



# Newsletter

*The friendly place to workout*

February 2020  
Volume 3, Issue 2

## FROM THE OWNERS

It has been a very busy January with many new members (and some returning) coming to join our facility. We had a record 37 members a day in for a workout a few times during the month. We are so pleased that the gym is being well used now; even the lower level is now busy with some patrons using the weights and others doing group stretching exercises using video instruction. Remember that the "Firestick" is movable to any of the 3 TVs for you to find a workout video or watch a show while you exercise.

Our newest addition, a Rowing Machine arrived at the end of January and is already getting used often. There are some tips printed and posted on the wall beside the machine. We thank those who gave their input when we were deciding on whether to purchase this additional equipment. We expect that it will get lots of use.

With the increased membership, we have placed an additional shelf in the shower area for anyone wishing to leave their shoes here at the gym. Please see the "Sign Up" sheet for details.

When members sign up for our facility, they fill in a Member Information sheet and a Health History Form. These should be kept up to date. Please come to the office if any of the information has changed so these forms can be updated.

February is Heart Month and also has a Family Day. Since exercise is good for the heart and keeping family in mind, we will have a special for your family members. See page 2 for details.

Thank you for making Chances a great place to be.  
*Cathy & Larry*

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If you have totally run out of steam when it comes to keeping your New Year's resolution, don't despair. Start over again! Recommit yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day and take one day at a time.

### STICK TO IT

Experts say it takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!

### 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.



**Congratulations to  
Gail D on being a member for 1 year.**

**Special congrats to Jeanette who has been  
coming to Chances for 16 years.**

**"You must expect great things of yourself before you can do them."  
— Michael Jordan, basketball player**

### **Our Mission:**

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



Feb 12: Linda M

Feb 22: Seana L

Feb 23: Julie D

**Some Play-on-Words  
to Make You Smile**

- \* I'm reading a book about gravity; I just can't put it down.
- \* I didn't like the beard at first, but then it grew on me.
- \* Did you hear about the cross eyed teacher who lost her job because she couldn't control her pupils.
- \* I changed my iPod's name to Titanic. It's syncing now.
- \* This girls said she recognize me from the Vegetarian Club but I have never met herbivore.
- \* When you get a bladder infection, urine trouble.
- \* Velcro: what a rip off

**DON'T BE WORRIED ABOUT  
YOUR SMARTPHONE AND  
TV SPYING ON YOU. YOUR  
VACUUM CLEANER HAS  
BEEN GATHERING DIRT ON  
YOU FOR YEARS.**

**Community Corner**

**check out what's going on;  
post an event in which you are involved.**

- **There is Adult Learn to Skate on Saturday morning.**
- **The Thursday lunch has begun again at the United Church.**
- **Check out the flyers from the Library for upcoming events.**



**NEW MEMBERS**

- |             |           |            |
|-------------|-----------|------------|
| Betty H     | Cricket B | Keegan P   |
| Marilyn R   | Jeannie L | Gail H     |
| Kelly D     | Sherry J  | Adam T     |
| JoAnne M    | Jacqui R  | Doug P     |
| Stephanie D | Angie W   | Clint W    |
| Val L       | Tony M    | Michaela H |
| Suzanne B   |           |            |

**Returning Members**

- |         |         |
|---------|---------|
| Donna M | Julie D |
|---------|---------|

**How to Get Fit**

- F = frequency**
- I = intensity**
- T = time**

**Stop eating**

- C:** carbonated beverages
- R:** refined sugars
- A:** artificial food
- P:** processed food



**February 17th is  
Family Day.  
We are celebrating  
family  
ALL of February.**

**Members may bring in  
a family member (age 16+) "as a visitor"  
at no charge all through February.**

**See Cathy or Debbie for applicable conditions.**

**Note: Registration forms must be filled in for  
your guest.**

**See the instructions beside the office door.**

**Share Your Achievements With Us**

Marlene was able to go snowshoeing at O'Hara Mills—hasn't done it since she was very young; Judy has found she has better balance since using the Rebounder; Kelly feels she has more energy now that she is working out after work—a great way to destress.