



The friendly place to workout

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FROM THE OWNERS

Have you noticed that the days are getting shorter—it's a sure sign that summer is almost over. The kids will be back in school and let's hope there are enough measures in place to ensure the safety of students and staff.

We have been open again for just over a month. Those members who returned and following the new protocol have been wonderful and we can't thank them enough for their cooperation. Some of our members have opted to wait "to see what happens" and that is understandable given the uncertain times we are going through. Others have said they will return in the fall or winter.

I think that the biggest change with the reopening is the need to make an appointment to come and work out. This is to ensure that we can maintain the safe distance as required by the health department. It also ensures that the equipment you want is reserved for you at that time. The down side is that you cannot come and go as you please and the same goes for us—we have to be here to take appointments and to ensure that the COVID19 protocol is followed. But we do sneak out every once in a while when there is no one scheduled to come in. Some have asked how many can be in at one time; it all depends on the equipment being used. We have spaced out the apparatus as best as possible with the limited space but there still is some overlap. So far there have not been any issues.

Before we reopened, we had scheduled a bathroom renovation in our apartment at the rear of the building. It started on August 17th and is moving along quite well. We expect to be finished the first week of September as long as supplies are available as promised. Meanwhile there will be some strange noises coming through the office.

We continue to get calls from potential new members asking what we have to offer. Even though we are small with limited equipment compared to the big box gyms, we feel this facility is a gem in our small town and we hope/plan to keep it going.

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



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Evidence Based Health Tips **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.

Drink some water, especially before meals

Drinking enough water can have numerous benefits. Surprisingly, it can boost the number of calories you burn. Two studies note that it can increase metabolism by 24–30% over 1–1.5 hours. This can amount to 96 additional calories burned if you drink 8.4 cups (2 liters) of water per day. The optimal time to drink it is before meals. One study showed that downing 2.1 cups (500 ml) of water 30 minutes before each meal increased weight loss by 44%.



Congratulations to Sandra C who
joined 1 year ago.
Special congratulations to Debbie D
who joined 17 years ago.

Act as if what you do makes a difference. It does.

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



09: Sherry M

15: Chad P

13: Kelly D

29: Claire F



New Members

Chad P

Alecia G

Everyone PLEASE be careful because people are going crazy from being locked down at home!

I was just talking about this with the microwave and the toaster while drinking my coffee, and we all agreed that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!! Certainly couldn't share with the fridge, cause he's been acting cold and distant!

In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out!

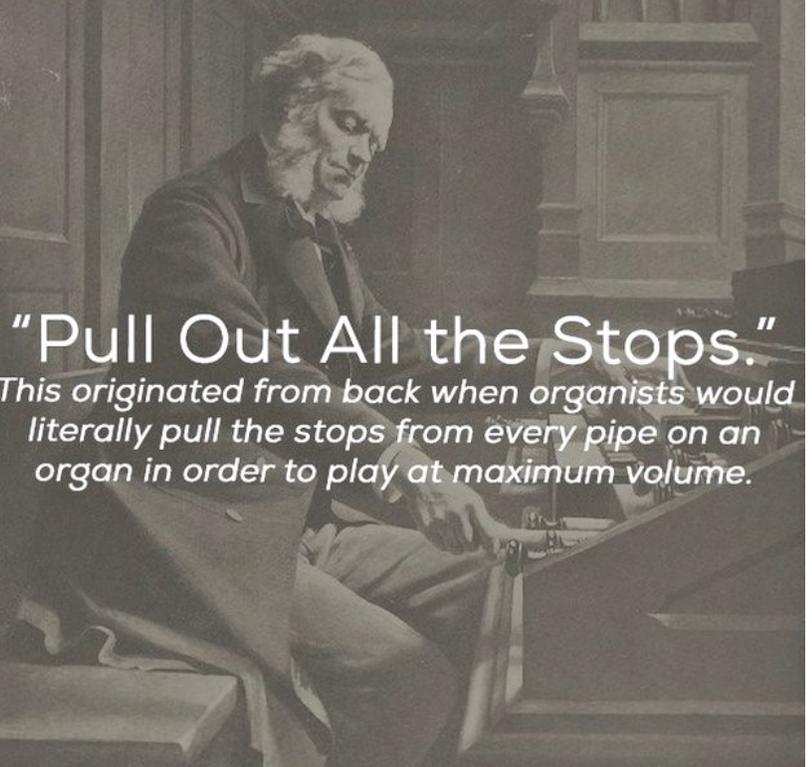
The vacuum, however, was very unsympathetic... told me to just suck it up buttercup! But the fan was VERY optimistic and gave me hope that it will all blow over soon!



The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a

grip!! You can just about guess what the curtains told me: they told me to "pull myself together!"

We will survive!!



"Pull Out All the Stops."
This originated from back when organists would literally pull the stops from every pipe on an organ in order to play at maximum volume.

Dusty Houseplants???



Have houseplants with dusty leaves? Grab a banana and eat it and keep the skin. Use the skin to clean the leaves. The dust will stick right to it, and the juice is healthy for the plants.



Marmora Crowe Valley Lions Club Raffle

1st Prize: Live edge 6' Harvest Table

2nd Prize: Live edge Coffee Table

3rd Prize: Live edge Charcuterie/
Cutting Board

See poster on bulletin board.

Tickets available from Jeannette or
Cathy



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

A few comments from those who have returned

"I'm sleeping so much better."

"I'm much more motivated to work out here."

"I can feel the difference in my body again."

"I'm losing weight and breathing 5 times better."