



Newsletter

The friendly place to workout

June 2020
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FROM THE OWNERS

Yes, we are still here anxiously waiting for the go ahead from the government to reopen when it is safe to do so.

People working out breathe heavier and faster so droplets could be more prevalent. So what will it look like when we reopen? Can we keep the social distancing rules? 1 treadmill at a time? 1 elliptical at a time? How many could do the circuit at one time? Will we have to limit the number of members in the gym? Will you have to wear a mask? These are all questions to which we need answers.

Summer is around the corner, although I think we have had a taste of it lately. Some of you will be exercising doing gardening, taking walks, running after the kids, keeping them occupied. Remember to do some stretching to avoid sore muscles.

There is not much news this month. We have been working in the yard doing the normal Spring work and trying to keep weeds under control.

Looking forward to seeing everyone again. We have been sitting outside on our porch quite a bit so if you are going by, please wave. Email or call us to let us know how you are.

Until then, keep well and stay safe.
Cathy & Larry



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Evidence Based Health Tips Get enough sleep

The importance of getting enough quality sleep cannot be overstated.

Poor sleep can drive insulin resistance, disrupt your appetite hormones, and reduce your physical and mental performance. What's more, poor sleep is one of the strongest individual risk factors for weight gain and obesity. One study linked insufficient sleep to an 89% and 55% increased risk of obesity in children and adults, respectively.



Take care of your gut health with probiotics and fiber

The bacteria in your gut, collectively called the gut microbiota, are incredibly important for overall health. A disruption in gut bacteria is linked to some of the world's most serious chronic diseases, including obesity. Good ways to improve gut health include eating probiotic foods like yogurt and sauerkraut, taking probiotic supplements, and eating plenty of fiber. Notably, fiber functions as fuel for your gut bacteria.



Congratulations to Gail G who joined 1 year ago.
Special congratulations to Linda M who joined 7 years ago.



Each new day is a new opportunity to improve yourself. Take it and make the most of it.

DISCLAIMER

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

Our Mission:

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



Jun 2: Susan B Jun 15: Tony K
 Jun 2: Debbie L Jun 15: Stephanie D
 Jun 7: Rob P

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.

The lighter side of COVID19

- **Wife and I went to the store with our masks on; got home, took off our masks. Took the wrong wife home. Pay attention people.**
- **Hugh Hefner became a millionaire staying home in his jammies. I'm not having the same result.**
- **Just got pulled over by a cop. He said he could smell alcohol. I said it's because he's not respecting social distancing.**



An exercise you can do at home.
 Try this all-in-one toner. "A side-step squat with wood chop works your arms, torso, abs, back, legs, inner thighs and butt," says David Kirsch, trainer and author of The Ultimate New York Body Plan. "Stand with your feet shoulder-width apart holding a three- to four-pound medicine ball (or other weight) in your hands. Bend your arms up so that the ball is at eye level over your right shoulder. As you bring the ball toward your left knee, step out with your left leg and bend it no further than 90 degrees, keeping your right leg straight. Return to the starting position. Do 10 to 15 reps and repeat on the other leg."



• **Hopefully this will be over soon; the jokes are getting really bad.**

Household Tip
 If you don't already have one, get a basket for your remote controls so they stop getting lost behind the couch or under cushions.

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**

How to Get Fit
F = frequency
I = intensity
T = time

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

Share Your Achievements With Us

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