

Newsletter



The friendly place to workout

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FROM THE OWNERS

Yay, we are finally able to reopen. Monday, July 27th we had some of our members come in for their workouts. As the week went on, more members joined them. As per the requirement for social distancing, we are limiting the number of members per level. One must book a time to ensure the equipment is available for them. Face masks are mandatory to enter the facility but may be removed during the workout—it would be very difficult to breathe properly while exercising. Our members have been very understanding and cooperative and we thank them for this.



Another good thing about the province reopening is that we are able to get close to our children and grandchildren again. Previously when our daughter stopped by, they maintained the social distance. Last visit we were able to hug (but turned our faces away). Needless to say, they were very loooong hugs. It's amazing how good a hug feels. We were also blessed with another grandson in June but have yet to see him. A visit is in the works but Daddy (our son) works unusual hours and now that we are open and someone must be here when members are in, we are not as free to come and go.



You may have noticed that the bench in front of our building has been painted. The old paint was peeling and we were getting to the point where we were going to paint it ourselves (once the weather cooled) even if it belonged to the town.. Well, the municipality came and did the job. Thank you Centre Hastings.



Everything else is pretty much the same. The fitness centre looks the same; only the procedures have changed. We will all need to be patient as we get used to this new "normal".

Stay cool, keep well and stay safe.
Cathy & Larry

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Evidence Based Health Tips

Don't drink sugar calories

Sugary drinks are among the most fattening items you can put into your body.

This is because your brain doesn't measure calories from liquid sugar the same way it does for solid food.

Therefore, when you drink soda, you end up eating more total calories.



Sugary drinks are strongly associated with obesity, type 2 diabetes, heart disease, and many other health problems.

Keep in mind that certain fruit juices may be almost as bad as soda in this regard, as they sometimes contain just as much sugar. Their small amounts of antioxidants do not negate the sugar's harmful effects.

Congratulations to Rick D who joined 1 year ago.

Special congratulations to Sharon P who joined 17 years ago and Claire F who joined 16 years



"You are braver than you believe, stronger than you seem, smarter than you think, and loved more than you'll ever know." — A.A. Milne

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



01: Kelly K 03: Jeannie L
 08: Sharon P 17: Myra C
 22: Gail G

Paraprosdokians are figures of speech in which the latter part of a sentence is unexpected;

1. Where there's a will, I want to be in it.
2. Since light travels faster than sound, some people appear bright until you hear them speak.
3. If I agreed with you, we'd both be wrong.
4. War does not determine who is right - only who is left.
5. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.

At the gym, I decided to hop on a treadmill.
 People gave me weird looks, so I started jogging instead.

I went to the Gym today. I spent 20 minutes bending, stretching and pulling... .. and when that was done my gym clothes were finally on and I could start my workout.

I just ran 5 miles and what a workout.
 I didn't think that ice cream truck would ever stop.



Why Exercise

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.

Take it slow.

If you're just getting back to a workout regimen after a longish break, don't try to start where you left off. "Trying to go all-out your first session back in the gym is a recipe for injury and frustration, so avoid that temptation," advises Greg Pignataro, a personal trainer with Grindset Fitness who specializes in strength and conditioning. "When trying to get back into the swing of things, start at a level that's no more difficult than a four or five out of 10. Starting at this manageable level will help prevent you from feeling overwhelmed. Slowly and consistently ramp up the challenge over your next few weeks. Do this, and you'll be back at your old level of performance — or beyond it — before you know it." (from How to Get Back Into Exercising After a Break)



KEEP A JUG OF WHITE VINEGAR ON HAND.

A spray bottle full of a white vinegar solution with water is the one of the best natural cleaning products out there, and it's often half of the price! A gallon of Distilled White Vinegar lasts a long time, even though it's used daily for cleaning tricks.

Wash produce in a white vinegar solution with warm water, dump it down drains to get rid of bad odors and grime, and I even toss a cupful into the washing machine fabric softener dispenser to soften fabrics. . White vinegar is one of those indispensable household hints that still seems to remain a secret.



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.