



Newsletter

The friendly place to workout

September 2021

FROM THE OWNERS

What does September bring? The end of summer, cooler weather and the beginning of many activities—back to school, sign up for sports, clubs/organizations that put their events on hiatus for the summer will be ramping up again, etc. etc. It's a busy time and can be stressful; remember to take the time for yourself. You are important!



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Fitness Centre**
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So, what happened here at Chances recently? Yaaaaay, we finally got the new awning installed over the front door (it was ordered back in May but COVID caused delays in material delivery). The intent of the awning is to shelter members during inclement weather when they are coming in and using their access cards or when they are leaving and digging for car keys, etc. It, along with the new door, also makes a good looking addition to the front façade. We appreciate the comments we've received from our members.

In case you didn't realize it, the incentive plan was reinstated — if you come in 15 times in a month, you get \$10 off your next month's fee. We have had quite a few of our members take advantage of this. We encourage you to make the most of your membership.

Meanwhile....keep well, stay safe and keep smiling.

Cathy & Larry

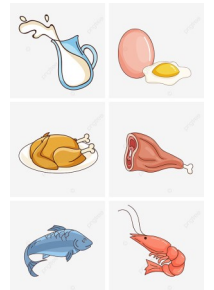
Health and Fitness Tips

There is a lot of confusion when it comes to health and nutrition. People, even qualified experts, often seem to have the exact opposite opinions. However, despite all the disagreements, there are a few things that are well supported by research.

NEVER SKIP THE MOST IMPORTANT MEAL

For once we're not talking about breakfast but rather the recovery meal after your workout.

So many skip post-exercise nutrition because they don't want to 'undo the calories they just burned. But getting a combination of 10 to 15 grams of protein and 20 to 30 grams of carbohydrates within 30 minutes of your workout will help to refuel your body, promote muscle recovery, amp up your energy, and build a leaner physique.



Share Your Achievements With Us

A few comments from our members:

- "I have so much more energy now."
- "I can feel the difference in my body."
- "I've lost 3 pounds and I've always had trouble losing before."
- "My balance is much better after using the Rebounder."



The best thing you can do for yourself is invest in the one thing that really matters—YOU.
Unknown

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 Jon P
- 16 Kaitlin P
- 20 Amanda F
- 29 Claire F
- 12 Amy J
- 16 Kendell L
- 22 Melissa D



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.

1. Laughing at your own mistakes lengthens your life; laughing at your wife's mistakes shortens it.
2. Next time a telemarketer calls, hand the phone to your 4 year old and tell him it's Santa.
3. I ordered a chicken and an egg from Amazon; I'll let you know.
4. The little toe is geo-located to strategically locate furniture in the low light conditions.



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.

How did the saying originate???

Barking up the wrong tree

This refers to hunting dogs that may have chased their prey up a tree. The dogs bark, assuming that the prey is still in the tree, when the prey is no longer there.

Turn a blind eye



The British Naval hero, Admiral Horatio Nelson, had one blind eye. Once when the British forces signaled for him to stop attacking a fleet of Danish ships, he held up a telescope to his blind eye and said, "I do not see the signal." He attacked, nevertheless, and was victorious.

Bury the hatchet

This one dates back to the early times North America when the Puritans were in conflict with the Native Americans. When negotiating peace, the Native Americans would bury all their hatchets, knives, clubs, and tomahawks. Weapons literally were buried and made inaccessible.



New Members

Amanda C, Amanda F, Alexis S, Susanne P

Did you Know?

- Kleenex tissues were originally intended for gas masks. When there was a cotton shortage during World War I, Kimberly-Clark developed a thin, flat cotton substitute that the army tried to use as a filter in gas masks. The war ended before scientists perfected the material for gas masks, so the company redeveloped it to be smoother and softer, then marketed Kleenex as facial tissue instead.
- That tiny pocket in jeans was designed to store pocket watches. The original jeans only had four pockets: that tiny one, plus two more on the front and just one in the back.

How to Get Fit

F = frequency

I = intensity

T = time

Stop eating

C: carbonated beverages

R: refined sugars

A: artificial food

P: processed food

Anniversaries (joined Chances)

Debbie D (18 years)

Debbie L (16 years)

Jon P (1 year)

Kristin P (1 year).