



# Newsletter

*The friendly place to workout*

June 2021

## FROM THE OWNERS

Hello everyone; I hope you are all staying safe and well during this present lockdown. We are keeping well but miss seeing our members daily. The latest provincial plan for reopening Ontario means that we cannot open again until Step 3 which currently is July 27th. Know that we are maintaining the facility constantly so that it will be ready for you when it's safe for your return.

So, what have we been doing since the lockdown began? We replaced the front door as the previous one had deteriorated badly along the lower section. We no longer have to be concerned with the bottom piece falling off and causing the door to remain open. The new one is 3/4 window so it is much brighter in the foyer. We are waiting now for the access system to be installed as well as a camera at the front entrance—all to keep you safe and secure. We have on order a permanent awning for the front entrance; this will help keep you dry in inclement weather as you use the card reader. Hopefully it will keep the front steps clear of snow as well.

We've been working outside on the grounds to clean up areas and to make improvements. Our side flower bed really sprang to life this spring; all we needed to do was weed it and add mulch. We have had numerous residents give us compliments as they walk by. It was a lot of work to clear that area but the results are so well worth it. Another area we are working on is the east side behind the building. Last year we made a patio there for a more quiet site for us to relax. This year we are making a pathway up to the patio from the side complete with steps and plantings—lots of digging (Madoc sure has a lot of rock lol). We certainly didn't want a lockdown, but it did come at a opportune time for us to be able to work together; otherwise, one of us would be required to be inside with members.

Summer will soon be upon us; we are sitting out on our porch quite often so if you see us, give us a wave; sometimes there is a glare on your window so you may want to honk; or stop by for a socially distant chat.



keep well, stay safe and keep smiling.

Cathy & Larry

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### Some Simple Tips to Make Your Diet Healthier Drink Enough Water

I know I've had this one in a previous newsletter but I think it's appropriate to remind everyone especially as the hotter weather is coming.

Drinking enough water is important for your health.

Many studies have shown that drinking water may benefit weight loss, weight maintenance and even slightly increase the number of calories you burn daily.

Studies also show that drinking water before meals can reduce appetite and calorie intake during the subsequent meal in middle-aged and older adults.

That said, the most important thing is to drink water instead of other beverages. This may drastically reduce your sugar and calorie intake.

People who drink mostly water have been shown to consume 200 fewer calories per day, on average, than those who drink other beverages.

Stay hydrated.

*"The way I see it, if you want the rainbow, you gotta put up with the rain - Dolly Parton*



## 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.*



02 Debbie L  
16 Brittany A

07 Rob P



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.

**Bet you didn't know this!**

**Manure:** In the 16th and 17th centuries, everything for export had to be transported by ship. It was also before the invention of commercial fertilizers, so large shipments of manure were quite common.

It was shipped dry, because in dry form it weighed a lot less than when wet, but once water (at sea) hit it, not only did it become heavier, but the process of fermentation began again, of which a by-product is methane gas. As the stuff was stored below decks in bundles you can see what could (and did) happen. Methane began to build up



below decks and the first time someone came below at night with a lantern, BOOOOM!

Several ships were destroyed in this manner before it was determined just what was happening

After that, the bundles of manure were always stamped with the instruction ' Stow high in transit ' on them, which meant for the sailors to stow it high enough off the lower decks so that any water that came into the hold would not touch this "volatile" cargo and start the production of methane.

Thus evolved the term ' S.H.I.T ' , (Stow High In Transit) ,..... "So it's really not a swear word" which has come down through the centuries and is in use to this very day.

*Editor note: I don't make these up; I just print what I've been told.*

**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.

**Hmmmmm**

Which letter is silent in the word "Scent," the S or the C?

Why is the letter W, in English, called double U? Shouldn't it be called double V?

100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.

If you replace "W" with "T" in "What, Where and When", you get the answer to each of them

At a movie theatre, which arm rest is yours?

If people evolved from monkeys, why are monkeys still around?

Why is there a 'D' in fridge, but not in refrigerator?

Who knew what time it was when the first clock was made?



**How to Get Fit**

**F = frequency**

**I = intensity**

**T = time**

**Stop eating**

**C:** carbonated beverages

**R:** refined sugars

**A:** artificial food

**P:** processed food