



# SNSC Wellness Bulletin

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The Steve Nash Sports Club Wellness Newsletter

2010!

## January! The month of good intentions....

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Training? Cardio? Start a new diet?

Every January, gyms are packed and everyone is ready to start a new diet and train 5 times/week. Is it the right thing to do? NO! Don't be too demanding with yourself, otherwise you are only aiming for defeat.

### Here are a few tips:

First, see a good nutritionist who will assess your needs. This will prevent you from falling into miracle diets scams.

You need to start with a food plan, a game plan, which will help you melt your excess pounds, but more importantly, improve your health. The goal is to change your habits, one at a time, to improve your quality of life. Do it gradually! For example, reduce your portions; cut bad fats and bad carbohydrates; lower your alcohol intake, you will sleep better and have more energy.

Secondly, see a qualified trainer to assess training needs and to avoid any risk of injury. Challenge yourself but stay realistic with your goals and don't make them impossible to achieve; this would only kill your motivation. It is best to do some physical activity 2 to 3 times a week and to maintain this pace all year long then to do 2-3 months of crazy training and then abandon everything! The positive effects of physical activity will be much higher if you keep the pace in the long term.

In summary, change your habits gradually and for the rest of your life! This will have a positive impact on your overall health. Ask for professional advices, they will help you achieve your goals and to stay on the right track.

Happy New Year and Happy life style changes!



# 9 Commonly Used Excuses to Avoid Exercise and the truth to help you “Take Back Your Health” in 2010

## **1** Excuse: “I’m too busy at work during the day to find time to workout.”

Truth: Everyone is busy, and if it’s time on this earth you value, you should put your health first. If you don’t, what you’re actually doing is letting time slip right through your fingers. Exercise improves your mood, your energy level, and promotes better sleep; making you more efficient at all those daily tasks that eat up your time. Make exercise a daily priority by scheduling it into your calendar or “to-do” list, like you would for any important meeting. Then, you will hold yourself accountable and exercise will feel like a natural part of your workday.

## **2** Excuse: “Everyone at the gym is fit and in shape.”

Truth: People of all populations, ages, genders, weights, shapes, sizes, and skill levels workout at a club. Club staff, personal trainers, and other members will help ease you into the club environment. A trainer can show you the ropes, make you feel at home, and demonstrate proper exercise technique so you’ll feel like a pro on the fitness floor. Meeting a new workout buddy or bringing a friend can also provide the social support you need to get started and maintain your routine.

## **3** Excuse: “Why join a health club when I can exercise outside?”

Truth: Sunshine is beautiful, but exposes you to harmful UV rays. Every day is unpredictable - rain, shine, sleet, heat, cold, or snow, a health club provides a protective environment for working out; no matter what the weather is like outside.

## **4** Excuse: “I’m not overweight, so I don’t need to exercise.”

Truth: This is a big misconception. Exercise is not just a way to lose weight, but also a way to keep yourself healthy. People of any weight can have underlying health problems like diabetes, heart disease, and osteoporosis that can go undetected. Cardio and weight training help build a healthy heart, lungs, muscle mass, and strong bones; which are key to combat disease as you age and will help you live a long and healthy life.

## **5** Excuse: “Dieting alone will yield the same results as exercising.”

Truth: Exercise is one of the most central components in maintaining your weight and improving long-term results. Ultimately, the most successful weight management plan is a combination of a healthy diet and daily exercise.

## **6** Excuse: “I can just workout at home on my own equipment or with fitness video games.”

Truth: Setting up a home gym means buying expensive equipment, taking up precious space, and spending time and money for equipment maintenance. A decent treadmill can cost about \$1,000 (that’s the price of a year of membership at a High end health club!). At home you’re on your own - you have no professional there to ensure proper technique and to help prevent injury. As far as video games go, a new study says Wii Fit provides insufficient stimulus for fitness changes and no major improvements in daily physical activity, muscular fitness, flexibility, balance or body composition. Leave the video games to Mario. Besides, it’s good for your mental health to get out of the house and go to the club for a change of scenery and to socialize, instead of being home alone.

## **7** Excuse: “There aren’t enough things to do at a health club.”

Truth: Boredom? Impossible! If it’s variety you want, health clubs have it: treadmills, ellipticals, weight machines, personal training, yoga, pilates, zumba, spinning, basketball, racquet sports, swimming, nutrition counseling, and spas. Not to mention a friendly staff of trained professionals.

## **8** Excuse: “Exercise isn’t all that important to my health.”

Truth: If exercise were a pill, it’d be the most potent and effective one ever made. Lucky for us, you don’t need to wait for a prescription; you just need to decide to get up and

go. Regular exercise prevents chronic disease like diabetes, arthritis, and heart disease, increases productivity, improves your mood and your energy level, minimizes stress, promotes better sleep, and leads to decreased work absenteeism. Still need convincing?

## **9** Excuse: “I can’t find a health club that fits my needs.”

Truth: Healthclubs.com offers the best resource for finding a conveniently located club that aligns with your fitness goals. Use the finder to search by city, state, or zip code, and use the new mapping system to easily compare health clubs in your city. On healthclubs.com you can also search by 18 different club amenities, find out about a club’s hours, parking, or even get contact information and directions to the club.



## How to Get in ``Hollywood`` Shape



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Celebrities spend thousands of dollars a year on their physical appearance - they hire personal trainers, dieticians, personal chefs and stylists. Outside Beverly Hills, where having your own personal chef isn't always an option, it's important to figure out what your options are. Here are some tips and free resources on how you can be a little more ``Hollywood`` without paying the big bucks!

**1** Hire a personal trainer - Taking the step to hire a personal trainer is affordable for most people once you see the long term value. A qualified fitness professional will tailor your workouts to help you reach your health and fitness goals in a safe and efficient way. Their support, motivation and expertise are a health investment everyone should make. Costs vary depending on your trainer's level of experience and expertise. If your trainer is passionate and enthusiastic it's more than likely you will be doing the exact same exercises and workouts that they're doing in Hollywood as there are no 'Hollywood specific' workout secrets. What's making the difference with celebrities is the combination of their properly tailored workouts and their properly tailored diets.

**2** Diet - Celebrities who stay fit on a regular basis usually have a dietician or nutritionist who has helped them optimize their workouts with a customized diet plan. If hiring someone to help is out of reach, you can actually figure out the numbers yourself using very simple math. Having a proper macronutrient ratio of carbohydrates, protein and fat can make all the difference in your workouts. For women who are not seeing fat loss results it's usually because their carbohydrate intake is too high and for males trying to gain muscle mass who aren't seeing gains, it's because their protein intake is too low. The simplest and easiest way to get your calories balanced is to try a 40-30-30 macronutrient breakdown. 40% of your calories should come from Carbohydrates, 30% from Protein and 30% from Fat. A great web-site to help you is [www.thedailyplate.com](http://www.thedailyplate.com) which you can use as a log to track your calories and they will do the math for you- they even offer an Iphone application! Figuring out your daily intake is simple but putting them into practice can be a bit more difficult - thankfully my next recommendation can help!

**3** Meal Preparation - Most of us are too busy to spend the proper amount of time on meal preparation, grocery shopping and counting calories. Some might say that celebrities have more ``time`` than us. But that's just not the case - they're just as busy if not more - but they are financially able to hire all the help they need. Having your own chef is unrealistic unless you are

but having gourmet healthy meals delivered to your door is entirely affordable. ``Lucious Living`` claims to be your own personal shopper, nutritionist, health champion, and gourmet chef all rolled into one. They offer personalized meal plans delivered daily to your door in Toronto and Vancouver and also make corporate deliveries. ``Mamaluv`` offers similar services in Montreal. These aren't fake processed foods like regular ``diet`` companies offer. This is real food, with real ingredients, prepared just for you - if you eat out for lunch and dinner every day it really won't cost you much to switch. If meal services aren't an option save some time by using <http://tastyplanner.com/> to plan your meals (it even makes a grocery list for you) which you can then use to order your groceries online with <http://www.grocerygateway.com/> (Toronto), <http://magasin.iga.net/> (Montreal), <https://www.spud.ca/> (Vancouver).

**4** Motivation - Celebrities have a lot of motivation to stay in shape - their job depends on it! If they don't gain 20 pounds of muscle they might lose out to Vin Diesel for that next big action picture. Then there's the fear of ending up in your bathing suit on the cover of ``People`` magazine 20 pounds overweight. Thankfully, we don't have those pressures in the regular world. Most people won't be fired if they don't look the same way as they did on their first day. So for non-celebrities we must find our own motivators, because even with a trainer and meals delivered to your door you still have to find the inner strength to actually show up for your workouts and eat what you're supposed to. Always set short and long term goals and reward yourself with a spa treatment or a new pair of shoes when you reach them. Just because you have all the tools doesn't guarantee success. Just look at Oprah - she has every possible resource at her disposal yet still has not found her motivation - her weight fluctuations are famous. Remember to walk before you run - set realistic expectations and goals and don't give up until you can find something that motivates you to reach them!

If you're having trouble figuring out your macronutrient ratios or have any questions in related to this article please email me at [micaelafitness@gmail.com](mailto:micaelafitness@gmail.com)



## Play it safe - Winter fun without injury

Winter enthusiasts look forward to this time of year when there's an abundance of winter activities to enjoy, like skiing, snowboarding, skating, snow shoeing, tobogganing, hockey and many other active pursuits. Before heading out to the ice, snow, trails or slopes, Canadians need to remember that winter activities often pose a higher risk of injury if time isn't taken in advance for proper body conditioning.

Canadian physiotherapists say they see clients with an increased number of 'impact' injuries in the winter, as opposed to the more 'repetitive-use' injuries seen throughout the rest of the year.

"I see a big influx in ski and snowboard injuries from both trauma and overuse at this time of year," says Carl Petersen, Canadian Physiotherapy Association member and author of *Fit to Ski*, published in May of last year. "After New Year, I'd estimate that two out of every 10 patients I see will be suffering from some on-slope mishap."

Among the most common winter sports injuries are separated shoulders, knee sprains, torn ligaments, pulled muscles and wrist fractures. These aren't seen only in couch potatoes who have become over-enthusiastic with the first snow fall. Even those who have been active throughout the summer can fall prey to the injuries of winter sports, mainly because the body's muscles need different conditioning for the flexibility and balance demanded by most winter activities. More than any other group of winter enthusiasts, skiers and snowboarders seem the most susceptible to injuries including strains, sprains and fractures.

"The most important thing to improve your training or ski-day and help guard against injury is to do a good dynamic warm-up before any activity – warm-up to ski, don't ski to warm-up," says Peterson. "Doing simple exercises like leg swings or slalom jumps help work on your balance plus core, hip, knee and lower leg strength."

The level of activity being exerted also needs to be realistic. Resist the urge to over do it, especially at the beginning of the winter season. The Canadian Physiotherapy Association suggests a good conditioning program prior to sharpening the skate blades

or hitting the slopes to increase leg strength and endurance. Workouts to strengthen thighs, hamstrings, gluteals (buttock muscles) and abdominal muscles can also help.

As experts in movement and mobility, physiotherapists can help develop an exercise program specially-tailored to the individuals needs; putting together the right combination of activities to improve physical fitness and avoid injury.

The "ABC's of Smart Training"

**A** is for Alignment – People spend a lot of time in seated or contorted postures, which can affect postural alignment.

This may limit the body's ability to achieve and maintain peak capacity and may lead to pain or injury. A physiotherapist can tailor a program of stretching and strengthening exercises to promote optimal postural alignment.

**B** is for Balance – Balance is a fundamental component of any sport, especially skiing. If you have a sedentary lifestyle, you may need to "train" your balance reactions for sport related activity. Most gym's have balance equipment available. Use them to improve balance and ultimately enjoyment on the slopes.

**C** is for Core Training –Skiers and boarders need a strong core or torso

as an "anchor" for the legs. These are the muscle groups that work together to stabilize the trunk. Exercises that have a rotational component and work the core areas in three dimensions are best. While many sports such as cycling, or weight training are one-dimensional, life and sports, like skiing, are 3-D so you must train for them. Canadian skier Thomas Grandi, winner of the Ski World Cup Giant Slalom 2004/2005 says, "I have found over the years that my most important asset physically has got to be the core. If the core isn't strong enough powerful legs become useless as the power is lost when the skier breaks at the waist. Not to mention injury prevention!"

**D** is for Deceleration Control – Skiing and boarding are all about controlling the gravitational pull on frozen water. A typical ski turn usually lasts 2-3 seconds. Skiers must be able to control their deceleration speed to slow the forces of gravity and finish their run safely. Exercises that work the quadriceps in a slow controlled manner such as step ups, split squats and lunges are excellent ways to train for this. They mimic the forces of skiing and allow you to improve strength in a hip-extended position - the functional position for all sports.

