



Vibrant Living

Fitness Centre

Work us in... We'll work you out

NEWSLETTER

Sept 14 to Sept 18, 2020

LIVE AND DIGITAL CLASSES & PROGRAMS...are still available. We offer **FREE LIVE STREAM CLASSES** and **MOVE123**. (Please see below for log-in formation.)

LIVE STREAM morning & afternoon stretch breaks and noon class sessions available daily.

For those who have been joining me since initiating LIVE STREAM CLASSES – Keep it Up. For those who have been thinking about, let's start today. (The WebEx platform is used, and all invites are sent a week in advance on a reoccurring basis.)

- Morning 10:30 am stretch breaks and afternoon 3:30 pm stretch breaks.
- Daily 30-minute lunch time classes. Check out this screen shot of one of our stretch breaks.
- 30-minute live stream exercise class – quick and efficient workout.
- Do as much or as little you want. The log in information will be sent to you as a WebEx invite. ☺

Wellness / Group Exercise Live Stream Class Schedule – Sept 14th to Sept 18th, 2020

*****POP UP Surprise Class*****

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 - 10:45	Stretch Break	Yoga Stretch Break 	Stretch Break	Yoga Stretch Break 	Stretch Break
12:00 noon To 12:30 pm	Muscle Interval Training (Handheld weights and or detergent jugs needed. Mat or carpet for floor work needed)	**Body Core** Glide/Ultimate Abdominals (15 minutes of Glide work and 15 minutes of Abdominal work. Two face clothes and a mat needed.)	SLL  (Strong/Long/Lean) Handheld 3 lbs. weights or small can goods can be used. Mat or carpet for floor work needed	Muscle Training Lower & Upper Body & Abdominal (Split training with heavy loads, large detergent jugs, etc., mat)	*Cardio Spurts* (30 sec work/ 10 sec recovery) 
3:10 pm			Pop Up - Surprise 15 mins (3:10 pm)	 or 	
3:30 - 3:45 pm	Yoga Stretch Break 	Stretch Break	Yoga Stretch Break 	Stretch Break	Week of Sept 14th to Sept 18th, 2020

MOVE123 offers a wide range of video options including Fitness, Wellness and Mind Body to all Vibrant Living Fitness Centre members and non-members.

- They are **FREE** of charge.



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- The videos are short, easy to understand, equipment optional and doable in the comfort of your own home.
- The workouts sessions/classes are updated and refreshed weekly.
- It's easy and fun!

Use the following information to log-in:

USERNAME: livnorth@wellnesssolutions.com.au **PASSWORD:** Mywellness1!

WEEKLY HEALTH TIPS:

Fit Tip

Training principle - The Reversibility Principle

The Reversibility Principle or "Use it or Lose it" means that our muscles build strength when we use them. Once we stop exercising regularly, we lose the muscles ability to lift heavy loads, run longer distances, or jump high boxes.

Approximately 10% of strength can be lost after 8 weeks of inactivity, but 30-40% of muscular endurance is lost during the same time period. Detraining effects can be reversed when training is resumed. "Back to Training" process should start with overall conditioning, gradual increase in intensity and emphasis on joint mobility.

Nutrition

Moderation is our diet for this week!

Animal protein in our diet comes from meat, fish, poultry, eggs and dairy.

Consumption of organic, well-fed animal products has a huge impact on our health. Grass-fed beef or run free chicken has lower fat, higher vitamin and mineral content, higher in omega 3 fatty acids and fat called linoleic acid, has healthier ratio of omega -3: omega -6.

Products like milk, eggs, etc. from well-fed, well-raised animals are much healthier than those that come from non-organic sources.

An excellent source of animal protein is seafood. Fish is high in protein and, depending on the Variety, they have many other healthful attributes as well. Fatty fish such as salmon, tuna, sardines, and others contain high omega-3 content. One caution regarding fish consumption is mercury content, which can be high in certain types of fish. Although mercury poisoning is not a concern for most people, it is wise to limit high-mercury-content fish consumption because of potential damage to the lungs, brain and kidney.

Because fruit contain significant amounts of sugar, less frequent consumption is recommended. The range for servings of fruit falls between two and four per day; for those with the weight loss goals in mind, chose 2 servings. There are two important factors to consider when consuming fruit: the type of fruit and the timing of fruit consumption. Berries and citrus fruits have more fibre and are lower in sugar. Bananas, watermelon and other types of melon are higher in sugar and may impact blood sugar levels.

Wellness

A few facts about our muscles:

The largest muscle in the body is ... Gluteus Maximus. It keeps our trunk in upright position and aids in walking upstairs.

The strongest muscle in the body is ... Masseter, a jaw muscle. It can close the teeth with a force as great as 55 pounds (25 kilograms) on the incisors or 200 pounds (90.7 kilograms) on the molars.

The most powerful muscle is... Soleus (calf muscle), It pulls with a greatest force against the gravity to keep the body upright.



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The hardest working muscle is ... Heart. It pumps out 2 ounces of blood at every heartbeat and has the ability to beat over 3 billion times in a person's life.

Self-Nurturing Tips:

- ✚ Take time for yourself each day in a quiet space for at least 5 – 15 mins. Do this without interruptions, social media and children/spouse. Enjoy the quiet time and be mindful of your body sensations and sounds in the room.
- ✚ Read a good book in a quiet room, preferably with the sun streaming through the window.

CLASS WORK OUT PROGRAMS OF THE WEEK:

Cardio Spurt Exercise Program – 40 seconds work / 20 seconds rest / 3 rounds repeated twice

Warm up - 5 minutes:

A must! Start with a walk, to knee ups, to a light jog. Add arm swings, small at first and increase the range of motion for the swings. Not too vigorous, you are only warming up the joints and muscles and slightly increasing the heart rate.

Repeat each round twice.

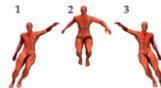
Round 1:

- Runs with high knee Slaps (or low intensity - alternating knee up with arm pull down motion)
40 Seconds hard work – rest 20 seconds – Repeat
- Jumping Jacks – (or low intensity – alternating side toe taps with arms side lifts)
40 Seconds hard work – rest 20 seconds – Repeat
- Stride Alternating forward jump leaps – (or low stride backs with chest press forward arms)
40 Seconds hard work – rest 20 seconds -Repeat
- Bunny Hops in a low squat – (or low intensity – low squat lifts)
40 Seconds hard work – rest 20 seconds – Repeat



Round 2:

- Box Jumps to the Right (or low intensity – step right, back, side left, step forward)
40 Seconds hard work – rest 20 seconds – Repeat
- Mountain Climbers (or low – slow down speed and take a break)
40 Seconds hard work – rest 20 seconds – Repeat
- Box Jumps to the Left (or low intensity – step left, back, side right, step forward)
40 Seconds hard work – rest 20 seconds – Repeat
- Mountain Climbers (or low – slow down speed and take a break)
40 Seconds hard work – rest 20 seconds – Repeat





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Round 3:

- Squat Alternating Knee lifts (or low intensity – squat only)
40 Seconds hard work – rest 20 seconds – Repeat
- Squat Star Jumps (or low intensity – squat and while arm reach up and out diagonally)
40 Seconds hard work – rest 20 seconds – Repeat
- Forward Long Jump Leap/turn and Forward Long Jump Leap back (or low intensity step forward / turn and step back)
40 Seconds hard work – rest 20 seconds – Repeat
- Double Leg Side to Side hops (or low intensity-single leg step side to side)
40 Seconds hard work – rest 20 seconds – Repeat



Recovery and Stretch!

RECIPE OF THE WEEK:

Charred Vegetable Orecchiette

Embrace the anchovies! They melt into the background of dishes, adding depth of flavor (as well as protein and heart-healthy omega-3s) without a fishy taste—really.

By **Liz Mervosh**

Also appeared in: Health, September 2020

(Photo: Greg DuPree)

Prep Time:

Active: 25 mins

Total: 25 mins

Yield: Serves 6



Ingredients

- 1 (1 1/2 lb.) head cauliflower, cut into small florets (about 5 cups)
- 13 ounces fresh broccoli rabe (1 or 2 bunches), ends trimmed and coarsely chopped (about 5 cups)
- 1/4 cup, plus 1 Tbsp., olive oil
- 2 tablespoons thinly sliced garlic



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- 7 drained canned anchovy fillets, finely chopped
- 1 teaspoon finely chopped fresh rosemary
- 12 ounces whole-wheat orecchiette pasta
- 1 1/2 teaspoon kosher salt
- 1/2 teaspoon coarsely ground pepper
- 2 teaspoon white wine vinegar
- 1/3 cup finely shredded pecorino Romano cheese

Preparation

Preheat oven to broil with rack 10 inches from heat source. Toss together cauliflower, broccoli rabe, and 1 tablespoon oil on a large rimmed baking sheet; spread mixture in an even layer. Broil, stirring once halfway through cook time, until lightly charred and just tender, about 10 minutes.

Meanwhile, heat remaining 1/4 cup oil in a large Dutch oven or wide pot over medium, and cook garlic, anchovies, and rosemary, stirring often, until garlic is beginning to brown, about 5 minutes. Remove from heat.

Cook pasta according to package directions for al dente, omitting salt. Drain pasta, reserving 1 cup cooking water.

Return Dutch oven to heat over medium-high. Add cauliflower mixture, salt, pepper, pasta, and reserved cooking water. Cook, stirring mixture and shaking pot constantly, until a light glossy sauce forms and coats noodles, about 4 minutes. Stir in vinegar.

Divide pasta mixture evenly among 6 shallow bowls; sprinkle with cheese. Serve immediately.

Nutritional Information:

Calories per serving:	361
Fat per serving:	14%
Sugar:	2g
Saturated fat per serving:	3g
Protein per serving:	14g



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Carbohydrates per serving: 50g

Fiber per serving: 8g

Cholesterol per serving: 8mg

Iron per serving: 4mg

Sodium per serving: 792mg

Calcium per serving: 157mg

Good to Know

Thanks to the whole-wheat pasta and cruciferous veggies, this meal is high in fiber, too.

FOR MORE GREAT RECIPES VISIT MYRECIPES.COM



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