



FITNESS MATTERS

YOUR GUIDE TO WELLNESS

MEMBER UPDATE



Virtual Programs to Restart

Spring is here again and after a tough winter of lockdowns and COVID-19 restrictions, we all can embrace the longer days and warmer temperatures. All full-time and some part-time leisure staff have been recalled and we are jumping right back into our virtual classes this week. Classes will run Tuesday through Friday starting April 13. A full virtual class schedule is available on page 2 and you can register using the [Fitness Reservation Calendar](#). We will be adding more classes very soon and are eagerly awaiting the day that provincial orders and safe conditions allow us to reopen. It has been a difficult year for everyone and hopefully, with the vaccination program ramping up, there will be a light at the end of the tunnel soon. Stay positive everyone and keep moving!

All Fitness Memberships Have Been 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.

Please contact Barb Armstrong at 905-642-7529 ext. 5328 or barb.armstrong@townofws.ca if you have questions about your membership.

Locker Pick-Up

Even if we can reopen soon it will be a while before members will have full access to the locker rooms. Members with a rented locker can schedule a pick-up time with Barb or Craig to retrieve their things.

What We Are Planning for May and June

This spring, when restrictions allow us, we will be adding outdoor fitness programs to complement our virtual schedule. Outdoor fitness classes are great for individuals who are looking for in person activities but aren't quite ready to return indoors. 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.

Still prefer to get your exercise at home, but need a new routine, try a virtual personal training session. In this 2 appointment process, one of our certified personal trainers will contact you to go over your goals, current fitness level and equipment available to create the perfect routine for you. They will then set-up a second time, where they can demonstrate and go through all of the exercises with you in a Zoom call. Once complete and you are happy with all of your exercises they will email a copy of your program to you.

THE BENEFITS OF STRETCHING

With fitness centres closed for much of 2020 and the start of 2021, we have all had to make changes to our regular exercise routines. Many have taken their workouts outside, while others have opted for at home online and virtual classes. Hopefully, if you are one of these avid exercisers you are feeling strong and healthy, but if you are also feeling sore and stiff, it could be because you are not stretching enough. Having flexible muscles that allow joints to move through a full range of motion is a key component to your overall fitness. Not convinced. Check out the benefits and training tips below.

BENEFITS

Stretching increases flexibility. Flexible muscles can improve your daily performance. Tasks such as lifting packages or bending to tie your shoes become easier.

Stretching improves range of motion of your joints. Good range of motion keeps you in better balance, which will help keep you mobile and less prone to falls — and the related injuries — especially as you age.

Stretching improves circulation. Stretching increases blood flow to your muscles. Improved circulation can speed recovery after muscle injuries.

Stretching can relieve stress. Stretching relaxes the tense muscles that often accompany stress.

TRAINING TIPS

Target major muscle groups. Focus on stretching your calves, thighs, hips, lower back, neck and shoulders.

Warm up first. You may hurt yourself if you stretch cold muscles. Warm up with a light cardiovascular activity for 5 min or, even better, stretch after you exercise — when your muscles are warm and more receptive to stretching.

Pace yourself. Hold each stretch for about 30 seconds, 2-3 times per side.

Don't bounce. Bouncing as you stretch can cause small tears in the muscle. These tears leave scar tissue, which can tighten the muscle even further.

Focus on a pain-free stretch. Expect to feel tension while you're stretching but, if it hurts, you've gone too far.

Relax and breathe freely. Don't hold your breath while you're stretching.

Frequency. Stretch after every work out or at least 3 times per week. The more days you stretch the better you will feel.

(Source: The Mayo Clinic)

VIRTUAL SCHEDULE

Name	Day	Time	Start Date	End Date	Instructor	Cost
Chair Yoga	Tue	9:45-10:45 am	April 13	April 27	Wendy	\$21.90
Body Boot Camp	Tue	6:30-7:15 pm	April 13	April 27	Jenn M	\$21.90 *
"Aqua" Chair Fit	Wed	8:30-9:15 am	April 14	April 28	Sandra C	\$21.90 *
Forever Fit	Wed	9:30-10:15 am	April 14	April 28	Sandra C	\$21.90 *
Zumba®	Thu	9:45-10:30 am	April 15	April 29	Garlice	\$21.90 *
"Aqua" Chair Fit	Fri	8:30-9:15 am	April 16	April 30	Sandra C	\$21.90 *
Forever Fit	Fri	9:30-10:15 am	April 16	April 30	Sandra C	\$21.90 *

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

Quinoa Salad with Feta, Olives and Tomatoes

Ingredients:

- 3 tablespoons red-wine vinegar
- 1 tablespoon chopped fresh oregano
- 1 clove garlic, minced
- ¼ teaspoon salt
- ¼ cup extra-virgin olive oil, divided
- ½ teaspoon ground pepper, divided
- 2 cups multicolored cherry tomatoes, halved
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 cup sliced red onion
- ¼ cup pitted Kalamata olives
- 4 cups cooked quinoa, cooled
- ¾ cup crumbled feta cheese
- ¼ cup pine nuts, toasted
- Chopped fresh basil for garnish



Directions:

- Preheat oven to broil with rack about 6 inches from heat source. Whisk vinegar, oregano, garlic, salt, 3 tablespoons oil and 1/4 teaspoon pepper in a small bowl. Combine tomatoes, bell pepper, onion, olives and the remaining 1 tablespoon oil and 1/4 teaspoon pepper in a large bowl; toss well to coat. Spread in an even layer on a large rimmed baking sheet. Broil until the vegetables are lightly charred and tender, 8 to 10 minutes, stirring halfway through. Transfer the vegetables to a large bowl; discard the pan juices.
- Add quinoa, feta and pine nuts to the vegetables. Drizzle with the vinaigrette and toss gently to coat. Garnish with basil, if desired.

Source: (eatingwell.com)

HEALTH TIP

How to Manage Pandemic Screen Time

The amount of screen time for children and adults was already a hot topic of discussion amongst health experts before the pandemic. Too much screen time has been linked to health concerns including obesity, diabetes, sleep disorders and depression. Now, with online school and working from home our work/school life has moved almost entirely to computers. Also, with the lack of options for entertainment, recreational activities can easily become videogames and Netflix. Try these helpful hints to help you cut back on the amount of time you and your family spend in front of screens.

1. Enjoy your meals screen free – Make the dinner table a phone free zone.
2. Get out to nature – spending time outside has been proven to improve mood and decrease depression. Plus, people are inherently more active outside.

3. Turn off the notifications from your social media – The buzz from your phone has conditioned you to check every post, tweet and pic. Limit your use of social media to a pre-determined time block that you feel is acceptable.
4. Bring back the phone call – Call a family member or friend and take note of how you feel at the end. The chances are that you will feel a whole lot better than you would after 100 texts.
5. Try a new hobby or get back to an old one – Find something that you have always wanted to do, or really enjoyed doing, and do it.
6. Turn off all screens at least one hour before bed – The “blue light” from TV’s and other screens can disrupt the natural sleep cycle.

Following these simple tips can help you and your family reduce non-essential screen time and live a happier and healthier life.

Sources: (ementalhealth.ca and havardpilgrim.org)