



Newsletter

The friendly place to workout

April 2020
Volume 3, Issue 4

FROM THE OWNERS

Who would have thought at the beginning of March we would be closed at the middle of the month. At least it is only temporary and we will be back in operation as soon as COVID19 has run its course.



Our members are important to us. We hope that everyone is keeping safe by social distancing. We all need to do our part to keep this virus from spreading.

During this time, we are putting all memberships on hold. We do not expect members to pay their monthly dues when, through no fault of their own, they cannot participate in the facilities. That's the difference between us and the "big box" gyms.

During this 'down' time, we have kept busy cleaning up files and doing some office work that was getting neglected. I've been working with a new bookkeeping system and plan to try it out for a while. This one is proving to be quite efficient. Some of our members ask for reminders of when their dues are due and others ask how much they owe; this system will email monthly invoices to the members and follow up with a receipt when payment has been made. It will also produce customer account statements. Hopefully it will be helpful during tax time next year.



Other than that, we are maintaining the fitness centre so it will be ready for our members when this pandemic is over and everyone is ready to come back.

Stay safe everyone and happy and blessed Easter.



Cathy & Larry

There are no 1 Year members this month to congratulate.

Special congrats to Myra who joined 9 years ago and to Julie who joined 4 years ago.



Success usually comes to those who are too busy to be looking for it.

*Henry David Thoreau
Poet & philosopher*

Our Mission:

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

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Do some exercise while you are staying at home.

It can save your life- really! Regularly doing cardio and strength training reduces your risk of heart disease, diabetes, and endometrial, colon, and breast cancers. The American Heart Association recommends exercising for 30-60 minutes on most days to reduce your risk of heart disease.

You'll feel less stressed and happier. Exercise has been proven to improve your mood and decrease anxiety. Studies show that the fitter you are, the better you'll be at handling the long-term effects of stress. One moderately intense 50-minute aerobic workout has been shown to significantly lower anxiety levels. And a study in the British Journal of Sports Medicine found that exercise may be more effective than drugs in treating mild to moderate depression.

It strengthens your bones. Exercise increases bone density, helping prevent osteoporosis. High-intensity activity, like jumping and running, is most beneficial for preserving bone mass.

DISCLAIMER

Tips published in this newsletter are derived from other sources and are neither supported or discouraged by the owners, managers, and staff of



Apr 8: Angie W Apr 18: Brenda B
 Apr 21: Kelly P Apr 22: Gail D
 Apr 29: Shirley H Apr 30: Hailey H

The lighter side of COVID19

- * **So technically, showing up at the bank in a mask and gloves is ok now.**
- * **I'm having a quarantine party this weekend.—none of you are invited.**
- * **Thoughts and prayers go out to all the men who have been telling their wives for months "I'll do that when I've got time".**



Community Corner

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

- **No community events.**
- **Events have been cancelled due to the social distancing that we should all be doing**
- **Stay at home**

**The only exercise I have done this month...
 is running out of money.**

Don't let this be you.
 Try doing some exercise at home or get outside for a walk—remember to keep your distance; it's not a social time.
 You may be out of work or have fewer hours and your income may be reduced. Hopefully adjustments can be made so your finances will remain healthy.



NEW MEMBERS

Elaine W Ann S
 Marty W Scott C

How to Get Fit

F = frequency
I = intensity
T = time

Stop eating

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

Are you staying home because of the Corona Virus and want to do something productive?

How about cleaning out that "closet"; you know the one that you are afraid to open or have trouble closing.



If doing the whole closet is too daunting, try doing 1 shelf. Empty that shelf and sort the items into piles – 1 for keep, 1 for toss, 1 for sell or donate. Then look at the "Keep" pile and try to cut it in half.

Now go on to another shelf. Clearing physical clutter helps with clearing mental clutter.

Share Your Achievements With Us

We look forward to hearing about your achievements when you return.