



SNSC Wellness Bulletin

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The Steve Nash Sports Club Wellness Newsletter

lifestyle

No Time to Work-out – President Obama Does?



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During these times of economic hardship, health should be ranked higher than ever on our list of priorities. People are working longer hours than ever as many people have had their workload doubled due to the many layoffs of their fellow co-workers in the last year. Having a busy schedule is yet another easy excuse to avoid exercise. This age old excuse needs to be banished as you don't have the time to exercise because you don't make the time. Exercise shouldn't be thought of as "optional". You should think of it in the same way you think of brushing your teeth, showering, breathing and eating, simply a necessary part of life. Although necessary, it can also be made enjoyable by finding activities you like. President Barrak Obama wouldn't even think about missing his daily workout. Yes, the president of the United States, who is married with two children, has the time to workout. How does he have the time to work-out with such an extensive schedule? Here is a look into a day in the life of the President.

- 9:00 am President Obama (PO) delivers remarks at National Prayer Breakfast
- 9:45 am PO receives his daily briefing
- 10:15 am PO receives his daily economic briefing
- 10:45 am PO meets with senior advisors
- 11 am PO signs an executive order to form the President's Advisory Council on Faith

- 12 pm PO makes remarks at the Department of Energy
- 3 pm PO meets with Secretary of Treasury Geithner
- 3:45 pm PO meets with Secretary of State Clinton
- 5:45 pm Skids up from the South Lawn of the White House to Andrews Airforce Base
- 6 pm Wheels up from Andrews Airforce Base en route to Williamsburg
- 8 pm PO delivers remarks at the House Democrats Issues Conference
- 9:10 pm Wheels up en route Andrews AFB
- 10 pm Skids up from Andrews AFB to the South Lawn of the White House
- 10:10 pm PO arrives on the South Lawn

As you can see Obama has quite the packed day, yet somehow he manages to squeeze in a 90 minute daily workout. President Obama has the time to exercise because he makes the time. To Obama, physical fitness yields mental fitness and he learned this at a young age. It's true, exercise not only improves the muscles in your physique, it also improves the muscles in your brain. When you exercise your mental function is able to perform better, leaving you with higher mental clarity. You are able to perform your tasks and projects more efficiently which can essentially leave you with more time for more leisure activities. President Obama needs to have high mental clarity as the important decisions he must make on a daily basis cannot be made by someone who is tired, exhausted and un-focused. One poorly made decision by the president could accidentally

declare war. Some people are worried at how Obama is going to perform as president but I'm not, knowing he exercises daily. He would actually make a fantastic fitness coach with his "Yes, you can" approach to life. He's absolutely right. Everyone can exercise and everyone has the time. Abandon your all or none approach. Even if you only have 20 minutes for a workout it's better than not working out at all. Rope jumping for 20 minutes can burn over 200 calories and can be done anywhere. Make time for yourself, find your solution. You'll not only look better, you'll feel better, sleep more, and enjoy more of what life has to offer. Look in the mirror and say "Yes, you can", put on your gym clothes and head out the door. Getting there is the hardest part; once you're there, you have many resources at your disposal to help you reach your goals.

For any questions you may have in regards to this article or if you "don't have the time to make a fitness program" and need help, please email me at micaelifitness@gmail.com

Sources: <http://www.cbsnews.com/blogs/2009/02/05/politics/politicalhotsheet/entry4777234.shtml?tag=contentMain;contentBody>

http://www.washingtonpost.com/wp-dyn/content/article/2008/12/24/AR2008122402590_2.html



Top 10 Reasons to Get a Massage

Receiving a massage is a great way to pamper yourself. No trip to the Steve Nash Sports Club would be complete without visiting a massage therapist/ technician. In addition, massage can be a pathway to improved health and well-being.

Massage therapists/technicians are trained in a broad range of techniques to help clients overcome illness and injury while helping increase vigor and vitality.

Here are the top ten reasons people seek massage therapy.

10 Stimulate and detoxify the body.

The lymph system is the body's natural defense system against toxins and impurities. Massage stimulates the flow of toxic waste from muscles, organs and tissues for improved health and digestion.

9 Relax muscle tension and improve mobility and flexibility.

Massage stimulates blood circulation, increasing oxygen and nutrient flow to connective tissue and muscles, easing tension and muscle knots while soothing and lubricating overworked joints for increased flexibility.

8 Recover from injury more quickly.

Massage breaks up scar tissue, giving tissue and bones improved movement. The International Journal of Neuroscience points out that among other traumas improved by massage, research shows massage improves functional abilities, range of motion and muscle strength in patients suffering from spinal cord injuries.

7 Improve posture.

Massage can improve body posture by helping train muscles to be in the right position, improving their ability to support the bone structure of the body.

6 Prevent injury and illness.

Tense muscles pull and tighten the body, restrict circulation and pull the body out of alignment. Unattended, this can lead to a host of problems. Regular massage relaxes the body and can prevent many chronic conditions from taking hold.

5 Enhance and maintain good health.

Massage is to the human body what a tune-up is to a car. The International Journal of Neuroscience mentions that massage helps reduce heart rate and lower blood pressure. In addition, massage helps boost the immune system by increasing the production of the body's natural killer cells, especially for those with challenges such as HIV.

4 Increase attitude and alertness.

Massage improves attitude. It gets things flowing in the brain by stimulating brain-wave activity and helping increase alertness.

3 Relieve pain.

Massage helps block nervous system pain receptors and increase blood flow to the muscles. It can reduce the pain of arthritis as it relieves and increases joint mobility, taking pressure off painful joints. Trained massage therapists can help ease the pain of migraines, childbirth and cancer.

2 Reduce stress.

Massage calms the body and helps relax the mind, in turn helping reduce stress by lowering the body's

cortisol levels, a prime ingredient in stress. Considering that stress is responsible for most illness, alleviating stress can make a major difference in overall health and attitude.

And the number one reason to get a massage?

1 It feels wonderful!

As anyone who has had a massage can attest, afterwards you feel wonderfully relaxed with a smile on your face. In addition to all of its other health benefits, massage stimulates the body to secrete endorphins, the hormones responsible for creating the elation often referred to as the "runner's high."

If you've never experienced a professional massage, now is the time to try it out – it will only take one visit to discover why massage is so popular and massage therapists/ technicians are in such high demand!

Sources: International Journal of Neuroscience, 112, 133-142, 2002 International Journal of Neuroscience, 84, 205-218, 2006 Journal of Clinical Rheumatology, 8, 72-73, 2002





On Top of the World Sebastien Audy's Adventures

I just got back in Montreal after my expedition in Tibet and I would like to thank the Mansfield Athletic Club once again for its support in this amazing adventure.

This time, I was challenged in many different ways. After waiting 3 weeks in Kathmandu to obtain the visa I needed to enter Tibet, I had 3-4 weeks of good weather left to climb Cho Oyu (8201m) and Shishapangma (8012m). It was almost impossible, but I like to be challenged and was totally committed to giving it a try.

Cho Oyu in 6 days

After reaching Cho Oyu base camp (5700m) in a little over 24 hours, a trek that normally takes 1 week, I rested one day to see how my body would react to such an altitude gain. I was doing just fine but my sherpa had to turn back because of a major headache and a respiratory problem. I was amazed to reach Camp 2 (7200m) within only 5 days putting me in position to push for the summit. I decided to join 3 climbers from Norway and their sherpas to ensure a safe summit push. Surprisingly, everything went relatively well all the way up to 8000m until I felt early symptoms of cerebral edema. I knew what it meant for me! I love climbing high peaks, being challenge to push my limits, feeling the excitement of reaching high summits,

but I chose life and I chose health. I was disappointed to turn back only 200m from the summit but at the same time, I was proud with the decision I took in a critical situation.

Bad weather on Shishapangma

8 hours later, I was back in base camp and ready to go on Shishapangma the very next day after a good nite's sleep. After 5 days, I reached Shishapangma base camp (5800m). The weather was just favourable enough to make a safe attempt at reaching the summit. High winds, abundant snow falls and important risks for avalanches forced us to go back home. This time I had to turn back a little bit below 7000m after sleeping 1 night in Camp 1 (6800m) in the most intense snowstorm I have witnessed on a mountain. I had the opportunity to talk to the only 2 climbers who reached the summit this season while I was still in Camp 1 and they clearly made a difference in my decision by describing the bad conditions above 7000m.

Thank you!

Nevertheless, I really want to express my sincere gratitude towards the Mansfield Athletic Club's important contribution. Getting prepared for such an expedition with a full-time career in consulting involves a lot of sacrifices. I am blessed to be surrounded by a great family, friends, colleagues and of

course the team at Mansfield Athletic Club.

The support of the club was absolutely essential and I want to apologize for coming back home this time without the expected results. Like an Olympic athlete, sometimes I win, sometimes I lose, but I always choose to have a positive attitude and to be open-minded to learn important lessons that will make me smarter and stronger for future expeditions.

Sebastien Audy

Sebastien successfully climbed Mount Everest in 2008 and will surely come back with ideas for new spectacular adventures in the future.

The above text is a reproduction of a letter Sebastien sent to the Club Management reporting on his trip to Tibet and thankin them for their support.

If you want to read more about Sebastien's adventures, visit his blogue at www.sebastienaudy.com.



7 Ways To Squeeze Breakfast Into Your Schedule

If you're running late or feeling tired, it's tempting to skip out on your morning meal. Here's how to work in a quick breakfast for the best start to your day.

By Julie Davis

Medically reviewed by Pat F. Bass III, MD, MPH

Whether you're up early to rush to an office or to get your kids out the door to school, or both, you may feel too pressed for time to deal with your own breakfast. But remember, skipping out on your morning meal also means losing out on that extra boost of energy and mental alertness that a balanced breakfast provides. Here are a few easy ways to work breakfast into your morning routine.

"Think of your body as a car going cross country," says Barbara Schmidt, MS, RD, lifestyle specialist at Norwalk Hospital and a nutritionist in private practice in New Canaan, CT. "When you are going on a trip you have to put the gas in your tank before you leave, not when you get to the other coast. Breakfast gets your metabolism going, and you simply can't do without it."

1 Set your alarm clock for 10 minutes earlier. "How long does it take to have some cold cereal? It doesn't really take that long," says Schmidt, who suggests four quick breakfast choices: fresh fruit with yogurt; a peanut butter sandwich on whole grain bread; high fiber cereal, skim milk, and fruit; a breakfast wrap made with a whole grain tortilla filled with leftovers like sautéed vegetables or turkey; or low-fat cheese, no muss, no fuss, and no cooking involved.

2 Cut off nighttime eating at 9 p.m. You don't want to wake up starving, but you want to have an appetite for breakfast. This is a mindset and a habit to cultivate, just like any other choice you make.

3 Do some advance planning. "You don't want any spontaneous eating," says Schmidt. "You want to plan what you'll be having for breakfast." This means shopping ahead for breakfast foods to have at home or convenience foods to bring to work. If there's no refrigerator at work to store milk, fill up a thermos and take in with you to save on the expense of buying a half pint each day. If you have a long commute, buy a soft cooler tote or bag that will hold breakfast and maybe

lunch, too.

4 Make breakfast the night before. No one wants to be dicing fruit in the morning and hunting around for the right container lid when up against a ticking clock. Do all your prep work the night before; place any refrigerated items in the front on the top shelf, and have your soft cooler bag on the counter ready to pack. If you usually take your lunch, adding breakfast will only require a few more steps.

5 Make eating breakfast part of your commute. Buy a quick breakfast on the way in. Coffee bars and convenience marts at commuter stations have gotten savvy about offering better breakfast choices. Pick up a yogurt parfait from the prepared foods section, a container of zero-fat Greek yogurt, or a yogurt smoothie from the refrigerator case. Cut up chunks of fresh fruit, always a better choice than juice, which has most of the fiber removed.

6 Stock essentials at your desk. If you can't eat at home or on the way to the office, eat when you get there. "Healthy cereals can be bought in individual containers, you peel off the lid and it's a bowl. Just add milk and eat it at your desk." Focus on your breakfast, even if it's just for five minutes. In a pinch, order in. You might not think twice about ordering lunch, but think of a breakfast delivery as an extravagance. The truth is, fueling up at breakfast is even more important.

7 Be flexible about breakfast time. You may not be able to eat at the very start of your day — maybe you have to squeeze in an early workout or your workday starts with an 8:00 a.m. group meeting — but that doesn't mean you need to slog through until lunchtime on an empty stomach. Have a small breakfast after your workout or right after your meeting.

Quick Breakfast Caveats

As important as breakfast is, making the wrong choices for the sake of convenience can undo all the benefits of breakfast.

Skip most baked goods. "Today's bagel is equivalent to six slices of bread," warns Schmidt. "The only people eating bagels should be marathon runners. If you eat a bagel every day, you will look like that bagel without the hole, round. A bagel has too many calories to have at one time and is not high in fiber. And muffins are now small cakes with a whole lot of sugar." Read labels for sugar content. Be aware of how much sugar has been added to packaged breakfast foods, even those that sound healthy, like granola bars. "Remember that anything ending in 'ose' is sugar — fructose, maltose — and so are honey and molasses. Many breakfast bars are glorified cookies. You have to compare calories, fiber, and protein. Some bars are small, so they aren't filling, although they pack a lot of calories," says Schmidt.

It may take more thought than simply grabbing a doughnut from the coffee cart, but just a few minutes of planning at the start of each week can help make all your breakfasts quick and nutritious.





self-health & wellness

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