

Body & Mind

Health & Fitness Transmissions from

Spring 2007

The **GARAGE**

Private Personal Training Studio



Welcome to the first edition of **Body and Mind**, a quarterly newsletter of **The Garage Private Personal Training Studio!** Staying fit over a lifetime takes a balance of physical activity and learning about your health. My aim as a personal trainer is to help you meet your own fitness goals. We do this through customized personal and group training in the comfort of a fully equipped private studio. All training is based on cutting edge research in health and fitness.

Body and Mind is full of information on current health and fitness issues for adults and kids. If you have any comments, questions or article suggestions for future editions, please email me at the_garage@telus.net.



Verna Chan

Owner/Personal Trainer - **The Garage**

Spring, and gardeners thoughts turn to...

With the sporadic good weather the Coast has been experiencing early in April—and judging by the blossoming number of cars parked at local gardening centres every weekend, it's apparent that keen weekend gardeners all over are hitting the yard hard!

We're loaded down with lawn fertilizer, shovels and rakes, bags of top soil, heavy pots and trees... but, if we've been sedentary all winter these sudden bouts of lifting, raking, digging, reaching, pruning, etc. can lead to mild to severe muscle pain and strain.



Before you dig in this year, make sure you're prepared with an adequate warm-up and stretching routine:

- **Before you start a day of gardening** do a few minutes of walking followed by a few stretches — check out http://www.shelterpub.com/_fitness/_stretching/gardening.html for an excellent page of pre-gardening stretches from **Bob & Jean Anderson's Stretching**;
- **When raking or shovelling, switch sides** as often as possible to avoid over-taxing one side of your body and one set of muscles;
- **Avoid kneeling (or worse, crouching) in garden beds for extended periods**—get up and stretch often;
- **Ensure you are lifting heavy objects properly**—knees bent, keeping the object close to your body with your spine in a “neutral” position, and lastly;
- **Stay hydrated** by drinking enough water—especially important on hot days—and **wear a hat and sunscreen!**



Flowers are not made by singing "Oh, how beautiful," and sitting in the shade.

- *Rudyard Kipling*

Spring Fitness Calendar

May 10 - Move for Health Day

Since 2002, the World Health Organization has promoted **Move for Health Day** (MFHD) as a global day of physical activity. The BC Recreation and Parks Association (BCRPA) and partners have led this initiative to bring awareness and life to this campaign in BC. Move for Health Day is now a contributing factor to the province's efforts to meet the 20% physical activity goal for a healthier BC in 2010. The day has captured the imaginations of many and is becoming a launching pad for summer activity routines.



Move for Health on Thursday, May 10 by walking to work or school, taking an after-dinner walk with the family, going for a jog or throwing a frisbee at lunch with co-workers or friends. **The Garage** will be participating with an **Open House** event on **Saturday, May 12** - drop by our facility at 537 Veterans Road between 1 and 4 pm to skip, hula hoop, take part in mini-Body Sculpt classes and stretch!

May 26/27 - Relay for Life



The 2007 Relay for Life in support of cancer research through the **Canadian Cancer Society** takes place at Roberts Creek Elementary School on May 26/27 from 7pm to 7am! If you haven't got your own team together you can head down and support other participants at the event or purchase a luminary. Check out all the info at <http://www.kintera.org/faf/home/default.asp?ievent=211344> (ps - feel free to donate to any of the members of the **Inside Out** team... hint, hint!)

Shape Up for all your Spring Activities!

Check out **Personal Training** and ongoing **BodySculpt**, and **Yoga** classes at **The Garage!** www.the-garage-fitness.com or call 604-886-3114.



Relaxation and yoga... to sleep - Wendy Weir

The adrenaline you accumulate during the day can prevent you from relaxing and entering into a restful sleep. Caffeine, traffic and busy schedules all add up to a feeling of disconnection with your physical body.



Breathe In, Breathe Out...

In the evening, breath work can help the mind reconnect with the body after the stresses of the day. During the day, conscious breathing is a good way to maintain your equilibrium and feeling of wellness.

Breathing is one of the foundations of yoga practice, Breathing for 15 minutes before you go to sleep helps stimulate the parasympathetic nerves.

These nerves affect the "relaxation" functions of the body, like blood pressure.

Good yoga techniques for helping with sleep include:

Child's pose - knees bent on the floor, belly between the knees with the forehead on the floor and arms draped either over the shoulders or hands out in front. Breathe deeply for five minutes or more, and:

Lying down and focussing on your belly rising and falling with the breath - in and out. This can help reduce "mind chatter" and relaxes you into the simplicity of breathing.

For people with sore legs, lie on the floor close to a wall where you can put your legs up - first, parallel to each other for 3 to 4 minutes or longer. Then spread your legs into a comfortable "v" for a few minutes. On your back, bring knees to chest and rock slowly side to side for a minutes. When you have stopped, breathe into your lower back to relax it into the ground.

Try a couple of different routines before bed to let your body know sleep is coming soon. Sweet dreams ...

Wendy Weir instructs Yin Yang Yoga at the Garage Thursday evenings at 7pm. Yin Yang Yoga combines active postures with relaxing static postures for overall increased flexibility, strength, balance and peace of mind--a perfect prelude to a restful night's sleep. Check out her site www.relaxtorenew.com.

The GARAGE

Private Personal Training Studio
Helping you get fit for life...

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Raising Active Kids

- Verna Chan

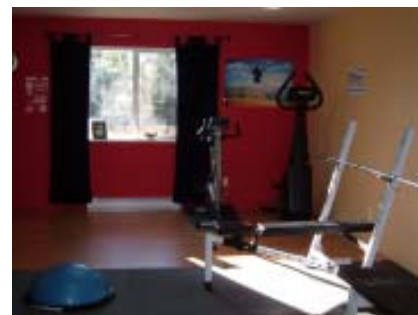
Do you know where your children are? These days our children are too often motionless in front of a TV or computer screen. This has resulted in an alarming increase in the incidence of childhood obesity—children who not only face a lifelong struggle with obesity but an increased risk of type II diabetes, heart disease, stroke, certain types of cancers and other chronic diseases, not to mention poor self-esteem and depression often associated with obesity.

A report by **Active Healthy Kids Canada** says that kids don't spend enough time being active. Dr. Mark Tremblay, the group's chairman, says "80-90% of parents feel that their children get a good amount of physical activity--in reality we know less than half of Canadian children and youth meet the minimum requirement for healthy growth and development." Ideally, children between the ages of 6 and 11 should be getting 30 to 60 minutes of exercise per day including periods of moderate to vigorous activity lasting 10 to 15 minutes or more.

But forget about trying to rigidly schedule activity into their lives—kids, like adults, need to find activities they enjoy or they won't likely continue to do them. And the sooner healthy activities are introduced into their lives, the more likely the habit of staying active will become an integral part of their lives!

Here are some easy ways to ensure that kids get a healthy amount of physical activity:

- **Step away from the computer** - Limit TV and computer use and encourage kids to play outside!
- **Set a good example** - parents who are obese and inactive are more likely to raise children that are also obese.
- **Exercise with your kids** - go for family walks or hikes, bike, skate, swim, ski—you'll be spending quality time with the kids and showing them that fitness can be fun!
- **Buy toys that encourage healthy fun** - they don't need to be expensive—balls and frisbees teach hand-eye coordination and skipping ropes are simple, portable, and provide an excellent form of cardio exercise!



If you're considering beginning a fitness program, call us for:

- Personal Fitness Consultation and Evaluation
- One-on-One Personal Training
- Partner & Small Group Training (3 - 4 people)
- Body Sculpt, Yoga, & Parents & Kids Classes

Don't wait to get in shape! Call 604-886-3114 and mention this ad and get 10% off a 6 or 12 session personal training package and you'll be in great shape for summer! Offer ends April 30, 2007.