. We do try to have one of us here at all times. Occasionally, if we have a block of time when no one is booked to come in for a workout, we will head out to the yard and do some weeding, etc. or take that opportunity to get some shopping done.

We have a fabulous facility already but we welcome ideas that will help it be even better. We will try to implement your suggestions taking into consideration the cost and the space limitations. One of our members said a radio would be nice in the lower level; so now we have one. It is able to be paired with your cellphone so you can play your own music too. If members have a concern re the operation of any equipment, they are encouraged to talk to us so we can "fix" the concern before it becomes a big issue.

We do not have word on when our awning over the front door will be installed; COVID has really impacted the delivery of supplies from the manufacturer so we are waiting.

August will be a busy month for many as some with plan last minute vacations or excursions that couldn't be made earlier. And then there's always the "getting the kids ready for school." tasks. Remember that you are important and need to take care of yourself. Eat healthy and get exercise. The weather is so up and down this summer; this is a great place to work out in climate controlled environment.

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

Cathy & Larry



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Some Simple Tips to Make Your Diet Healthier Take Omega-3 and Vitamin D Supplements

A surprising number of people around the world are deficient in vitamin D. Vitamin D is a fat-soluble vitamin that is very important for bone health and the proper function of your immune system. In fact, every cell in your body has a receptor for vitamin D, indicating its importance.

Vitamin D is found in very few foods, but fatty seafood generally contains the highest amounts.

Omega-3 fatty acids are another commonly lacking nutrient found in fatty seafood. They have many important roles in the body, including reducing inflammation, maintaining heart health and promoting brain.



The Western diet is generally very high in omega-6 fatty acids, which promote inflammation and have been linked to many chronic diseases. Omega-3s help fight this inflammation and keep the body in a more balanced state.

If you don't eat fatty seafood regularly, you should consider taking a supplement. Omega-3s and vitamin D can often be found together in a supplement.

"We need to accept that we won't always make the right decisions, that we'll screw up royally sometimes – understanding that failure is not the opposite of success, it's part of success." – Arianna Huffington

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.

Our Mission:

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



27 Enos P

Bet you didn't know this!

Rainbows appear as full circles when you're in the sky. They only appear as half circles from the ground because there's no rain below the person viewing it.

Human thigh bones are stronger than concrete.

Bananas are curved because they grow against the pull of gravity. They start off hanging downwards, but as they get bigger, they start trying to grow upwards to get more sun and end up having a curved shape.

Our brains produce 12,000 to 50,000 thoughts per day depending on how deep a thinker you are.

Hugs that last over 20 seconds releases chemicals in your body called "oxytocin" that makes you trust someone more.



New Members

Kendall, Elaine, Victoria,
Kaitlin, Tim, Enos

1. Imagine a world where YouTube, Twitter and Facebook merge to become YouTwitFace.
2. We think we are so much smarter these days, but 50 years ago, vehicle owner's manual instructed how to adjust the valves. Today it tells you not to drink the contents of the battery.
3. \$29.95 for a club sandwich and fries? The waitress said it's usually \$8.95 but now with the high cost of lumber, the four tooth picks have driven up the price.



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.

How did the saying originate???

Butter someone up: This was a customary religious act in ancient India. The devout would throw butter balls at the statues of their gods to seek favor and forgiveness.

Mad as a hatter: No, you didn't already know this one, because it didn't originate from Lewis Carroll's Alice in Wonderland. Its origins date from the 17th and 18th centuries — well before Lewis Carroll's book was published. In 17th century France, poisoning occurred among hat makers who used mercury for the hat felt. The "Mad Hatter Disease" was marked by shyness, irritability, and tremors that would make the person appear "mad."

Cat got your tongue: The English Navy used to use a whip called "Cat-o'-nine-tails" for flogging. The pain was so severe that it caused the victim to stay quiet for a long time. Another possible source could be from ancient Egypt, where liars' and blasphemers' tongues were cut out and fed to the cats. (What a treat for the cats!)

How to Get Fit

F = frequency

I = intensity

T = time

Stop eating

C: carbonated beverages

R: refined sugars

A: artificial food

P: processed food

Anniversaries
Claire F (17 years)
Rick D (2 years).