



Newsletter

The friendly place to workout

February 2021

FROM THE OWNERS

So, not much to report this month as we are in the required government lockdown. We miss seeing our members and having the occasional chat. Hopefully you are all keeping well.

We are keeping ourselves occupied even though we do not go anywhere—following the “stay at home” request. In the lower level, we have replaced some of the lighting so it is a much brighter space. Some paint touch-ups have been done as well. But mostly we are doing some personal activities; quilting, knitting, leatherwork, reading, and watching TV.

As soon as the lockdown order is lifted, we will reopen, likely with the same rules as before.

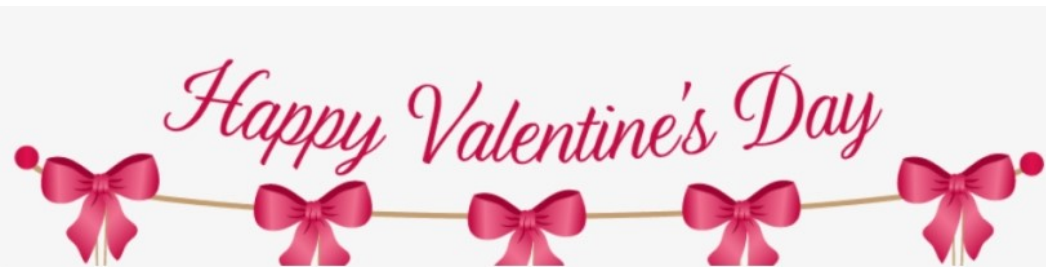
Meanwhile,

keep well, stay safe and keep smiling
Cathy & Larry



Valentine’s Day, also called St. Valentine’s Day, holiday (February 14) when lovers express their affection with greetings and gifts. The holiday has origins in the Roman festival of Lupercalia, held in mid-February. The festival, which celebrated the coming of spring, included fertility rites and the pairing off of women with men by lottery. At the end of the 5th century, Pope Gelasius I replaced Lupercalia with St. Valentine’s Day. It came to be celebrated as a day of romance from about the 14th century.

The most popular symbol of Valentine’s day is the Cupid.



“Nothing is impossible. the word itself says 'I'm possible'!”

Our Mission:

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

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Some Simple Tips to Make Your Diet Healthier

Add Greek Yogurt to Your Diet

Greek yogurt (or Greek-style yogurt) is thicker and creamier than regular yogurt. It has been strained to remove its excess whey, which is the watery part of milk. The end result is a yogurt that is higher in fat and protein than regular yogurt. In fact, it contains up to three times the amount of protein found in the same amount of regular yogurt, or up to 9 grams per 100 grams. Eating a good source of protein helps you feel fuller for longer, helping you manage your appetite and eat fewer calories overall. Furthermore, since Greek yogurt has been strained, it contains fewer carbs and lactose than regular yogurt, making it suitable for those who follow a low-carb diet or are lactose intolerant. Simply replace some snacks or regular yogurt varieties with Greek yogurt for a hefty dose of protein and nutrients. Just make sure to pick the non-flavored varieties, as flavored ones may be packed with added sugar and other unhealthy ingredients.

More next month

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.



12—Linda M

27—Ev B



**Congratulations to
Bobby F, Sue S & Maria B
who joined 1 year ago
and to Gail D
who joined 2 years ago**



There are plenty of great shops and businesses in our surrounding community.

Look local when you are searching for an item.

You may be surprised at how much there is to offer and that prices are comparable.

Support your local businesses.

The English Language

- ◆ Why are Kansas and Arkansas pronounced differently?
- ◆ Pronouncing words that end in 'ough'. Cough, bough, rough, dough, through, though.....
- ◆ Is the "s" or "c" in scent silent?
- ◆ Why does fridge have a "d" in it, but refrigerator doesn't?
- ◆ Why are Zoey and Zoe pronounced the same Joey and Joe are not?
- ◆ You can drink a drink, but you cannot food a food.
- ◆ The word "queue" is just a Q followed by four silent letters.
- ◆ Why is a "w" called a "double-U" when it is clearly a "double-V"?

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.

Bet you didn't know this!

In the heyday of sailing ships, all war ships and many freighters carried iron cannons. Those cannons fired round iron cannon balls. It was necessary to keep a good supply near the cannon. However, how to prevent them from rolling about the deck? The best storage method devised was a square-based pyramid with one ball on top, resting on four resting on nine, which rested on sixteen. Thus, a supply of 30 cannon balls could be stacked in a small area right next to the cannon. There was only one problem...how to prevent the bottom layer from sliding or rolling from under the others. The solution was a metal plate called a 'Monkey' with 16 round indentations.

However, if this plate were made of iron, the iron balls would quickly rust to it. The solution to the rusting problem was to make 'Brass Monkeys.' Few landlubbers realize that brass contracts much more and much faster than iron when chilled.



Consequently, when the temperature dropped too far, the brass indentations would shrink so much that the iron cannonballs would come right off the monkey. Thus, it was quite literally, 'Cold enough to freeze the balls off a brass monkey.' (All this time, you thought that was an improper expression, didn't you.)

**You don't always need a plan.
Sometimes, you just need to
breathe,
trust,
let go,
and see
what happens.**

How to Get Fit

F = frequency

I = intensity

T = time

Stop eating

C: carbonated beverages

R: refined sugars

A: artificial food

P: processed food