



# Newsletter

*The friendly place to workout*

March 2021

## FROM THE OWNERS

It is great to be open again; the government allowed our health district to reopen February 10th. We were one of only 3 districts in Ontario to have the lockdown lifted—good work by our residents to “stay at home” and keep our numbers low.

We are maintaining the strict government health and safety protocols so that this is a safe place to come for a workout. To ensure we maintain the safe 2m separation, appointments are required; the door is locked when no one is expected. You can book as early as 5:30 AM to as late as 9:00 PM from Mon to Sat. On Sunday we book from 10:30 AM to 9:00 PM. We hope that everyone will be able to find a time that suits them. Note that if there is no one expected in for a block of time, we may use that period to do some errands so no one will be here at that time.

During the last “shut down”, we replaced all the blinds in the upper level and the lights in the lower level. Both levels now are much brighter.

We aim to keep this facility a clean, safe, and friendly place to workout. We thank you for your comments and suggestions.

keep well, stay safe and keep smiling  
Cathy & Larry



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## Some Simple Tips to Make Your Diet Healthier

### Don't Shop Without a List

There are two important strategies to employ when you go grocery shopping: make your shopping list ahead of time and don't go to the store hungry. Not knowing exactly what you need makes room for impulse buying, while hunger can further exacerbate your impulses. To make sure you don't give in to your impulses, plan ahead and write down what you need beforehand.

By doing this and sticking to your list, you will not only buy healthier items but also save money and have healthier foods around the house.

### Grocery List

-  Bananas
-  Apples
-  Fish
-  Eggs
-  Milk

*More next month*

## Wear your green on March 17th (or else)

Leprechauns are actually one reason you're supposed to wear green on St. Patrick's Day—or risk getting pinched! The tradition is tied to folklore that says wearing green makes you invisible to leprechauns, which like to pinch anyone they can see.

Whatever you decide to do to celebrate, please do it safely.



*"It's never too late to be what you might've been."  
George Eliot.*

## 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 Chances Fitness Centre. Use your discretion if/when using them.



11—Shane B  
27—Bobby F

24—Carol L



**Congratulations to  
Marty W  
who joined 1 year ago  
&  
to Peter T (2 years),  
Bernice O (10 years),  
Heather M (17 years)**

**Snow Clearing—Move your car**

One winter morning while listening to the radio, Bob and his wife hear the announcer say, “We are going to have 4-6 inches of snow today. You must park your car on the even numbered side of the street so the snowplow can get through.”

Bob’s wife goes out and moves her car.



A week later while eating breakfast, the radio announcers says, “We are going to have 6-8 inches of snow today. You must park your car on the odd numbered side of the street so the snowplow can get through.”

Bob’s wife goes out and moves her car again.

The next week, the radio announcers says, “We are going to have 8-10 inches of snow today. You must park ...” then the power goes out.

Bob’s wife is very upset as she now does not know which side of the street to park her car for the plow.

With love and understanding, Bob suggests, “Why don't you just leave it in the garage this time?.”

**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!**

Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TV's or radios, the politicians sent their assistants to local taverns, pubs, and bars. They were told to 'go sip some ale' and listen to people's conversations and political concerns..



Many assistants were dispatched at different times. 'You go sip here' and 'You go sip there.' The two words 'go sip' were eventually combined when referring to the local opinion and, thus we have the term 'gossip.'



New Members

Amy J, Shane B, Jenn B

**COVID Humour**

**Coronacoaster:** noun; the ups and downs of a pandemic. One day you're loving your bubble, doing work outs, baking banana bread and going for long walks and the next you're crying, drinking gin for breakfast and missing people you don't even like.

**How to Get Fit**

**F = frequency**

**I = intensity**

**T = time**

**Stop eating**

**C:** carbonated beverages

**R:** refined sugars

**A:** artificial food

**P:** processed food