

Music can elevate your workouts - By Meghan Rabbitt

Sound Advice

Music does more than help the time on the treadmill fly by. Here's why it's smart to integrate your iPod into your exercise routine, and the best tunes to choose for the sweat session you've got planned.

There's a reason Michael Phelps plugs into his iPod before a race and why boxers and baseball closers walk out to the ring and the field to their favourite tracks. If you asked him, Phelps would tell you Lil Wayne helps him get his edge before a race, but there's even a more scientific reason athletes listen to music when they train and before a big event: Studies have shown that listening to music during exercise can improve results, both in terms of being a motivator and as a distraction from negatives like fatigue.

But this isn't exclusive to elite athletes: plugging into your iPod while you exercise can pay off big. "Music is a great motivator," says Israel Allen, a 24 Hour Fitness master trainer in Southlake, Texas. "It can help you stay focused, keep your intensity up, and get you psyched to start sweating. When I get a couple of new songs on my iPod, I can't wait to work out."

Research confirms Allen's motives for getting his groove on at the gym. Scientists at Penn State University found that music can boost your mood and chase away negative feelings (great for those days when you have to drag yourself to the club); another study from Hampden-Sydney College in Virginia found that when participants listened to music while on stationary bikes, they rode farther and reported less exertion than those doing the same workout sans music.

For Lisa Martin, a trainer and group fitness instructor at the 24 Hour Fitness in Kaneohe, Hawaii, results like these come as no surprise. "I'll see someone in spin class who looks like he's struggling, but then a song he obviously likes will come on, and it's like a little light bulb goes off and he thinks, 'Yeah, I can keep

going,'" says Martin.

But more than just helping you push through pain, creating a playlist for your next workout can also help you plan ahead, keeping you from getting to the gym and wandering around wondering what you'll do (and ending your workout early as a result). "When you put a playlist together, you have to think about what your workout is going to look like, it reminds you to warm up at the start, cool down at the end, and decide how long and hard you're going to go," says Allen. "Ultimately, music is a simple way to make sure you make the most of your time at the gym."

Pump Up These Jams

Of course, your heavy metal might be someone else's hip-hop. But there are some rules to follow when it comes to matching music to the workout you've got planned. "In general, you want to make sure your music helps you achieve the intensity you're going for," explains Allen. "It's probably not going to work if you're running to slow country or stretching to hard rock."

Cranking out miles of cardio? Think fast-paced songs somewhere between 120 and 140 beats per minute, suggests Allen. If you typically need a little more inspiration to keep you going, choose songs that help you daydream and take your mind off of how much longer you've got to go. If you're competitive enough with yourself to make it to the end of the workout you've got planned and just want the time to fly a little faster, try a podcast, says Martin. "But be careful with podcasts, because they can be distracting," she says. "You want to make sure whatever you're listening to doesn't make you subconsciously take your intensity down a notch or two."

Adding intervals into the mix? Coming up with a playlist for cardio intervals takes even more planning, says Allen. Include a warm-up song, followed by tunes that build you up to about 75 percent of your max heart rate and pick up in pace for 20 seconds to a minute at a time. "Song placement is also

crucial in these mixes," says Allen. "If you know you usually get tired 20 minutes in, that's where you should put a power song, something that'll inspire you to keep going."

Hitting the weights? Your options are wide open when it comes to what to listen to when you lift, with one exception: Steer clear of music that's either so fast or that pumps you up so much that it'll make you race through your sets, says Martin. A great option? Listening to Pandora.com or Slacker personal radio on your iPhone. Both let you choose an artist and will play the same type of music, typically by similar artists and at similar paces, for as long as you want to listen. This is also a great choice for cardio workouts, especially if you're time-crunched and can't plan a playlist before you hit the gym.

Source: You24. Used with permission.



One of the Best Kept Secret... The Athletic Therapist



They are on the sidelines of every Vancouver Canucks and CFL Lions. They travel to the Olympics as an important part of the Canadian Medical Team. They are... Certified Athletic Therapists, and they help our most elite athletes avoid and recover quickly from injuries.

So why haven't you heard of them?

Athletic Therapy was born out of the necessity for a more complete and active approach to rehabilitation for physically active individuals. Athletic Therapy specializes in the prevention, emergency care, clinical assessment and rehabilitation of musculoskeletal injuries. This includes sprains, strains, tendonitis, herniated disks, as well as any other injury occurring to the muscles, bones and joints. Whether this injury was sustained in sport, work or other daily activities an Athletic Therapist can identify the cause and provide a rehabilitation program that will keep the

person as active and involved as possible while they recuperate. Athletic Therapy treats the injury site, but also addresses the complete conditioning of the person as a whole including cardiovascular fitness, flexibility, posture work and exercise habits. That way, no strength or fitness is lost during the recovery period and physical activity can be started faster with less chance of re-injury. Through exercise therapy, manual therapy, the application of therapeutic modalities, sport-specific rehabilitation, strength and conditioning, evaluation and prescription for orthotics, and even exercise pool therapy, Athletic therapists aim for a rapid return to play.

Certified Athletic Therapists are sports medicine professionals with a bachelor of science degree from an accredited Canadian university program. They have completed a supervised internship of 1200 hours and have successfully passed a rigorous written and

practical national certification exam. Once certified the Athletic Therapist is governed by the strict code of ethics and continuing education requirements set forth by the Canadian Athletic Therapists Association (CATA). All licensed Athletic Therapists conforming to these standards will have the letters CAT(C) as a credential written after their name.

While Athletic Therapy is well-established among high-calibre national and Olympic athletes this service is also widely available to the general public. Despite the availability and advantages of Athletic Therapy most people remain unaware of its existence and thus we are proud to advocate June as our National Athletic Therapy Month; the objective of Athletic Therapy month is to make the public aware of our services, whether it be working on field with a team, working in a clinic, or in a fitness center.



Steve Nash Sports Club New Richmond

Opening Update

With the Steve Nash Sports Club Richmond in the final stages of construction we are extremely excited to give you an update on how we are progressing and we would also like to thank you for your patience during this process. The new facility will be incredible and we are very proud to be finally offering to you this brand new facility. We are working around the clock to try to still meet the deadline of opening the first week of June as suggested a few months back. The aim is to have our main club open for work outs as early as June 8, 2009 and with this, we would like to inform you of the expected completion dates of some of the other departments/ facilities within the complex,

Workout Floor - All cardio, selectorized machines and free weights complete for club opening

Locker Rooms - Showers, lockers and bathrooms complete for club opening

Group X & Group Cycling Studios - Fully complete for the club opening

Kids Zone - Fully complete for the club opening

Jugo Juice - Expected full opening date - end July 2009

Swimming Pool - Expected full opening date - end of June 2009

Tennis Complex - We are extremely happy to announce that we will be officially opening the Steve Nash Tennis Complex on June 1st 2009

Once again we appreciate your patience and we are very excited to be opening our 2nd location in the greater Vancouver area. We know you will be very impressed with the new facility and we look forward to the opening. Also, mark your calendars, as we have designated the official Grand Opening party with Steve Nash to be held on the evening of July 2nd in Richmond. More information to follow.

See you at the club

Don Harbich
President/CEO Steve Nash Sports Club

Insomnia?

WHAT IS SLEEP?

Sleep is a normal physiological state of inertia, absence of thought and decreased mental activity. The mind enters a relaxation and dream state while the body relaxes and regenerates.

Traditional Chinese medicine analyzes sleep by the interaction between two energies: Yin, or mental relaxation, rest and night, and Yang, or movement and day. These two mental states are in continuous movement and enable the body to move from a waking state to a sleeping state.

Yin will reduce Yang mental activity and will slow its tendency to race once evening arrives, and Yang will trigger Yin mental relaxation and will fight the tendency to slip into inertia when daytime is upon us. The sleep function is therefore explained by this movement of alternation between Yin and Yang. As such, once evening arrives, Yang mental activity must slow down its movement and stay buried deep within the being to regenerate the vital organs. Yin mental relaxation must increase its activity, which is to ensure that the bodily functions relax.

We can gain a better understanding of this alternation between relaxation (Yin) and activity (Yang) that occurs over a 24-hour

cycle by observing the seasons (annual cycle). Spring and summer are comparable to dawn and day while fall and winter represent evening and night.

GRAPH OF THE YIN AND YANG CYCLES

Representation of the alternation between YANG, sky blue and YIN, dark blue, throughout the 24-hour cycles and the seasons.

WHAT HAPPENS WITH INSOMNIA?

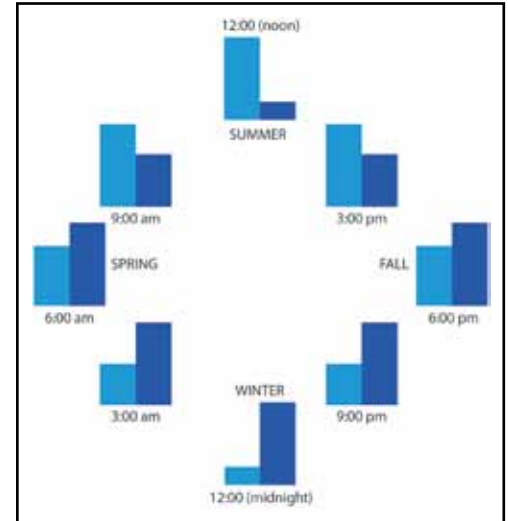
Insomnia is a disorder that affects the quality or duration of sleep. It is characterized by problems experienced falling asleep, waking up frequently during the night, waking up early or completely sleepless nights. This imbalance is due to a disturbance in the cyclical movement of Yin and Yang energies, resulting in different types of sleep disorders.

- trouble sleeping or the complete inability to sleep result from Yang energies that remain excessively active.
- waking up frequently during the night indicates that Yin relaxation is weak and therefore has difficulty maintaining a restful state.
- waking up too early is due to excessively abundant Yang activity with respect to Yin relaxation, which explains the early onset of the activity.

THE BENEFITS OF ACUPUNCTURE

Acupuncture is used to reestablish the natural bodily functions by calming the Yang energies or by increasing the level of rest of the Yin energies based on the nature of each individual's energy imbalance. At this point, advice on nutrition and lifestyle could be offered (exercise, habits, mental outlook, etc.) to help maintain this balance.

©Association des acupuncteurs du Québec



Join us for the launch of our new Steve Nash Pro Shop

We have just what you need when you need it to get your workout off to the right start.

Come check out our large selection of **Nike** apparel and accessories featuring products from their training, sportswear and **Nike +** brands.

New to the Pro Shop in June is **lululemon athletica**: yoga-inspired apparel for healthy living. **lululemon athletica** makes technical clothing for yoga, dancing, running and most other sweaty pursuits.



Whatever your goal—bulking up, losing weight, boosting performance—we’ve got the smart and tasty way to start your day.

TRUE OR FALSE: Only losers eat breakfast. True. Some of the biggest losers—the people who are being tracked by the National Weight Control Registry because they’ve lost and kept off at least 30 pounds—eat breakfast every day. It’s a secret of their success, and they’re not alone. Whether you’re trying to lose weight, gain power, or train for performance, you can match your goal to one of these three starters, which have been specially designed to help you succeed.

WHAT’S RIGHT FOR YOU? Eating protein helps build muscle. But excess protein-loading isn’t going to do anything but tax your kidneys. The average 150-pound person should be eating around 54 grams of protein daily. Consume up to 96 grams if you’re exercising for endurance and 115 if you’re strength training.



Source: You24. Used with permission.

POWER	POUNDS OFF	PERFORMANCE
PEANUT BUTTER SHAK	SWISS CHEESE OMELET	FRUIT & YOGURT CUP
<p>1 serving</p> <p>Spread the word: Peanut butter is packed with muscle-building protein. We paired a generous portion with bananas for this power shake, which may be the most decadent one you’ve ever tasted.</p> <p>½ CUP PEANUT BUTTER 1 LARGE BANANA, FROZEN, WITHOUT THE PEEL 2/3 CUP WHOLE MILK OR YOGURT 2 TBSP WHEAT GERM 2 TSP FLAXSEED 2 TBSP CHOCOLATE SYRUP (OPTIONAL)</p> <p>Combine all the ingredients in a blender. Process until smooth. If you don’t have time to freeze the banana, add a couple of ice cubes when blending.</p> <p>Each serving (without chocolate syrup): 731 calories, 34 g protein, 55 g carbohydrates, 10 g fiber, 48 g fat (10 g saturated), 6 mg cholesterol, 3 mg iron, 241 mg calcium, 97 mg sodium 1 serving</p>	<p>1 serving</p> <p>The secret of this hearty omelet is the 5 grams of fiber, supplied by the veggies.</p> <p>CANOLA OIL COOKING SPRAY 1 WHOLE EGG, 2 EGG WHITES 1 PINCH OF OREGANO, PEPPER ½ CUP COOKED ASPARAGUS CUT IN 1-INCH PIECES ½ CUP COOKED SLICED MUSHROOMS ½ COOKED ZUCCHINI 2 TBSP SHREDDED REDUCED-FAT SWISS CHEESE</p> <p>In a medium bowl, beat the egg with the egg whites until mixed. Set aside. Mist an 8” or 9” nonstick skillet with canola oil. Heat over medium. Add the beaten-egg mixture. Stir once or twice with a wooden spoon, and spread the egg mixture to cover the bottom of the pan. Add vegetables to one side of the omelet. Sprinkle the vegetables with the cheese and seasoning. Gently fold the omelet and cook for an additional 2 minutes, until the cheese is melted.</p> <p>Each serving: 181 calories, 19 g protein, 13 g carbohydrates, 5 g fiber, 7 g fat (2 g saturated), 219 mg cholesterol, 3 mg iron, 187 mg calcium, 381 mg sodium</p>	<p>1 serving</p> <p>In one study, athletes who ate a 400-calorie, high-carb breakfast worked out nearly a half hour longer than those who skipped their morning meal.</p> <p>½ CANTALOUPE ¼ CUP STRAWBERRIES, THINLY SLICED ¼ CUP BLUEBERRIES 1 CUP PLAIN LOW-FAT YOGURT 1 CUP BRAN FLAKES OR OTHER WHOLE-GRAIN CEREAL WITH RAISINS AND DRIED APRICOT CHUNKS 2 TBSP SLIVERED ALMONDS</p> <p>Scoop out ½ cup melon balls and place them in a bowl. Set the cantaloupe aside. Combine all the remaining fruits in the bowl. Transfer the fruits into the melon half. Spoon the yogurt over the fruit. Sprinkle cereal, raisins, apricots, and almonds over the yogurt. If desired, drizzle with honey.</p> <p>Each serving: 400 calories, 9 g protein, 85 g carbohydrates, 9 g fiber, 8 g fat (1 g saturated), 1mg cholesterol, 20mg iron, 111mg calcium, 255mg sodium</p>