

Body Beat

The Group Fitness Newsletter
February 2012

Healthy eating is not just about what you eat, but having a healthy attitude to food and eating.



Keep track of your habits!

Remember, an essential part of a healthy diet is having a healthy attitude. Emotions, situations and habits can all have an influence on our diet and factors other than hunger sometimes affect when and how much we eat. We may eat when we are bored or sad, or because other people around us are eating. We may eat or drink out of habit or as a means of stress relief. We all do these things on occasion and it's perfectly normal. It's only when it happens regularly that it can pose problems to our health or hinder our progress towards our goals. The key is paying attention to situations when we eat for reasons other than hunger. Try keeping a food diary and record your appetite and mood, what you eat and how much. Be honest. Make note of your feelings before you have a snack or drink. At the end of the week you'll be able to look over your diary and see situations where you use food or drink as an emotional release or out of habit. From there you can come up with strategies to overcome these trigger situations. Head down to the Fitness Centre for a workout, go for a walk, talk to a friend, play with the dog. The idea is to do something that relieves whatever feeling you have, be it anger, boredom, frustration or stress. By the time you've finished the activity, the feeling will have passed.

Taken from Lesmills.com



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FACEBOOK!**

Have you 'liked' Celebration Fitness Centre's Facebook page yet?

**Find us on Facebook to stay up to date
with events, specials, class changes, Tips
of the Week from our Personal Trainers,
and more!**



These are a couple of 'Tips' you will find on our page!

LOVE YOUR FEET AND PROTECT YOUR JOINTS

Just because your sneakers look clean on the outside, doesn't mean the support on the inside is new. If you wear your shoes for exercising and at other times during the week, your shoes can lose their cushioning and stability within 6 months.

Try alternating between 2 pairs of athletic shoes or use one for workouts and one for other types of activities. Some companies will recycle your old ones.

Clean out the closet and get a new pair of "kicks" for 2012!

Rayann Cruz, B.S.
ASCM Certified Health Specialist

STRETCHING

Stretching has so many benefits. Just start a program of stretching, and you'll soon notice many of them. Some of the benefits of stretching are:

- relief from pain
- increased energy levels
- increased flexibility
- better range of motion of the joints
- greater circulation of blood to various parts of the body
- relaxation and stress relief
- enhanced muscular coordination
- improved posture
- greater sense of well-being
- Increased flexibility

As we age, our muscles tighten and we have less range of motion in our joints. A regular stretching program can help lengthen your muscles and make these daily activities easier and more enjoyable.

Improved circulation.

Stretching improves circulation of blood to the muscles and joints. Increased blood circulation, of course, brings nutrients to our cells and removes waste byproducts.

Better posture.

Chronically tense and tight muscles contribute to poor posture, which in turn can affect the functioning of our internal organs, not to mention our appearance. Stretching the muscles of the lower back, shoulders and chest can help keep the back in better alignment and improve posture.

Relaxation and stress relief.

Stretching, done properly, helps to relax tense muscles which result from stress. The feeling of relaxation brings a sense of well-being and relief from tension.

Reduce or prevent lower back pain.

Greater flexibility and range of motion in the hamstrings and muscles of the hips and pelvis help to reduce the stress on your spine that causes lower back pain.

Ernesta Puidokaite
NASM Personal Trainer
Les Mills Group fitness instructor
Pilates & Yoga instructor

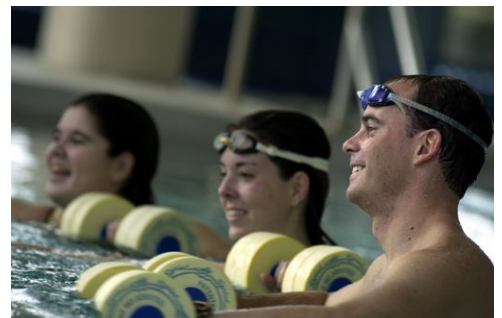
Exercise for a Healthy Heart

A sedentary (inactive) lifestyle is one of the top risk factors for heart disease. Fortunately, it's a risk factor that you can do something about. Regular exercise, especially aerobic exercise, has many benefits. It can:

- Strengthen your heart and cardiovascular system.
- Improve your circulation and help your body use oxygen better.
- Improve your heart failure symptoms.
- Increase energy levels so you can do more activities without becoming tired or short of breath.
- Increase endurance.
- Lower blood pressure.
- Improve muscle tone and strength.
- Improve balance and joint flexibility.
- Strengthen bones.
- Help reduce body fat and help you reach a healthy weight.
- Help reduce stress, tension, anxiety and depression.
- Boost self-image and self-esteem.
- Improve sleep.
- Make you feel more relaxed and rested.
- Make you look fit and feel healthy.



Taken from webmd.com



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Dr. Brad Homan

