



FITNESS MATTERS

YOUR GUIDE TO WELLNESS

MEMBER UPDATE



Virtual Programs Are up and Running

Happy May everyone! Spring is in full swing and it looks like the nicer weather is here to stay. Unfortunately, we are still amid the latest lockdown and are eagerly awaiting the environment to evolve to allow for the safe loosening of the restrictions. In the mean time, we have expanded our virtual class schedule and now have a large variety of offerings to fit all fitness levels. Classes will run in 4-week mini-sessions and are available as a registered program or through the WS Fit Together membership. Both are available online only. Please check-out the full virtual class schedule by using the [Fitness Reservation Calendar](#). Stay positive and keep moving as much as you can. We hope to evolve to outdoor or in person activity soon.

All Fitness Memberships Are Suspended

This is a reminder that all memberships have been placed on hold and will continue to remain on hold. You will not lose time on your membership and no action is required on your part at this time. You will be required to contact us to arrange the transfer of your current membership to the WS Fit Together Membership that will be used as we transition back to the new norm.

Contact Barb Armstrong at 905-642-4423 or barb.armstrong@townofws.ca if you have questions about your membership.

Outdoor Fitness Programs

Later this spring, we hope to add outdoor fitness programs to complement our virtual schedule. Outdoor fitness classes are great for individuals who are looking for in person activities. Try Zumba or Yoga in the Park. Or for avid walkers, Try an Urban Poling class. We will have lots of great options coming soon – all included in the WS Fit Together Membership.

Virtual Personal Training – Now available!

Has your fitness level slid? Do you need creative ideas to get back in the routine? In this 2 appointment process, one of our certified personal trainers will contact you to go over your goals, and the resources you have available. A second 'Zoom' appointment, will be arranged to train you on the routine. A copy of your program will be e-mailed to you. Contact Craig.Baillie@townofws.ca

STAFF BIO - OUTI



Hi, I am Outi. Physical activity has always been a big part of my life: I grew up dancing ballet, playing competitive Finnish baseball, skiing with family, and later, getting hooked on aerobics, step fitness and weight training. This heavy influence of sport and fitness led me to complete a degree in Physical and Health Education, with the emphasis on adapted physical activity for the geriatric (“mature”) population. I have worked in the fitness industry for over 20 years, including the last 10 with the Town of Whitchurch-Stouffville, teaching various group fitness, Aquafit, and Zumba classes. In all of my experience in the fitness industry, this past pandemic year has been the most challenging.

As a health and exercise practitioner, I have always been a keen advocate of an active and healthy lifestyle. Living through the COVID-19 pandemic with all the restrictions and lockdowns, has taught me how crucial daily physical activity really is. Not

only does regular physical activity/exercising help improve physical fitness, mental well-being and posture, it also helps boost the immune system and the quality of sleep. It can also help reduce stress, and it can even help give structure and purpose to your days. As a group fitness instructor, the hardest part for me has been the lack of social interaction with participants. I believe the impact has been more immense than we ever knew or realized. Having been able to offer online virtual fitness classes over the past few months has brought some normalcy and a social aspect back to my fitness classes. Now we can exercise in real-time, with a two-way video option.

I invite you to join me on Tuesday and Thursday mornings for some fun, energetic virtual classes, until we can exercise together in-person again:

- 8:30 AM – 9:15 AM Virtual “Aqua” Chair Fit**
- 9:30 AM – 10:15 AM Virtual Forever Fit**

Hope to see you soon! 😊
Take Care ♥ Stay Healthy and Active!

MAY VIRTUAL SCHEDULE

Name	Day	Time	Start Date	End Date	Instructor	Cost
Yoga For All	Mon	9:45-10:30 am	May 3	May 17	Brittany	\$21.90
“Aqua” Chair Fit	Tue	8:30-9:15 am	May 4	May 25	Outi	\$29.20
Forever Fit	Tue	9:30-10:15 am	May 4	May 25	Outi	\$29.20
Chair Yoga	Tue	9:45-10:45 am	May 4	May 25	Wendy	\$29.20
Body Boot Camp	Tue	6:30-7:15 pm	May 4	May 25	Jenn M	\$29.20
Forever Fit	Wed	9:30-10:15 am	May 5	May 26	Sandra C	\$29.20
Forever Fit	Thu	9:30-10:15 am	May 6	May 27	Outi	\$29.20
Zumba®	Thu	12:30-1:15 pm	May 6	May 27	Garlice	\$29.20
Body Circuit Train.	Thu	6:30-7:15 pm	May 6	May 27	Sandra J	\$29.20
“Aqua” Chair Fit	Fri	8:30-9:15 am	May 7	May 28	Sandra C	\$29.20
Forever Fit	Fri	9:30-10:15 am	May 7	May 28	Sandra C	\$29.20

Notes: * These classes are included with the WS Fit Together membership
Memberships and class reservations are available online with the [Fitness Reservation Calendar](#)

HEALTHY RECIPE

Tuscan Vegetable Soup

Ingredients:

- 1 (15-ounce) can low-sodium canellini beans, drained and rinsed
- 1 tablespoon olive oil
- 1/2 large onion, diced (about 1 cup)
- 2 carrots, diced (about 1/2 cup)
- 2 stalks celery, diced, (about 1/2 cup)
- 1 small zucchini, diced (about 1 1/2 cups)
- 1 clove garlic, minced
- 1 tablespoon chopped
- fresh thyme leaves (or 1 teaspoon dried)
- 2 teaspoons chopped fresh sage leaves (or 1/2 teaspoon dried)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 32 ounces low-sodium chicken broth or vegetable broth
- 1 (14.5-ounce) can no salt added diced tomatoes
- 2 cups chopped baby spinach leaves
- 1/3 cup freshly grated Parmesan, optional



Directions:

1. In a small bowl mash half of the beans with a masher or the back of a spoon, and set aside.
2. Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, zucchini, garlic, thyme, sage, 1/2 teaspoon of salt and 1/4 teaspoon of pepper, and cook stirring occasionally until the vegetables are tender, about 5 minutes.
3. Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes more.
4. Serve topped with Parmesan, if desired

Source: (FoodNetwork.com)

HEALTH TIP

Benefits of Body Weight Strength Training

This past year has a difficult time for avid gym goers as fitness centers have been closed for most of the past 14 months. If you haven't been doing a lot of resistance training during the pandemic now is a great time to start. The vaccine rollout is well on its way and with a little luck, fitness centers will be allowed to open, and stay open, soon. A great way to get started and get your body ready to hit the ground running when the gym re-opens is with a new body weight resistance routine. One benefit of body weight strength training is the cost. There is no cost. You can also do the exercises almost anywhere. Do them at home or in the park, they are

easy to add into your walk or jog. Another benefit is that without having to transition from one piece of equipment to another, you can switch between exercises more quickly, keeping your heart rate up and greatly increasing your muscular endurance. Lastly, body weight exercises are a great way to strengthen your core and improve your balance. Most people only think of their abs when they think of strengthening their core, however, your core is comprised of all the muscles that support and connect your pelvis to your spine. Strengthening all the muscles in your hips, abs and low back will greatly improve your balance at any age, which you may want to improve athletic performance or more

simply to prevent falls. Being strong with your own body weight is greatly beneficial to all regardless of your stage of life and what your fitness goals are. Just make sure that whatever your routine is, that

you include exercises that work opposing muscles groups, so that you can maintain balance in your body.

BODY WEIGHT EXERCISE ROUTINE

#	Exercise	Tips/Description
1a	Sit to Stands	Sit at the front of your chair with your feet shoulder width apart. Press your heels into the floor and stand-up. Use a sturdy table or counter if you need the help of your arms.
1b	Squats	Try not to let your knees go past your toes. Increase difficulty by using dumbbells.
2a	Wall Push-Ups	Start with arms straight and your feet slightly behind your shoulders so that you are leaning into the wall. Bend your elbows and allow your face/body to get closer to the wall. Press back out. To make it harder move your feet further back.
2b	Push-ups	From your knees or toes. Keep your back perfectly straight.
3a	Standing Hamstring Curl	Stand behind a chair or countertop. Bend at the knee lifting your foot up behind you.
3b	Single Leg Dead Lift	Standing on one leg, with a slight bend at the knee, bend forward lowering your hands to the floor. Keep a flat back and let your non-weightbearing leg swing out behind you.
4a	Stationary Lunges	Start with one leg in front and one behind you, reasonably far apart. Lower yourself down bending your knees and push back up.
4b	Out and Back Lunges	Take a large step forward lowering your trailing knee to the floor. At the bottom, both knees should be near 90°. Push yourself back to standing with your front leg.
5a	Bent-Over Flys	Can do standing or seated. Bend at the waist and try to keep your back flat. Raise your arms out to the side with a slight bend in your elbows.
5b	Pull-ups	Need a pull-up bar.
6	Plank	Resting on your elbows or in a push-up position and your toes. Hold a straight back for as long as you can.
7	Bird/Dog	Kneeling with a straight back parallel with the floor, raise your opposite arm and leg squeezing your glutes and opposite shoulder.
9	Abdominal Curl-ups	Lay on your back with knees bent. Press low back into the mat/floor and raise your shoulders off the ground curling your spine.