



# Newsletter

*The friendly place to workout*

March 2020  
Volume 3, Issue 3

## FROM THE OWNERS

March means Spring will soon be here (we all hope). The up and down weather this Winter has not been the best for avoiding colds and flu this season. Almost all of our members and we too, have succumbed to some strain for a day(s) or week(s). Perhaps the longer days will provide much need sunshine to help us get and stay healthy.



The new rowing machine seems to be a big hit. Most of the members have tried it and some are including it in their work out routines. Fifteen (15) minutes on the rowing machine can be very efficient. It's low impact so anybody can use it. Some people feel rowing is very easy and that's why they avoid it. Not everything good for you has to be hard and painful. The rowing machine works your legs, arms, back and the entire core all at the same time.

Fat versus muscle—simply put: One pound of fat weighs the same as one pound of muscle. The difference is that fat is bulkier than muscle tissue and takes up more space under the skin. In fact, one pound of fat is roughly the size of a small grapefruit; one pound of muscle is about the size of a tangerine. See the side panel for more info and if you want to see a visual aid, just ask Debbie or us.

Shoes: you are welcome to leave your shoes here on one of the designated shelves. Please print your name in the block on the sheet on the wall beside the corresponding shelf (there are 2 shelves and 2 sheets). The information in red on the sheet explains it all.

The bookshelf in the Community Corner has books and DVDs that may help with your workout. Feel free to peruse them while you are here.

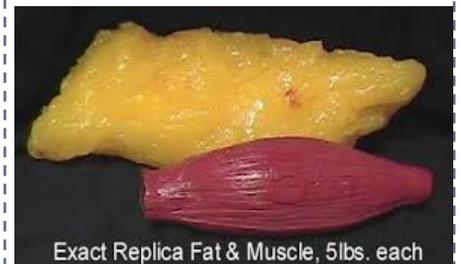
We are very thankful that we came upon this adventure. We enjoy the day to day tasks. Meeting the people in the area is a bonus. It is a rewarding experience for us. Chances is a great place to be.

*Cathy & Larry*

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## Fat VS Muscle

There is a misconception that muscle weighs more than fat, but this is not entirely true. The difference is that muscle is more compact than fat, which means that it takes up less space. It is estimated that 1 pound of muscle occupies about 22 percent less space than 1 pound of fat, according to the Centers for Disease Control and Prevention. However, the same mass of muscle weighs more than the same mass of fat, which may explain why you appear thinner but weigh more.



Exact Replica Fat & Muscle, 5lbs. each

## Muscle Growth

If you've been strength training and gaining weight it may be partly because of your exercise routine and diet. Strength training two to three times a week lifting enough weight to cause your muscles to fatigue while maintaining proper form helps muscles grow. If you haven't changed your diet, it is likely you may be eating enough calories to support muscle growth. While the number on the scale may be going up, your body composition is changing for the better.

**Cont'd on back**



**Congratulations to Peter T on being a member for 1 year.**

**Special congrats to Heather who joined 16 years ago and to Bernice who joined 10 years ago.**

**A man's health can be judged by which he takes two at a time - pills or stairs.**

*Joan Welsh*

## **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



Just been to the gym and there's a new machine. Only used it for an hour as I started to feel sick. Its good though, it does everything 'Kitkats, Mars bars, Snickers and chips'!



Mar 14: Lynn L

Mar 24: Carol L

Mar 28: Bobby F

Mar 31: Betty H

### Additional Items Available for Use

- ◆ 40 lb hand weights—TY Bobby F
  - ◆ Wrist Roller—TY Bobby F
  - ◆ 20 lb kettle bell
  - ◆ Ankle straps for the weight machine
- Let us know if you need help with these.



### NEW MEMBERS

Nicole M

Rick W

Bobby F

Ainsley M

Sue S

Maria B

I'm from tech support.  
I'm here to delete your cookies



### How to Get Fit

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

### Stop eating

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

*Cont'd from front sidebar.*

### Losing Fat

When it comes to losing weight, specifically body fat, diet and exercise both play important roles. One pound of fat contains 3,500 calories. To lose 1 to 2 pounds of fat in a week -- a safe rate of weight loss -- you need to create a calorie deficit of 500 to 1,000 calories a day by reducing calorie intake, increasing exercise or both. If you want to keep your muscle, it is better to lose weight slowly. Losing weight too quickly, more than 2 pounds a week, means you are more likely losing muscle and water weight.

### Skip the Scale

If you're unhappy with the number you see on the scale, then maybe you should skip your regular weigh-ins. Instead, use your clothes as a guide to how your body is changing. You can drop a size or two after one to two months of strength training, says the Centers for Disease Control and Prevention. You can also get your body fat tested regularly by a trained professional to determine your body composition. Watching your body fat percentage decrease is as uplifting as watching the numbers on the scale go down.



## Community Corner

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

- Lunches on Thursdays at the United Church; check the menu of the week on the bulletin board.
- Mar 21st O'Hara Mills Sugar Bush Saturday
- Mar 22nd Centre Hastings Huntington Fire Dept Pancake Breakfast
- Larry has raffle tickets for anyone wishing to support his KOC group.
- Check the book shelf for members' catalogues: Tupperware, Norwex ...

### Share Your Achievements With Us

Sherry J has lost inches on different parts of her body. Kelly P has lost weight and firmed up muscles. Cora is fitting into favourite pants.