



The friendly place to workout

Newsletter

January 2021

FROM THE OWNERS

Happy New Year everyone. Many of us are happy to see 2020 end; however, 2021 is beginning with our Fitness Centre in an Ontario wide lockdown. We are keeping our fingers crossed that it will not go beyond the 28 days that has been mandated.

Looking back on 2020, even with the lockdown from the end of March to the end of July, we feel we had a successful year. In February, we added a rowing machine to our equipment and many are using it. In the first quarter (before lockdown), we had 25 new members join. In July, when we were able to reopen, with strict safety protocols, some preferred to maintain the "stay at home" suggestion and kept their memberships on hold. Others came back to resume their workout routines and others joined for the first time. We were limited to the number of people allowed in the gym at one time, which meant that members could not come and go as they pleased. It also meant that we had to be here whenever someone was in the centre. Appointments were made to come in at a specific time. We are so thankful that everyone worked with us and helped make everything go smoothly. Now, we'll wait to be able to reopen and we expect that the protocols will resume. Stay tuned.



In December, we gave each member a draw string bag that they can use to carry shoes, water bottle, towel, whatever. We were pleased to see the bags used by so many and that it proved to be a worthwhile gift.

Winter is here and with it comes slippery roads, driveways and walkways. Please, please, please be careful when walking to avoid any injury. A slip can do damage to knees, ankles, backs, etc. and cause you be out of commission for some time. Along with the pain, that great habit you got into of working out regularly will be in jeopardy.

Keep well, stay safe and keep smiling
Cathy & Larry



"No matter how hard the past is, you can always begin again."
— Jack Kornfield

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Some Tips for the New Year

- 1. Build a better budget:** If there's one New Year's resolution that will help you the most in the long run, it's making a vow to save more money. Outline a budget that works for you — and make a plan for how you'll stick to it.
- 2. Cook one new thing each week:** Everyone wants to eat healthier in the new year, but you should also try to eat more diverse foods. This year, choose an easy dinner recipe you've never tried before at least once a week.
- 3. Read more books:** January is the perfect time of year to snuggle up with a new book; especially this year with the shutdown. If you have an e-reader, you can set it up on the treadmill or elliptical and read while you work out.
- 4. Eat Veggies Regularly:** Whether you're slimming down or just staying healthy, vegetables are your friends.
- 5. Get Lots of Sunlight:** Spending as much time outside as possible is a great thing for your health — but even when the weather becomes frigid, sunlight is crucial to regulate your mood throughout the day.

DISCLAIMER

Tips published in this newsletter are derived from other sources and are neither supported or discouraged by the owners, managers, and staff of Chances Fitness Centre. Use your discretion if/when using them.

Our Mission:

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



**Congratulations to
Angie W and Clint W
who joined 1 year ago
and to Jeannette G
who joined 17 years ago**

08—Sandor J

26—Kristin P

D.A.M.N. FITNESS

Dynamic
Affordable
Movement
& Nutrition!

PERSONAL TRAINING

For a free 30-minute Zoom consultation please text Terry Byrd at (416) 834-6514 with your name, number, and best time to reach you. An option while we are in lockdown. Ladies and men welcome.



New Members

Ev B, Doreen W, Bill B, Bev A

COVID Humour (or not)

Here are 12 things to consider as we get closer to closing the door on one of the most horrible years of our lifetime. Some are pretty funny:

1. The dumbest thing I ever bought was a 2020 planner.
2. I was so bored I called Jake from State Farm just to talk to someone. He asked me what I was wearing.
3. 2019: Stay away from negative people. 2020: Stay away from positive people.
4. The world has turned upside down. Old folks are sneaking out of the house & their kids are yelling at them to stay indoors!
5. This morning I saw a neighbor talking to her dog. It was obvious she thought her dog understood her. I came into my house & told my cat. We laughed a lot.
6. Every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.
7. Does anyone know if we can take showers yet or should we just keep washing our hands?
8. This virus has done what no woman has been able to do. Cancel sports, shut down all bars & keep men at home!
9. I never thought the comment, "I wouldn't touch him/her with a 6-foot pole" would become a national policy, but here we are!
10. I need to practice social-distancing from the refrigerator.
11. I hope the weather is good tomorrow for my trip to the Backyard. I'm getting tired of the Living Room.
12. Never in a million years could I have imagined I would go up to a bank teller wearing a mask & ask for money.



**“Be the CHANGE
that you wish to
see in the world.”**

MAHATMA GANDHI

How to Get Fit

F = frequency

I = intensity

T = time

Stop eating

C: carbonated beverages

R: refined sugars

A: artificial food

P: processed food