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January/February 2019

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What a great way to start the year – celebrating some of Canada’s best fitness instructors in the industry! These are my roots. I began my fitness career teaching aerobics in the early 1980s and continued to do so for over 25 years, while also managing health clubs and marketing our industry – which essentially inspired me to launch this health and fitness magazine over 27 years ago. In fact, the name IMPACT came from the short-list of possible titles that derived from aerobics (high impact, low impact – and the aha! moment, IMPACT!) Those early years in fitness were a highlight in my life – working with industry professionals that really wanted to make a difference in an ever-changing, fast moving industry, which included the headbands, legwarmers, lycra and ‘It’s Raining Men’ blasting though the speakers of the studios.

So much has changed and evolved since the early days of fitness classes. There is much more diversity and variety and even trying something new every week for a year would leave you with a long bucket list to complete! But the passion of those delivering these classes has remained the same. One year ago we featured some of Canada’s best fitness trainers, and decided that this year we would feature Canada’s top fitness instructors, alternating each year in the future. A common thread that runs throughout this community is that they all share the love and true commitment of helping others achieve the best self they can be. It goes far beyond just teaching a class. Their stories and the stories of those they have inspired and empowered moved me. They may not even fully know the impact they have made on others through the years.

Thank you for all of your nominations. It is a privilege to be acknowledging these professionals who have dedicated their lives to changing others’ for the better in this issue of IMPACT. I hope the edition inspires you as much as it has inspired me. Four more, three more, two more … here we go!

Elaine Kupser, Publisher
elaine@impactmagazine.ca

Special Note: I would like to thank the incredibly talented and brilliant Brenda Drew for helping us put this entire issue together from front to back including Canada’s Top Fitness Instructors. You are magnificent!

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IN THE MARCH/APRIL ISSUE OF IMPACT:
The 2019 RACE SOURCE GUIDE calendar
behavioural sleep specialists at the Centre for Sleep & Human Performance (CSHP) in Calgary have worked with athletes for 20 years. During that time Dr. Samuels has been supported by Own the Podium with a long-term sleep research program, treated national team athletes with sleep problems and acted as a consultant to professional sport teams including the growing area of esports. The CSHP program provides individualized sleep screening, sleep diagnostics, and practical solutions for athletes, with the ideal goal of improving sleep quality so they can train harder, recover faster, and perform better.

The Athlete Sleep Screening Program has been developed in direct response to the need identified by teams and athletes to accurately identify sleep issues specific to athletes and provide effective solutions that will have a direct impact on training, recovery and performance. The Athlete Sleep Screening Questionnaire© is an online sleep screening tool that is easy to access and can be completed in less than 15 minutes. The questionnaire provides an individualized treatment plan and access to a sleep physician.

The Centre for Sleep & Human Performance also works with individuals and teams to develop Travel Plans, which help mitigate the negative effects of travel fatigue and jet lag, and Custom Sleep and Circadian (biological clock) Plans which can be built to help facilitate a shift in biological rhythms to adjust more rapidly and effectively to the new time zone so the athlete can train, prepare and compete at the optimal level.

Ask yourself, or your athletes, a few simple questions to get started. How well did I/you sleep this past week? Does sleep make a difference to my performance? How might sleep improve or affect my daily training and competition performance?

If you would like to discuss in more detail any of these potential sleep screening opportunities, please contact Cara Thibault, Director - Athlete Program at cthibault@centreforsleep.com.
A s you sweat off those Christmas pounds in the gym striving for good health and fitness, consider activating another lesser-used muscle: gratitude. While not a physical muscle, practicing gratitude on a daily basis will strengthen your mental health and actually make you happier.

Like the muscles in the body, the more you use it, the more it will grow and the more purpose it serves. Our capacity to draw on the things we are thankful for is infinite. To be grateful is to find blessings in everything, to feel, to bring presence to the moment and be mindful of our own authentic journey.

Gratitude allows us to rediscover all that we have in our lives already. Think of gratitude as a positive feedback loop. If we wake up in the morning with a grateful heart, our capacity to be grateful for more things will only continue to increase, making us feel more grateful. In turn, gratitude allows us to feel more positive emotions, relish in happy moments, promote optimism and create healthier relationships.

When we practice the gift of gratitude on others, it allows us to be more open and accepting of the joy it brings when others share its gift with us.

Throughout 2019, take time to slow down, to be in the moment and all its sensations. Practicing gratitude is a conscious lifestyle choice, and it can be the foundation toward happiness. Make use of your gratitude muscle. The action of its gift will not go unnoticed, and you are sure to experience it in return.

HERE ARE SOME SUGGESTIONS TO HELP YOU FLEX YOUR GRATITUDE MUSCLE:
• Include an act of kindness everyday
• Keep a gratitude journal
• Become a volunteer
• Spend time with friends and family
• Appreciate everything, even your challenges

By Kirsten Dawson
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Matters of the Heart

6 TIPS FOR MAINTAINING HEART HEALTH

February is Hearth Month – a great time to review the health and strength of that most important muscle!

1 Plant Power
Eating a plant-based diet is a great way to maintain your health and keep your heart as healthy as possible. Dr. Caldwell Esselstyn, physician and author, is one of many experts promoting a whole-foods, plant-based diet. Esselstyn encourages eliminating all oil, nuts and animal products in order to reduce harm to the inner lining of the arteries. Using his approach can prevent and even reverse heart disease according to Dr. Esselstyn.

2 Move It!
Get moving! You were built to move and there’s no getting away from it: you need to move that body of yours. The Canadian Heart and Stroke Foundation recommends adults get at least 150 minutes of moderate to vigorous aerobic activity per week. This can be achieved in 10 minute increments if that works for you.

3 Go Deep
Deep diaphragmatic breathing several times a day is not only relaxing, it slows the heart rate and can lower your blood pressure, according to Harvard Medical School. Most of us tend to be shallow breathers unless we’re exercising, and the diaphragm is a muscle that benefits from training. So sit back, take a deep breath and release slowly five times. You’ll be surprised how good it feels.

4 Floss Your Teeth
The Cleveland Clinic reports that bacteria from your mouth due to gum disease can move into your bloodstream and increase your C-reactive protein, an indicator of inflammation in the blood vessels. This could mean an increased risk for heart disease.

5 Get More Zzzzz’s
Getting enough sleep will help you with a host of issues from stress to disease prevention according to Mental Health Canada. Adults need an average of 7 – 8 hours sleep per night for proper immune and nervous system functioning.

6 Tame the Beast
You may be surprised to learn that snoring can be one of the biggest risk factors for heart disease. A 2013 study at Henry Ford Hospital in Detroit by Robert Deeb, M.D. “... reveals changes in the carotid artery with snorers – even for those without sleep apnea – likely due to the trauma and subsequent inflammation caused by the vibrations of snoring.” The study found that snorers had thickening of the carotid arteries, one of the first signs of carotid artery disease.

Pot: The Veggie Bully

IS CANNABIS PUSHING CANADIAN PRODUCE PRODUCTION OUT THE GREENHOUSE DOOR?

Greenhouses can earn 30-40 times more per acre if they grow cannabis rather than vegetables. A recent CBC report stated that most current greenhouse owners are transitioning their crop space to include at least some cannabis and owners of newly built greenhouses are receiving offers to sell these properties to cannabis growers.

Some economists predict there may be a shortage of produce in the years to come, coupled by rising prices for garden essentials. A higher demand for plant-based proteins like lentils and quinoa, crop-damaging weather and restaurants adding vegan menu items may be the largest influences on what could cost the average family 1.5 to 3.5 per cent more annually, or approximately $400.

The Ontario Greenhouse Vegetable Growers are predicting a nearly two per cent increase in the volume of new vegetable greenhouse acreage in the next year in the form of renovations and new structures. The rising demand for production is a boon for job creation in this sector.

FUN FACTS
• The Windsor-Essex area of southern Ontario is home to more than 50 per cent of Canada’s greenhouses.
• Currently Canada produces an over-abundance of vegetables relative to demand. Much of the extra supply is exported to the U.S and Asia.
Now in its 3rd year, the mythical Minotaur race in Crowsnest Pass, AB is quickly being hailed as a Rocky Mountain cult classic. With an eight hour cut-off, challenging alpine terrain and a start location that isn’t revealed until the night before, this unique event is making its mark.

“The 2017 event was so much fun I was concerned that the organizers wouldn’t be able to live up to their own hype,” says Calgary based athlete Joanna Ford, “I shouldn’t have worried because 2018 was even better! I love that this race has a different course every year.”

While the course does indeed change and remain secret from year to year, racers can expect 15-20 km of technical, off trail terrain that takes them high into the alpine for a true mountain experience – complete with lung busting climbs, steep descents and views that soothe the soul. The course is clearly marked, but with no knowledge of the terrain beforehand, racers are in for a rollercoaster ride of adventure.

“It is by far the most challenging and enjoyable race that I have ever been a part of,” says two-time Minotaur racer Patrick Seymour, “It is the one race that rejuvenated my love for racing and adventure.”

With two seasons under its belt, Minotaur is attracting a host of athletes that range from ultra-runners, adventure racers, skimo athletes, trail runners and weekend warriors looking for a uniquely empowering experience.

Banff based athlete, Carla Bower, who completed the course just shy of the 8 hour cut-off says that the experience is not one she’ll soon forget: “It was the hardest thing I’ve ever done. An amazing event, flawlessly executed and every detail perfected. I am forever changed by this experience in a really powerful way.”

Mark your calendar for August 4, 2019 – registration is now open to meet the Minotaur. Due to the technical alpine terrain, a strict racer cap is enforced. This is one race you don’t want to miss.

PHOTO: Joanna Ford blazes through the 2018 Minotaur race. The 17.6 km course in the high alpine of Crowsnest Pass treated racers to a staggering 8,083 feet of vertical gain.
Lack of time is one of the biggest challenges when trying to stay consistent with fitness. What most people don’t know is that five or six 15 to 20 minute HIIT workouts a week can yield more results than three, one-hour sessions in a gym. Consistency is key to improving your fitness.

This short, high intensity workout can be modified for all fitness levels and requires little equipment. Although this workout is quick, remember to keep each rep slow and focus on good form to ensure safety and effectiveness.

**Warm-up**

30 seconds each exercise:
- High Knees – walking in place and running in place
- Butt Kicks – walking in place and running in place
- Slow Mountain Climbers
- Straight Standing Kicks

**The Workout**

**1. Low Squat with Bicep Curl & Standing Tricep Extension**

- Holding a dumbbell in each hand, squat down and hold position at bottom while completing 10 bicep curls, resting elbows inside knees, not on top of quads. Return to standing position with knees slightly bent and do 10 tricep extensions, facing elbows forward.
- Complete a single squat and do bicep curls standing.
- Increase dumbbell weight.

**2. Single Leg Kettlebell Straight Leg Deadlift & One Arm Row**

- Stand on left foot with a kettlebell in left hand, extending right leg out behind you and leaning torso forward 90 degrees. Keep kettlebell close to support leg and drive elbow up as high as possible in a rowing motion before standing. Repeat 25 seconds per side.
- Standing two leg deadlifts for the full 50 seconds.
- Stand on bosu while completing exercise.
3 **Medicine Ball Side Squat**

1. Stand with feet shoulder-width apart and medicine ball held above head. Keep core tight and squat down, bringing medicine ball down to outside of knee, keeping arms straight and not allowing knees to drop inward.
   - Reverse movement to start position and alternate side for next rep.

2. Bend arms slightly to allow for bicep assistance.

3. Lower slowly and ascend quickly.

4 **Mountain Climber & Single Leg ‘Headstand’**

1. In a plank, position your head past your hands with elbows slightly bent, bum down and back flat.
   - Bring one knee towards elbows, alternating left and right, keeping head up with a neutral spine for 20 reps.
   - Push into downward dog and raise one leg high, keeping it as straight as possible. Hold for 3 seconds. Alternate legs on next set.

2. Keep mountain climbers slow with no leg raise.

3. Increase mountain climber speed and add shoulder presses during leg raise.

5 **Single Leg Side Squats**

1. Stand with feet shoulder-width apart, with weight through heels, chest up, and arms up, fingertips touching ears. Raise one leg 90 degrees to the side and hold 5 seconds. Return to ground, and squat, hold 5 seconds. Alternate legs.


3. Add dumbbells, held at shoulder height to ensure proper body alignment.
They say a plan without a goal is just a wish. The New Year is a fabulous time to set new goals, make positive changes and create new habits. This workout is called the F.I.T. Five (Functional Integrated Training), and it will allow you to strengthen your core, build that lean muscle you’re looking for and get a sweat on, but most importantly, have fun and start 2019 off with an abundance of energy!

Warm-up
Follow along to an upbeat song. This warm-up uses Panic! At The Disco’s ‘High Hopes’.

- Chorus – Jumping Jacks
- Verse 1 – Squats
- Pre Chorus – Alternating Lunges
- Chorus x2 – Jogging on the spot
- Verse 2 – Shoulder Taps
- Pre Chorus 2 – Rest/Water
- Chorus x3 – Jumping Jacks

The Workout

1. Fly Push up with Glider Disc
   Full Body
   1. In plank position with glider under one hand, glide disc outward into a fly position while performing a push-up. Return to starting position and repeat on each side.
   2. Perform push-up from the knees.
   3. Spread feet to shoulder width apart.

BUILD MUSCLE & STRENGTHEN YOUR CORE
2  **Squat + Band Pull**  
Full Body
- Hold a resistance band at shoulder height and width, arms in front of you, then squat. At end of squat, extend arms to the side, stretching band.
- Hold squat position at 90 degrees while performing band pull.
- Swap squat for alternating lateral lunges and complete band pull while in bottom of lunge.

3  **High Plank Glider Drives**  
Core
- In high plank position on hands with feet together on one glider, drive knees forward under core and back out to starting position.
- Controlled, alternating mountain climbers without a glider disc.
- Add a disc to other foot to double the friction fun!
4. **Squat Jumps**  
Low-Impact Plyo

1. With feet shoulder-width apart, lower into squat position. With explosive movement, push up through heels as you come out of squat, jumping into the air, landing in starting position. Complete max reps for 20 seconds.

2. Perform with a wall sit instead of jumping.

3. Add a medium loop band around the ankles. Complete max reps for 30 seconds.

5. **Glute Bridge/Chest Press**  
Glutes, Core, Upper Body

1. Lay on back with knees bent, feet on floor and dumbbells raised, elbows on the floor. Raise hips off the ground into glute bridge while pressing dumbbells straight up above chest. Return to start position.

2. Perform the glute bridge only.

3. Perform glute bridge with one leg up and weight in opposite hand.
We're more than a gym,
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See what our Members have to say.

“Growing up I was always very active. Track, boxing and baseball kept me busy during my school years. However, after graduation, the level of athletic competitiveness declined, and I struggled to find what I needed as an adult. I tried different gyms and trendy activities, but never did find the right fit until I found Repsol Sport Centre. That was over ten years ago.

Repsol Sport Centre is a world class facility where athletes go to train and this energy, with a few other things, are what keep me coming back year after year. It is common to see Olympic athletes training in the gym, competitive swim meets and high school students racing on the track. It is a facility that attracts world-class athletes AND everyday people working hard to be better than they were yesterday. Seeing people push themselves inspires me to train harder and be better!

I am often asked what I am training for and the answer is always the same, life. I train because it makes me happy. Some days are better than others, but I always try to jump higher, run faster or lift heavier than the last day. Training is a mindset, a belief, a lifestyle. It is my choice.

Michelle Dagenais
Member since November 2011

I am often asked what I am training for and the answer is always the same - LIFE.”

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Breaking Out of the Comfort Zone

ENDURANCE ATHLETES COMPETE FOR SWIMRUN HOLY GRAIL

Someplace on this crazy path of life, it takes an extraordinary opportunity to push beyond our personal boundaries. For me, this moment came the first time I watched the 2017 ÖTILLÖ World SwimRun Championships in Sweden.

ÖTILLÖ, meaning island-to-island, involves 150 teams of two from countries around the world who swim between and run across 26 islands off the coast of Sweden. Running in a special wetsuit and swimming in aquatic running shoes, paddles on their hands and a pull buoy between their legs, athletes cover 65 km of trails and 10 km of open-water swimming in the Baltic Sea by day’s end. To make it even more challenging, rules state that partners must always be within 10 metres of each other and often teams will tether together, particularly in the swim legs.

This race, created back in 2002, is the longest of all SwimRuns on the World Circuit, and is the Holy Grail of the SwimRun world with teams needing to qualify or be accepted based on athletic achievement. Upon further investigation, I discovered that only six different Canadians had ever finished! The fastest all-Canadian team completed this race in just over 11 hours and 30 minutes.

For the last 15 years of my life, I scheduled the same goals and wanted the same outcome. I had won eight World Triathlon Titles and countless National titles. This is a sport I understand and love. I’m good at it and repeat the same hard work and preparation year after year.
Competing in ÖTILLÖ would put me way outside my comfort zone resulting in sleepless nights and anxiety. Not only was the race intimidating, but my partner, Myron Tetreault, was a superior ultra-runner, who had recently placed top 10 at a 100-mile trail-running race at Zion Canyon. My last ultra-endurance challenge was IRONMAN Hawaii back in 1999, but what created the most anxiety was my fear of long, open water swims with no land nearby.

Over the last six weeks before ÖTILLÖ, I was averaging nearly 18 km of swimming and 80 km of running per week. Not only did we need to be in top condition, but we needed to tolerate 12-14 °C water and slippery rock entries and exits. Thankfully, we had Upper Kananaskis Lakes in the heart of the Canadian Rockies to expose us to a perfect training environment, similar to the race location.

Race day was surreal. A nervous stomach and tons of self-doubt plagued me. Thankfully, the Baltic Sea was still, there was no wind and not a cloud in the sky. Experienced athletes cautioned us that the first six hours were merely the warm up, taking us to the edge of the Pig Swim, a 1.4 km open-water, exposed swim and my biggest fear. A strobe light at our exit point aided in our navigation. Surprisingly on entry to the swim, I felt strength and courage. I took the lead position allowing Myron to draft. Having Myron directly behind me created a sense of safety and I swam hard.

We made short work of this nasty swim and focussed more on the last 40 per cent of the race which had less swimming and more running. One of the running segments was close to 20 km long alternating between paved road, gravel and trail surfaces. This run segment was the crux of the race. Teams that were having a good day would run this segment in two hours, while those that struggled would take nearly four and risk not making the cut-off at one of many check points.

Our secret goal was to break 10 hours, but we knew that to reach this goal we’d have to do everything perfectly. Myron was brilliant in creating a pace chart at all check points to meet this dream goal. Surprisingly, we nailed each sub-goal and ran and swam past many teams in the final two hours with time splits equal to the top teams. We crossed the finish line in a time of 9:56:28, smashing the Canadian record.

Today, I see the endurance world in a different way - a view that opens the door to new and more challenging opportunities to keep pushing my personal boundaries and prodding me to explore what Mother Nature has to offer. The sport of SwimRun offers a new spark to an endurance-driven personality with the added bonus of sharing that experience with a partner.

For visual coverage of the race, check out the fabulous footage on YouTube’s ÖTILLÖ Swimrun World Championship 2018 - The Struggle.
High Intensity Interval Training, known more commonly as HIIT, is an efficient and effective way to improve heart health and endurance while reducing the boredom that often comes with traditional fitness routines.

These workouts incorporate many different exercises such as mountain climbers, jumping jacks and squats and feature short bursts of high intensity work followed by a brief rest. For example, you may do 30 seconds of sprinting followed by a short rest, then another short sprint followed by other activities. An entire workout can be completed in just 10 to 30 minutes.

HIIT workouts are popular for several reasons. First, the workout can change literally by the minute so you don't get bored doing the same thing over and over. Second, research shows that several minutes of HIIT can be as effective as much longer sessions of moderate-paced traditional cardio options.

HIIT workouts are adapted to many cardio sports such as rowing, running, cycling and swimming.

One of the interesting things about HIIT is that this type of aerobic exercise improves the mitochondria's ability to take in oxygen and produce energy, thus possibly slowing down the aging process.

The key to incorporating HIIT into your gym routine is to start gradually and keep the workout to less than 30 minutes. Begin with one to two HIIT sessions per week and make sure you start by warming up.

Be sure to alternate full rest and active rest periods which could include things like easy jogging on the spot. If weight training is part of your fitness plan you can add HIIT activities such as treadmill sprints following each strength move OR do a few HIIT intervals for a few minutes after your weights are done. Always consult with a physician before starting a HIIT program if you have existing medical conditions.

Keep in mind that one of the keys to success with interval training is to ensure you reach 80 per cent of your maximum heart rate as that is where benefits are gained. (220 minus your age is the formula for this.) As you get stronger you can add more intervals to your workout and reduce the length of your rest sessions.

Although HIIT workouts can be very effective, they are not without a few pitfalls and aren't necessarily for everyone. A certain level of fitness is required right from the start in order to achieve the intensity required. This kind of intensity can translate into a high rate of injuries compared to less intense training, so make sure you monitor joints, muscle tweaks and maintain correct body positions while doing your intervals.

Another downfall would be following an inappropriately designed HIIT program that focuses on some muscle groups while ignoring others. A proper HIIT workout should incorporate movements that target all muscle groups. In addition, the intensity required for these workouts can be overwhelming to some participants, so take it slow at the start if you want to take advantage of the benefits of HIIT.
SAIT's Athletics and Recreation department is getting ready to ramp things up with their annual “Make Some Noise for Mental Health Campaign” (MSNMHC). The Campaign, endorsed by the Canadian Mental Health Association (CMHA), is in its fifth year and designed to break the stigma surrounding mental health and earned the SAIT Trojans the Lieutenant Governor’s Circle of Mental Health “True Imagination” Award in 2016.

On January 30th, 2019, the Trojans are ready to kick off the campaign’s signature event “Make Some Noise for Mental Health DJ Spin,” with the goal to make as much noise as possible while raising mental health awareness. In January of 2017, the Trojans athletes rolled out 100 bikes and got their sweat on along with local celebrities, community members and mental health advocates. In January 2018 participants proudly donned white MSNMHC t-shirts that were illuminated by black lights, glow-stick necklaces, bracelets and buckets of glow-in-the-dark body paint slathered on faces, arms and legs.

The MSNMHC is an awareness campaign striving to create curiosity and start conversations to alter the stigmas associated with mental health. Mental health means feeling good and having balance in your life as you navigate life’s highs and lows.

This spin event is a reminder for people to take care of their mental health and for most participants the event leaves them with an improved mood and mental clarity and empowerment. For each year to date, Calgary’s YYC Cycle co-founder and motivator Andrew Obrecht and his team of motivators have led this event with infectious high energy atmosphere. So on January 30th make some noise and join us for this ride to alter the stigma surrounding mental health.
As the new year begins, try changing up your wardrobe with some great gym fashions. Comfort meets style in these new looks that will take you from the running track to a step class or a personal training session.

**MAKE IT YOUR RESOLUTION TO WORK OUT IN STYLE**

**ALEXANDRA** (Right)
Lorna Jane
High Speed Sports Bra – $72
Nexus Core Full Length Tight – $110

**JEREMY** (Left)
Sport Chek / adidas
ID Big Logo SS Tee – $24
Born Ready F/Z Hoody – $144
D2M Woven Short – $39
Alphaskin Sport Climawarm Tight – $64
PureBOOST RBL Shoes – $219

**Venue:** Crew Club Athletics – www.crewclub.com
**Clothing Courtesy:** Brooks, Lorna Jane, Sport Chek and Under Armour
**Models:** Jeremy Leakvold and Alexandra Gravel (Owner of The LOFT, Calgary)

Photography by Jenia Kos
ALEXANDRA
Sport Chek / Alo
Glimpse LS Top – $93
Moto High Waist Legging – $169
Sport Chek / adidas
PureBOOST X TRAINER 3.0 Shoes – $84
JEREMY
Nike
Therma Hoody – $64
Legend 2.0 L/S Tee – $35
Dry Veneer Short – $48
Nike Pro Therma Utility Compression Tight – $80
NBG M Tour Mesh Cap – $19
Free RN Flyknit Shoes – $164

ALEXANDRA
Under Armour
Armour Mid-Cross Back Women’s Sports Bra – $40
Armour Sport Strappy Tank – $45
Heat Gear Armour Tight – $60
Speedform Amp 3.0 Shoes – $120

JEREMY
Under Armour
MK1 Training Division T-Shirt – $35
MK1 Short – $40
Heat Gear Compression Leggings – $55
HOVR Sonic NC Shoes – $120

ALEXANDRA
Under Armour
Armour Mid-Cross Back Women’s Sports Bra – $40
Armour Sport Strappy Tank – $45
Heat Gear Armour Tight – $60
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Dry Veneer Short – $48
Nike Pro Therma Utility Compression Tight – $80
NBG M Tour Mesh Cap – $19
Free RN Flyknit Shoes – $164

ALEXANDRA
Nike
Strappy Tank – $32.97
Nike Pro Classic Padded Bra – $42.00
Power Training Day AOP Tight – $80.00
Free TR 8 Shoes – $139
ALEXANDRA
Brooks
Formation Crop Tight – $85
Stealth Short Sleeve Shirt – $45
Adrenaline GTS 19 Shoes – $130

JEREMY
Brooks
Distance Graphic T-Shirt – $34
Sherpa 7” Two-In-One Running Short – $60
Levitate 2 Shoes – $150

January/February 2019
impactmagazine.ca
Start the year by setting new goals for an epic fitness year while ticking off your travel bucket list. Imagine doing yoga on a luxury cruise, meditating on the mountains in Japan or skiing the Austrian Alps James Bond style. Plan to motivate your mind, body and soul with new surroundings and culture while burning off those holiday calories.

WHY NOT DETOX IN GERMANY, TRI IN THAI OR MEDITATE IN JAPAN?

Your Passport to Inspiration

By Michelle Tchea
Writer & author of three bestselling books on food, travel & fitness
@michy25elle

ABOVE: The Hapag Lloyd MS EUROPA pool deck.

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1 **Yoga & Training with an Olympian**

Luxury Cruising

Imagine waking up to a rejuvenating yoga session as you watch the sun rise over the Indian Ocean. Luxury cruising is no longer for oldies feasting on seafood buffets and watching their waistlines go to waste! The world's greatest luxury cruise ship, Hapag Lloyd EUROPA 2,
offers golf-themed cruises, private one-on-one high intensity impact training (HIIT) classes with former Olympic ski champions like Maria Höfl-Riesch and countless active shore excursions featuring snorkeling, cycling and rafting.

Awarded five stars by the coveted 2019 Berlitz cruise guide, this 500-passenger ship focuses exclusively on wellness with spa and sauna packages available. There are even group sessions like burn-out prevention classes, nutritional and restorative courses to help you stay on track. Champagne and caviar is a perfect combination and reward for all your hard work.

2 Skiing, 007-Style
Austrian Alps

Canada has some of the world’s greatest slopes but if you are looking for something different, head straight to Austria for a luxury ski vacation.

A gathering place for skiers like Olympic champions Lindsey Vonn and Mikaela Shiffrin, the alps offer fantastic ski terrain, amazing scenery and a world-class fitness experience. The buzzing village of Sölden is one of the best in the Ötztal Valley with two glaciers and excellent tracks on offer. James Bond fans will recognize this as the place where *Spectre* was filmed in 2014-15.

The five-star hotel, Das Central, located in Sölden, is known throughout Europe and could be your base for a luxury ski-retreat. The hotel has an excellent wellness centre with plenty of saunas and spas, as well as an in-house fitness concierge for all your fitness needs. Up the slopes at the top of the Gaislachkogl mountain peak is the hotel’s gourmet restaurant, ice Q, which was featured in *Spectre*. Adjacent to the restaurant is Elements, a 007 cinematic experience based on the movie and featuring local footage.

A few hours from the Ötztal Valley is Stubai Valley and much like Söden, it offers some excellent skiing. Considered nature’s playground, it’s one of the ‘best family-friendly ski region in the alps.’

Here you’ll have an extra-long ski season thanks to the Stubai Glacier, as well as excellent panoramas of the whole valley. This is the largest glacier-skiing area in Austria with skiable terrain reaching an altitude of 3,200 m. New ski lifts connect several mountains so die-hard skiers can jump from one to another. During the summer, this region boasts spectacular hikes, including the Wild Water Trail or Wildewasserweg, which is designed in three segments. The first is wheelchair- and stroller-accessible but the second and third sections get progressively more difficult and gain more altitude.

The only five-star luxury resort in the region, Hotel Jagdhof is a family-run hotel equipped with a serenity room, old-school saunas and spa centre to unwind.
In the 19th century a local fitness enthusiast, Philipp Bussemer began publishing hiking maps and guides to share his knowledge of the region and introduce hiking to the world. The passion lives on in and around the Black Forest Highlands in Germany with travelers from around the world seeking popular routes offering excellent panoramas of mountains and valleys. Long distance hiking trails are popular here with canyons, lakes and forests waiting to be discovered. Themed trails offer wine and schnapps stops and are understandably popular while pilgrim trails will take you on longer treks. A 12th-century luxury hotel and wellness retreat, Park Hotel Adler in Hinterzarten, is the perfect retreat to relax after a long day hiking the Black Forest Parks.

Closer to Munich is Tannerhof Nature Hotel a certified eco hotel and haven for health enthusiasts. The hotel offers detox and cleansing programs in private high-end luxury huts with breathtaking views of mountains and valleys. The former medical clinic is still run by the same family of doctors and continues to be a hot spot even for travelers not looking for a cleanse. Their restaurant also offers the finest organic and regional cuisine.

Training for a triathlon but running low on motivation? Seek warm weather for winter triathlon training in Phuket, Thailand. The Thanyapura Health & Sports Resort caters specifically to athletes and sport enthusiasts. The triathlon program includes swimming, cycling, running and massages to help you on your way with scenic views to really get you motivated.

In Mauritius, reignite your passion for running by competing in up to four running events under the Ultra Trail Raidlight Beachcomber event circuit. The easiest is the 10 km while the 100 km course takes you to the island’s highest peak including waterfalls, clifftops and other adrenalin-boosting tracks. Stay at the Shandrani Beachcomber Resort where you can also enjoy tennis, aerobics or windsurfing sessions.

For a taste of Merry Olde England, why not run the 140 km Ridgeway National Trail, which dates to prehistoric times. Your route will take you past Avebury, a neolithic henge and stone circle, and link up with Ivinghoe Beacon, a prominent hill and landmark in the Chiltern Hills. That should help get your mojo back! Lutton Hoo Hotel, a luxury five-star resort is nearby and features a spa and championship 18-hole golf course.

TOP TO BOTTOM: The 50 m Olympic-size swimming pool at the Thanyapura Health & Sports Resort in Thailand; The Black Forest Highlands near the Park Hotel Adler in Hinterzarten, Germany.

3 Triathlon & Running
Thailand, Mauritius or England

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Meditation
Japan
If you feel slightly stressed and unable to tear yourself away from the office, a retreat to a temple in Asia might help with mental detox.

Buddhist monks have recently come into the spotlight with their healthy eating regimes involving fermented vegetables sourced directly from the mountains where they live. If mindful eating is something you have always wanted to perfect, Koyasan, in the Wakayama prefecture is possibly the ultimate Buddhist experience. One of the most popular temples is Eko-in, where you can meditate, eat a traditional Buddhist meal and chant at a fire ceremony to dispel anxiety and stress. Part of the UNESCO World Heritage site, the surrounding area offers hiking tracks used by pilgrims for centuries.

In Kyoto, a newly-built guest house at the Shunko-in Temple can help you achieve your zen moment. Here you can enjoy meditation zen classes, learn Japanese calligraphy or find out more about the traditional Japanese tea ceremony. If you are looking for a different experience, definitely consider Omuro Kaikain, a lodge belonging to the huge Ninna-ji Temple in Kyoto. Here you can experience exceptional Japanese cuisine to help you ease into Buddhist life. 

Photography courtesy Eko-in.
We all want to live healthier lives but did you ever consider that your community plays a key role in your health and fitness? Some of the key components of healthy communities include access to parks, green spaces, recreational facilities and places to exercise like sports fields, swimming pools, golf courses and ice rinks. Building healthy communities is becoming a priority for cities, urban planners and others. The city of Vancouver has a formalized Healthy City Strategy and Calgary and Toronto have similar plans.

Improving the opportunity to cycle, walk, run or take public transit to work or school by changing the built environment is a growing area of research and could significantly influence your daily physical activity. Community design features, such as connected streets, a mix of residential, commercial, educational and employment areas, bike paths, and good public transit can support an active commute; whereas green spaces, waterways, walking paths, trails and recreation facilities can promote physical activity.

Exercise is one of the biggest determinants of health and where you live can have an influence on getting you out the door. With an aging population, staying active and healthy is more important than ever. The 2016 Canadian census showed that, for the first time, there are more adults over the age of 65 years than children under the age of 15.

According to a report on healthy living by Canada’s Chief Public Health Officer, Dr. Theresa Tam, building communities that promote being active is important. Approximately 80 per cent of Canadians live in urban areas and the urban sprawl that surrounds most major cities is a big problem that has been linked to sedentary lifestyles, easy access to unhealthy food, more time spent driving, less physical activity and higher rates of obesity.

Studies have shown that people benefit from living near natural areas. The ability to visit a natural area close to home, promotes both healthy living patterns and also contributes to a reduction in stress. In fact, just looking out the window at trees, shrubs, grass, water and other natural features is a proven stress reducer.

City planners and urban developers recognize the importance of green spaces and this is being reflected in formal plans and policies. The Vancouver Healthy Cities Plan has a goal of having all Vancouver residents live within a five minute walk of a park. And, as of 2014, 92.7 per cent of residents lived within 400 metres of a park or green space.

Visiting a natural environment will provide you with a restorative effect that is soothing and calming. While nature lovers have long cited the positive effect of enjoying the outdoors, in the past few years, science has begun to actually measure these effects. Rigorous studies have proven that accessing a natural environment has a positive effect on blood pressure, immune functioning and performance on standardized neurocognitive tests.

Researcher Frances E. Kuo, Associate Professor at the University of Illinois, studies the connections between health and access to nature. She puts it this way:

“Access to nature, whether it is in the form of bona fide ...
natural areas or in bits or views of nature, impacts psychological, as well as social functioning. Greater access to green views and green environments yields better cognitive functioning; more proactive, more effective patterns of life functioning; more self-discipline and more impulse control; greater mental health overall; and greater resilience in response to stressful life events.”

“Less access to nature is linked to exacerbated attention deficit/ hyperactivity disorder symptoms, more sadness and higher rates of clinical depression. People with less access to nature are more prone to stress and anxiety…”

It is clear that communities with nearby natural areas such as river valleys, grasslands, lakes or even mountains hold a healthy advantage for their residents.

Living close to city parks is also a contributing factor to a healthy community. Parks provide a place for neighbours to congregate and make social connections, an important determinant of wellness. They also promote physical activity in many forms. Playgrounds with swings, climbing equipment and slides encourage children to be active, develop social skills as they meet other kids and gain confidence in their physical abilities. And, with parents watching from the sidelines, social interaction is a possible outcome.

Playgrounds aren’t just for kids anymore. A number of communities in Toronto, Calgary, Vancouver and other cities worldwide, have created outdoor fitness parks. These facilities are provided by local municipalities and are free to anyone. The first generation offered static elements like logs to balance on and bars for pull ups. But they have progressed to more sophisticated equipment that focus on strength, cardio and balance.
A study commissioned by the Alberta Urban Municipalities Association concluded that residents living near outdoor fitness parks felt they “improve health, increase physical activity, and enhance a sense of community in their neighbourhood. Many also appreciated that it was freely accessible.”

According to Marie Beha and Caroline F. Hansen on the blog Sharing.Lab “The rationale for government-funded outdoor gyms has its roots in The Nudge Theory. The main idea behind this concept is that subtle changes in government policy can incentivise people to do things, which are in their own interest, without actually giving them direct orders to do so.”

Another feature of a healthy community is access to pathways which encourage residents to walk, run and cycle. Calgary, Toronto and Vancouver all have extensive cycle networks with designated routes linking outlying communities with the downtown core. Many of these are plowed and sanded in the winter, giving rise to a growing population of hardy, year round commuters. Communities that are situated on or near these networks give residents easy access to cycling for pleasure or commuting purposes, providing a healthy and pollution-free method of getting from one location to another.

The number of Canadians on foot and cycling is increasing. In Vancouver a 2016 survey by the city showed increasing numbers of pedestrians and cyclists with 27 per cent of all trips made on foot and seven per cent made by bike. People are also on the move in Toronto where the number of pedestrians and cyclists is growing. Cycle Toronto reports as many as 34 per cent of all trips are made on bike in some neighbourhoods, mainly mixed-use residential communities close to downtown, with a city-wide increase of 15 to 20 per cent over a decade. Calgary too is reporting an increase in the number of its pathway users. Data was last collected by the city in 2016 over a period of several months with totals as high as 75,957 pedestrian, 34 wheelchair and mobility scooter users, and 29,030 cyclists counted at 90 locations over one six-hour period.

Aside from the obvious health benefits of walking, running and cycling, these forms of transportation contribute to a cleaner environment with no emissions. That in turn encourages more people to get out into the environment.

Whether your community has sidewalks is something that you may overlook but it has an impact on active living. Walking along the side of the road just isn’t an attractive option for people who want to walk. It’s not safe or aesthetically pleasing to amble along the edge of a road with cars speeding by. Neighbourhoods with sidewalks have much more appeal and will have an influence on whether you decide to walk.

And there are a lot of fringe benefits to living in a community with sidewalks. Real Estate studies have shown that communities with sidewalks are more desirable and people are willing to pay more to live there. Sidewalks help improve access to local services and transportation and even help keep crime down by encouraging people to be out and about in the community.

Even the design of front yards can have an influence on the health of the community. Yards where people have flowerbeds and lawns require them to go outside even if it’s just to cut the lawn. This creates a connection with nature which helps with overall mental health. In addition, it gives them an opportunity to socialize with neighbours and pedestrians going by.

So the next time you head out into your neighbourhood, take a look at how it stacks up in terms of health and fitness. If it ticks all the right boxes, you’ve scored a win in community health.
MEET YOUR NEIGHBOURS

Homes From The $300s

Come home to spectacular mountain views and a vibrant lifestyle that offers plenty of access to the great outdoors. At Sunset Ridge in Cochrane, you’ll find the home that fits your needs, an outdoor fitness circuit, two schools and every convenience – all just 15 minutes from Calgary and the doorstep of the majestic Rocky Mountains.

LiveInSunsetRidge.ca
Setting intention to your morning is a surprising way to achieve goals, feel good and be more successful.

1. Make Your Bed

Making your bed should be an everyday habit because it kick-starts a chain of other good decisions. It teaches you self-discipline, which in turn makes you feel more capable and empowered. It lowers stress and improves your mood.

We spend about one-third of our lifetime in the bedroom and the appearance of your room impacts your mood. According to Gretchen Rubin, author of *The Happiness Project*, a clean room is also one of the most common and simple changes that lead to happiness. It’s hard to feel calm, relaxed and grounded when you’re surrounded by disorganization. Making your bed creates a tidy environment, a subtle vibe of tranquility.

2. Hydrate

Starting your morning with 500 ml of water is a great way to stay hydrated and flush toxins from your body. This also helps with digestion and constipation. Most people don’t drink enough fluids; starting your day with water is an ideal routine.

3. Write It Down

Journaling has many mental health benefits and is a great way to purge overwhelming emotions. It’s helpful for managing anxiety, reducing stress, coping with depression and controlling moods. Whether you use it to prioritize your problems, face your fears and concerns, document weight loss or just to feel happy – journaling has a place in your health plan. This can clear your mind for the day.

3 THINGS YOU CAN JOURNAL:

- **Gratitude** – Write down some things you’re thankful for and you can expect to experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even develop a stronger immune system.
- **Your intention for the day** – A daily intention is a conscious decision on where to focus your energy that day.
- **Emotions** – Write down anything you are thinking, anything. This can range from the joy of cold crisp air in the morning to your darkest secrets. Emotional expression will make you stronger and lift a proverbial weight off your shoulders.

4. Change Your Alarm Clock

How we wake up sets the tone for the rest of the day. Standard alarms might as well be fire alarms. If your alarm goes off during one of your deepest sleep stages, you’re going to wake up on the wrong side of the bed. Phone apps that track an appropriate time to wake up are a better way to gauge your ideal wake time. These apps, such as Sleep Cycle, track what stage of sleep you are in and wake you up in the lightest sleep stage possible, as well as tracking your sleep quality.

5. Meditation

Having a meditation or a mindfulness practice is really about decreasing your emotional reactivity so you can proactively create your day and life. Ten minutes is a perfect start and studies show that mindfulness meditations can positively impact your mental and physical health. Try the popular Headspace app.

6. Exercise

We all know that exercise is great for you but we tend to lack the motivation to do it. The morning seems to be the best time to maximize exercise benefits, providing you with energy, motivation and a deeper, longer sleep.

If morning isn’t your favourite time to exercise, start with 5-10 reps of an exercise, such as 5 squats Monday, 5 push-ups Tuesday, 5 lunges Wednesday, and holding a plank for 30 seconds 5 times throughout the day.
**A garage door** that moves up and down isn't that amazing, but a garage door that moves **you** is another story...

**Ultralite Doors** has teamed up with Clopay, North America's largest garage door manufacturer to offer garage doors from functional to fashionable with innovative designs and accessories that will make any homeowner proud to have it as a focal point on their home.

With a wide range of designer garage doors from aluminum and glass, custom or semi custom handcrafted wood doors in carriage style designs, elegant carriage style doors with the look of wood and the strength and durability of steel, unique alternative to a standard raised panel -- we have something for your home.

Before deciding on what door is right for your home, you should ask yourself three questions:

**How Important Is Appearance?**
If you want a garage door that is functional and looks good, choose a steel door with flush or raised panels. Different panel lengths and styles are available and window options can enhance the overall look.

If you want a unique and upscale look or want to maintain historical accuracy, our line of Wood, Coachman, Gallery or Avante series lets you make a truly unique statement.

Most steel doors come in six factory colors or can be painted with a high quality exterior latex paint to match your home. Wood can be stained or painted.

**Is R- Value Important?**
It becomes important depending on how you are going to use your garage. If you are using it as a work space or have living space above your garage. We suggest an insulated door.

If a detached garage and non insulated walls a lower R – value or non-insulated door can be considered. R - value in the doors can range from 6.5 to 20.4 depending on style and options you choose.

**What Is Your Budget?**
Like most home improvement projects, you can spend as little or much as you want.

The average price for a new garage door ranges from $700 to $10,000 depending on the size of the door (i.e. single or double) and the material it’s made from and the window options. Today, homeowners can choose between wood, steel or composite garage doors, and add numerous design features such as windows, decorative hardware, faux paint treatments or stains to personalize the look even further.

We have been in business in Calgary over two decades, and we invite you to come and see for yourself!
Music & Mental Health: A Restorative Bond

TRY SOME TUNES TO IMPROVE YOUR HEALTH

The Canadian winter is often a tough one, sending heaps of snow and a lot more darkness. While the winter can also be filled with fun, grey skies and gloom can have a much deeper impact on your mental health than you might think. Short, dark days are a contributing factor to increased levels of depression and Seasonal Affective Disorder, a depression-related condition.

In Canada, approximately 2.8 million people (or 10 per cent of the population) over the age of 15 are currently suffering from a mental health condition. Music is one of the great healers and you might be surprised to discover just what it can do.

Listening to music has been shown to increase the amount of dopamine in the body, and this is the hormone responsible for making us feel good when we do things we enjoy. Similarly, it reduces the amount of the stress hormone cortisol as well as decreasing your blood pressure and heart rate. It takes time to have a full effect, but just pressing ‘play’ is a step in the right direction.

Choose something upbeat and positive so you can benefit from an increased mood. For anxiety, a slow and steady beat works best to calm the mind and body effectively. Avoid sad music which has been shown to make symptoms worse!

Music therapy can be done as a group or privately and the activities can vary as well. Some classes involve creating music alone or together, while others are all about listening to music in a calming environment while drawing or writing – again, either alone or in a group.

Even after a couple of sessions, you may see a change in the way you manage things and deal with the symptoms of your mental health condition. It’s a great way to really let it all out, providing you with a healthy outlet and a supportive group of people who are ready to help you through it all.

Music really is a way to help restore your mental health and ease some of the pain you are going through. Whether you choose to kick back and play your favourite tunes, or you want to try out a few music therapy sessions it’s worth experimenting with to see if it improves your health.
He was in a coma for 12 days, lost a month’s worth of memories and suffered severe head and chest trauma, but Austin Calhoun plans to go snowboarding again on the one-year anniversary of the avalanche that almost killed him.

The accident happened February 25, 2018 in a couloir near Taylor Lake, southeast of Lake Louise, AB. The conditions were near perfect for backcountry snowboarding and the avalanche risk was low. Calhoun was with his friend Trevor Dingman, both experienced in the backcountry.

“I’ve been in a ton of couloirs before, but it was a new area I’d never been in to,” says Calhoun, 28. The avalanche occurred as they were hiking up a steep, 50-degree gorge. Dingman managed to hang on and stay in place, but Calhoun tumbled more than 200 metres down the ridge. As fate would have it, STARS Air Ambulance was already headed their way as another group on a different part of the mountain had suffered an accident around the same time. Dingman managed to divert STARS to them first, due to the severity of Calhoun’s injuries. Calhoun doesn’t remember anything about the incident, in which he broke his jaw and other facial bones, cracked his skull, lost four teeth and suffered collapsed lungs. He can’t remember anything from the week before the trip to over a month afterwards. The extent of his injuries made for a slow recovery, but he’s happy with the progress on his health.

“I had brain damage so I had to take things slow,” he says. “I couldn’t run back and do everything I normally did. I had early supported discharge from the hospital, so a therapist would come to my house pretty much every day to do therapies with me.”

Calhoun couldn’t return to his work as a welder and pipelayer for several months, but when summer rolled around he resumed some of the outdoor activities that he loves – including a trip to the scene of his accident.

“I went hiking, scrambling and camping with my wife and brother-in-law,” he says. “We actually hiked out to that couloir this summer just to see it. I literally don’t remember any of it. It’s a beautiful hike, but I didn’t remember a thing.”

The longest part of Calhoun’s recovery was replacing his teeth. After the accident, a friend started a GoFundMe account on Calhoun’s behalf to help pay for replacements. It took several months of treatment to reconstruct the missing teeth. Calhoun credits being young and physically fit with how he was able to survive. He says he’ll be more cautious in the future and is considering taking wilderness first-aid training before he returns to the mountains.

“I’m not allowed to snowboard until February 25, 2019. I have to wait one year,” he says. “I’m already planning on taking that day off work to go. I’m going to go out in the backcountry, but I’m not going to do that same route again. It will probably take me a couple years before I get up the nerve to do that couloir again,” he says. “It’s great to snowboard, but even a tiny avalanche could kill you. I tell others to be very, very cautious – it’s been a tough recovery.”

Photography courtesy Austin Calhoun
From barre classes to boxing, a good fitness instructor can make or break your experience at the gym. Expertise, enthusiasm and a supportive environment will encourage you to keep up your hard work while a poorly designed class with a so-so instructor could turn you off for good.

We wanted to find and recognize some of those outstanding fitness instructors and called for nominations from the metropolitan areas of Vancouver, Calgary and Toronto. Close to 200 fitness instructors were nominated, showing incredible depth and expertise in the industry. With so many fabulous instructors out there, it wasn’t easy to narrow down the nominations. To make the process fair and impartial, we ranked each entry on a series of criteria with a range of points given in categories such as years of experience, education and community involvement. Each entry was ranked anonymously to keep the process as unbiased as possible.

One of the things we noticed was how involved these individuals are in their local community. These instructors don’t just stay in the gym, they volunteer to lead classes at schools, sit on fitness-related boards, adopt families at Christmas, volunteer to coach sports teams, contribute time to local fitness events and touch lives in countless other ways.

Most of our entrants work full-time in the fitness industry. Some switched careers after an epiphany moment while others pursued fitness from the start by obtaining formal education such as a kinesiology degree or a fitness diploma. Most teach at least seven classes per week and have worked in the industry for 15 or more years.

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**TOP FITNESS INSTRUCTORS**

**THESE INSTRUCTORS HAVE WHAT IT TAKES – ALBERTA**

By Brenda Drew

**PETE ESTABROOKS, 59**  
The Fitness Guy  
CALGARY, AB

Well-known in Calgary by countless clients, Pete says he started his fitness journey “… by working in trade for my membership at The National Fitness Centre Boxing Club.” Today he’s been part of the Calgary scene for 35 years, striving to share his joy of movement with everyone. Pete developed the TKO Sports Conditioning Program, a revolutionary circuit training class with a mix of exercises. “My favourite [success story] might be having created a TKO Sports Conditioning tribe that has been with me so long it’s not rare to have a couple of generations and members of the same family slugging, skipping and sweating together in a spectacular Saturday morning class.”

**TISH DUFFY, 44**  
Spin & HIIT Instructor, Passage Studios  
CALGARY, AB

“Teaching classes is the part of my career I love the most,” says Tish Duffy. “It fills my bucket because you see immediate gratification and feel such positive energy from everyone. Motivating and inspiring people while also getting a sweat is the best part of my day!” Duffy has been a fitness instructor for the past 15 years with experience in spin, Boxing and HIIT. One of her clients says “Tish has it all: high energy, expert knowledge and excellent coaching. I love training with her because she doesn’t shy away from telling you where you need to improve.”

Photography by Ashlee Krutzfeldt and Brian Buchsdruecker
Deanna Bensler’s introduction to fitness started when she was an overweight teenager. “I struggled with my weight, and when I started working out and eating healthy, it was life changing,” Bensler says. “There was an instructor who really supported me and made a difference, and I wanted to give that same gift to someone else.” Turns out she has. One of her recent clients was severely depressed and Bensler took the time to encourage her, with wonderful results. The client lost 40 lbs in four months and is now running. “Seeing the changes she has made in her life and how much happier she is, has reminded me that to have this job is a blessing.”

Michelle Felzmann, 40
Bender Ball & TRX Master Trainer
Calgary, AB
@txfelzmann @felzmannmom

“When I was 15 years old, I took a step class,” Felzmann recalls. “At the end of the class, the instructor told me I had a natural talent and asked if I wanted to teach. I’ve never done anything else! Fitness is not just about the physical, it’s about the mental challenge, the desire to be better, the will to achieve more and the commitment to be your best.” Michelle has 25 years of teaching experience and trains and coaches people in all areas of fitness.
“Sports have always been my strength,” says Ryan Grant, fitness instructor, former high school phys ed teacher and current member of Team Canada’s long drive golf team. “Teaching and leading has always been part of who I am. I made the career switch to becoming a full time fitness instructor/trainer so I could assist people in making the right decisions to be the healthiest versions of themselves. It is a very rewarding profession to see adults of all age become something they never thought they could be.” Clients say Ryan is “motivating, always creative, innovative and down to earth.”

DENISE BEATTY 43
Instructor & Owner, The Fitness Fix
CALGARY, AB
@fitnessfix

As an exercise physiologist with an extensive background in injury prevention and treatment, Beatty created fitness classes designed to resemble a high quality training session. “My goal is to help people get very consistent, detailed coaching,” she says. “I wanted to create an opportunity for people of all ages and abilities, people with injuries, youth and even cancer patients to optimize their health and fitness in a supportive environment.” With a mantra of ‘I want to, I can, I will,’ Beatty strives to create a facility where people want to train, realize they can join in and will get stronger and healthier. “I started with this dream fresh out of university over 20 years ago. Many people have been in my classes for over 15 years! It is a true family!”
“Fitness is so much more than the incredible physical results we experience,” says Martine Yzerman. “Being active allows our emotional and intellectual levels to be elevated as well.” Over the past 23 years, she has taught deep-water workouts, spin, body pump and boot camp classes. Clients describe Martine as “friendly, super energetic, dynamic, caring, hardworking and knowledgeable.” One of her recent successes was with a man who came to the gym without any cycling experience. He decided to join a three-day cycle tour from London to Paris with Martine and others. “We rode 175 km a day and he successfully completed the journey,” Yzerman says. “It was such an accomplishment.”

“Fitness has always been a part of my life,” says Van Engelen. As a child she played both team and individual sports. This led her to a career in fitness. One of her favourite successes was working with a client who had multiple sclerosis. “I was able to modify all her workouts so she was able to train to her comfort level and work on her balance. After four months the client was much improved and working out has been a huge component of her recovery.”
NAOMI KEANE, 33
Fitness Instructor, Oranj Fitness
AIRDRIE, AB
@naomikeane

“I first fell in love with group fitness when I was 14 and attended my first Hi Lo class,” Keane says. “I was instantly hooked! Later that year, my grandma began training to become a fitness instructor and I was inspired. I knew if she could do it, so could I! I am a born teacher through and through; whether it is motivating my participants to step outside their comfort zones, mentoring and developing my new teachers, or leading a memorable class. I believe that movement must be fun, accessible, and transformational. One of her clients said “Naomi is elevating this world from mediocrity to greatness with every beat of music in her classes. She is truly exceptional.”

RON MCPHEE, 47
Fitness Consultant, OnCueFitness; Instructor at World Health & Servus Place
EDMONTON, AB & ST. ALBERT, AB
@ronmcphee @rmcphee

“I started working in a gym as receptionist,” says Ron McPhee. “And I noticed that people were flocking to the group exercise room and having fun. I attended a few classes taught by one of the popular step instructors and I fell in love with it.” Ron has been in the industry since 1992 and is dedicated to helping the people who attend his classes and lending a hand in the community by volunteering at local walks/runs. “What I love about this job is that I get to spend my days helping others,” says McPhee. “Whether it is teaching a fitness class and trying to inspire members, facilitating one of the canfitpro certification courses or mentoring a new fitness leader, I get to help others. “My main club is World Health Edmonton, but I also teach at Servus Place in St Albert, UofA and the City of Edmonton.”
MAEGHEN COTTERILL 38
Owner & Head Instructor, 5 Elements Martial Arts
CALGARY, AB
Ninjagirlmma

Maeghen Cotterill is an 11-time World Champion in martial arts, and holds black belts in four different styles. Her goal as a fitness instructor is “to help people achieve their dreams and goals” through her martial arts classes. “I use martial arts and fitness training as a form of healing, confidence building and measure of strength for every individual I am lucky enough to coach and also for my own healing,” says Cotterill. One of her clients told us, “Maeghen has created a safe space for people from all walks of life to come and train and be part of something wonderful.”

MELISSA ROWE 49
Fitness Instructor, Calgary Winter Club
CALGARY, AB
melissar@calgarywinterclub.com

Melissa has been in the fitness industry for over 21 years with experience instructing yoga, barre, fitness and spin classes. She has a degree in physical education and is an exercise physiologist and personal trainer. “My philosophy is ‘Becoming is better than being, so keep struggling and keep challenging yourself to be better than you were yesterday!’” One of her favourite success stories was working with a client diagnosed with Parkinson’s Disease. With Rowe’s help and expertise, the client was able to get out of her wheelchair, stand again and regain her strength.

CONGRATULATIONS TO THE OTHER 2019 ALBERTA FINALISTS
Nathan Bodewitz
Deb Boris
Francis Coetzer
Clint Cupido
Brooke Einarson-Schabb
Zita Dube-Lockhart
Tammara Francis
Rachel Hall
Deanne Keller
Sharon Lamb
Jess LeBlanc
Lesley Oliphant
Lauren Pryor
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Emily Slaneff
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As research continues to emerge we learn more and more on just how important the role our microbiome plays in not only our digestive health, but potentially brain health in addition to chronic disease.

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— Robert Lazzinnaro, MSc RD CDE

“Omega 3 NutraCleanse is an absolute must for anyone looking for a healthier, more balanced diet.”

— Michael Nunziata
FOUNDER/COO VIP FITNESS & LIFESTYLE, PERSONAL TRAINER

Here’s what a dietitian has to say about the benefits of a high fibre diet:

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— Michael Nunziata
FOUNDER/COO VIP FITNESS & LIFESTYLE, PERSONAL TRAINER

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From barre classes to boxing, a good fitness instructor can make or break your experience at the gym. Expertise, enthusiasm and a supportive environment will encourage you to keep up your hard work while a poorly designed class with a so-so instructor could turn you off for good.

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**Ella Jotie, 39**
Co-founder & Instructor, Barre Fitness
**Vancouver, B.C.**
@ellabarrebella, @barrefitness

Combining her love of dance with fitness was a natural fit for Ella Jotie. She has over 20 years of experience in the health and fitness industry and a background as a professional dancer and choreographer. At Barre Fitness she leads classes through an engaging series of barre-based exercises that focus on posture, alignment, breathing and muscle action. “My job never feels like work,” Ella says. “I find so much joy in building our barre fitness community and I absolutely love empowering women to become better versions of themselves inside and out.” “She is an exceptional leader,” wrote one of her clients, “and has significantly altered Vancouver’s fitness community.”
Suzy Kaitman is a certified personal trainer and group fitness instructor with a penchant for movement, music and helping others live healthy, active lifestyles. She specializes in dance-specific fitness training. Dance in all its forms is Kaitman’s passion. After years of professional ballet training, she realized a professional career was not for her and took up fitness instead. Her fitness classes were popular and it didn’t take long for her to realize she could put these two interests together to create something fabulous. “It’s the most beautiful feeling to empower others though my passion,” she says.

Morgan Hodge, 28
Head Coach & Co-Owner, Function Health Club
PORT COQUITLAM, B.C.
@mohodge.fitness  @morgan_hodge

Morgan Hodge is passionate about teaching weightlifting and CrossFit to clients from Port Coquitlam. His philosophy is to strive for excellence, not perfection. According to Hodge, perfection means there is nothing left to improve on and everyone can always improve! Clients told us Hodge gives 110 per cent to each person and always looks at ways to grow and improve. “He is an awesome, genuine person,” said one client. Another told us “He not only coaches the physical component to fitness, he also coaches athletes on all levels on the importance of developing character and building a mindset for success.”

Tommy Europe, 48
Bootcamp Instructor & Trainer, Tommy Europe Fitness
VANCOUVER, B.C.
@Tommyeurope

His career as a CFL football player provided Tommy Europe with the basics of fitness and training which he has successfully used to develop a thriving career. His fitness facility follows a program called TE60 SHRED, which he developed to help clients lose weight and get healthy. Europe teaches boot camps around Vancouver and is a popular motivational speaker. He has also hosted a successful tough love television show called “The Last 10 Pounds Bootcamp.” “He’s motivated, funny, educated and cares about you,” said one client.
A background in dance led Daniela Tempesta to a career in fitness that’s been going strong. “I got into it by accident!” Tempesta says. “I was applying for a receptionist position at a local gym and instead ended up in a practicum program which led to my now 18-year career!” She focuses on instructor education and development through courses and workshops. She also offers an online group fitness coaching program to help both new and veteran instructors improve.

Fun, positive, happy and energetic are the key words on Zachary Fiorido’s YouTube channel focussing on health and fitness. As an online fitness personality, Zachary provides daily workouts, nutritional information and more. “I love what I do because it allows me to connect with energetic fitness-minded individuals who want to work hard and have fun,” Fiorido says. In addition to teaching classes at two Vancouver locations and his YouTube channel, Fiorido created Beauty & The Fit, an online fitness community and lifestyle brand, offering fitness videos, daily workouts, nutrition programs and inspirational content.
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GREG HETHERINGTON, 35
Founder & Trainer, Fuel Training Club
TORONTO, ON
greg.hetherington

Greg Hetherington says fitness has always been a passion, and once he realized it could also be a career, he hasn’t looked back. “I love helping people be better,” says the former CFL football player. Hetherington’s three clubs offer small group strength and athletic HIIT classes limited to 12 participants to emphasize technique. “My philosophy is ‘Train smart, train hard, train to be better,’ says Hetherington. “Greg is an enthusiast and master motivator who puts an emphasis on developing form and technique,” said one client. “His slogan ‘Be Better’ describes his impact on the people who train there. He makes them want to be the best version of themselves.”

ROSALIE BROWN, 56
Fitness Instructor, Total Gym & PT Fitness Workout Videos
TORONTO, ON
@rosaliebrownfit

Online fitness trainer Rosalie Brown helps keep people fit all over the world through her successful series of personal training videos with the goal of making fitness fun, exciting and affordable. “I love what I do because I want people to feel their best,” Rosalie says. “The stronger you are, the more fun you have, especially as you age!” She began as a fitness class instructor and personal trainer while studying at the University of Waterloo. She went on to own and operate three successful fitness clubs and today is an influential trainer. She currently teaches group fitness classes in her home gym when she’s not travelling.

DAVID AYRES, 42
Instructor, CrossFit 6S
TORONTO, ON
@masters_mindset

“I was not born with natural athletic ability!” says David Ayers. “Fortunately I was blessed with single-minded determination and that’s helped me overcome my shortcomings with pure hard work.” His work ethic has helped him become a competitor in the CrossFit Games, and this is something he hopes to continue. Ayres developed an interest in fitness while serving in the Parachute Regiment of the British Army. “I really enjoyed that experience and upon leaving the army I began studying further,” Ayres says. CrossFit isn’t for the faint of heart, which is reflected in Ayres’ mantra, borrowed from runner Steve Prefontaine: “Don’t let fatigue make a coward of you!”
ALLISON KARES, 48
Owner & Pilates Instructor, Movement Unlimited Inc.
Fonthill, ON
@movementunlimitedinc @moveniagara

“I love to see the excitement in my clients when they have less pain, notice their improvement and have achieved their goals,” says Allison Kares, a certified Pilates instructor. “When you work with people who are injured or in pain, it’s the little daily wins that stick out. I love when a client says “I wasn’t sure that I wanted to come in today because I hurt so much, but now that I’m finished I’m so glad I did because I feel better.” She has always been curious about efficient and effective movement and says “Young or mature, fit or injured, we have a program that will improve how you move.” Her pilates classes inspire clients and translate to improved health and fitness.

ANDY DRAKOPoulos, 44
Instructor, Legacy Indoor Cycling
Toronto, ON
@Legacyindoorcycling

Andy Drakopoulos is an instructor teaching spin and fitness classes at Legacy Indoor Cycling, a new exercise space that was recently voted “Top Spin” by BlogTO, and Now Toronto magazine. “Everyone has that thing that makes their heart sing, that thing that makes them come alive - mine is fitness,” says Andy. “I love helping people realize they are capable of anything they set their minds to but mostly it’s that moment when my members see what they are capable of, smile with pride, and start feeling better about their bodies. It’s more fulfilling than you could ever imagine.” Drakopoulos has certified over 1,500 Instructors since 2009 and has hosted 100+ sold-out training sessions. His fitness philosophy is ‘Have fun, do it daily, and smile – Live - love – laugh.’

CONGRATULATIONS TO THE OTHER 2019 ONTARIO FINALISTS
Hanna Abergel
Julia Bayne
Alison Beder Solway
Gillian Blackett
Wayne Bourque
Anne Burns
Kristin Jeffery
Julie Harrish
Anita Ivic
Nichelle Laus
Adam Lloyd
Sarah Lord
Shakera Martin
Lara Marquez
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Alexandra Philips
Trisha Sammons
Jessica Sennet
Matthew Taub
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Hot Mama Fit – Moms work out while their kids play! We offer group fitness classes for moms who want a quick, effective and fun workout. We welcome all moms, whether you are newly postpartum and looking to get back into fitness or an experienced exerciser.

Hot Mama isn’t just about fitness; it’s about empowering women, building community and embracing family fitness. Mamas often take care of everyone else before themselves. Hot Mama provides a safe, supportive space where they can work out while not worrying about childcare. It’s a bonus that the kids see firsthand what an amazing, strong role model their mama can be.

Each Hot Mama location offers a variety of classes, from low impact, strength-based workouts to high intensity Cardio Blasts. Don’t worry... every class can be modified to your current fitness level. We also offer Body Smarts, our 12 week nutrition program designed by a Registered Dietician and PhD in Exercise Physiology (next session starting again in January 2019), Bootylicious Run Group, our super popular 12 week program designed for beginner to intermediate runners (next session starting Spring 2019) and Screw The Scale, our 8-week fitness education and self-love program.

There are currently three locations in Calgary – Calgary West Sarcee, Calgary SE and Calgary NE- Marlborough. Your first week is always FREE to try!

Moms who are 8-24 weeks postpartum get four weeks of classes for FREE (2/week) as part of our Postpartum Initiative.

Visit www.hotmamafit.com to find the location nearest you and email us to get started!
We inspire healthy, active lifestyles through fun, student-led experiences. Whether you’re looking to reduce stress, try something new, improve physical health, or simply play, we offer a wide-array of activities and membership options to help you get active.

Our well-maintained and accessible facility includes:
- 14,000 sq. ft. fitness centre
- 3 fitness studios
- 200 metre indoor track
- 25 metre salt water pool
- 40 ft. climbing wall
- 6 international squash courts
- 2 gyms with 5 volleyball/basketball courts
- Men’s/women’s and family or gender inclusive change rooms

Our facility offers public membership options that include parking - mru.ca/publicmembership

FlexFit Pass
Our FlexFit Pass is your best way to experience the variety of fitness classes that are offered at Mount Royal. A one-time investment for the semester grants you entrance into unlimited drop-in fitness classes! This offer is available to the general public, as well as recreation members, MRU students, and MRU faculty. Members of our recreation facility receive a 50% discount on the semester FlexFit Pass!

To learn more about the FlexFit program, please visit mru.ca/findyourfit

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If you need someone in your corner for life, call Sandra Bueckert.

“I am a fan of the underdog,” says the owner and head trainer at One On One Personal Fitness in Calgary. “I’ve been the underdog and I relate to the real struggles people face because I’ve been through them.”

Sandra had her first child by Caesarean section at 29, then watched her award-winning bodybuilder shape soar to more than 200 pounds inside a 46-inch waist. At 36, Sandra had her second emergency C-section, this time a son born seven weeks premature. Then her mother passed away and Sandra went through a painful divorce. Through it all, she fought back, returning to competitive bodybuilding and thriving.

“I am every woman. I have lived a life of success and tragedy. Fitness for me is a means to resiliency and self-sufficiency,” she says. “If I subtracted the role that fitness has played in my life, I would not have made it.”

Sandra is a conduit to help people get their lives back on track. “They think they are training to develop physical strength, but it’s really mental strength that people build,” she says. “We work with all shapes, sizes and ages, but I love working with the ones who want to fight aging every step of the way.”

Sandra’s passion is trashing the barriers that people feel they can’t overcome.

“I make a difference and that’s the high and the hook. Our trainers care,” she says.

Each client will meet with Sandra for a free hour-long health and fitness assessment. If the goals and connections are right, an individualized program is established.

In the gym, you’ll hear Sandra urging her clients on to, “One more rep, two more reps,” even when they believe they’ve given their all.

“I push because life will push back. Every rep to failure etches on a client’s mind that they’re capable of more than they thought,” Sandra says. “You are capable of more than you tell yourself, too. When you’re going through hell, come to One On One. We understand.”
ORANGETHEORY FITNESS

If you are looking to get a leg up on another fast approaching run and race season, Orangetheory Fitness could be your secret weapon. With a unique heart-rate training system on world class treadmills, Orangetheory running experts can guide you to better fitness and higher performance for 2019.

First launched in Fort Lauderdale, FL in 2010, Orangetheory Fitness has transformed into one of the world’s top fitness franchises. The 60-minute heart-rate monitored, high-intensity interval training concept has helped tens of thousands of members lose weight, get toned and meet their overall fitness goals.

Orangetheory Fitness is a unique, group personal training workout broken into intervals of cardiovascular and strength training. Backed by the science of excess post-exercise oxygen consumption (EPOC), Orangetheory’s heart-rate-monitored training is designed to maintain a target zone that stimulates metabolism and increases energy. Led by skilled personal trainers, participants use a variety of equipment including treadmills, water rowing machines, TRX Suspension Training and free weights, burning anywhere from 500 to 1,000 calories.

Training at Orangetheory focuses on endurance, strength and power, allowing you to enhance performance in all phases. Runners know that rarely will a course be flat – so strength work, hills and speedwork are key to building muscles and increasing speed and stride length.

Michael McDonald, Matt Kellett, Matt Smolley and Skye Kais have brought 9 Orangetheory Fitness studios to the Calgary area. Our studios are located in Kensington, Creekside, Britannia, Royal Oak, Shawnessy, Seton, Marda Loop, Airdrie and Okotoks with a 10th location coming soon to West Springs.

CALGARY & AREA LOCATIONS

Airdrie - 587.409.4959
2700 Main St. Unit 380

Creekside - 587.316.2121
#126 11988 Symon’s Valley Road NW

Royal Oak - 403.474.8959
#317 8888 Country Hills Blvd NW

Kensington - 403.306.0161
301 10th St NW

Marda Loop - 587.355.6655
1931 33 Ave SW

Britannia - 587.315.0125
5132 Elbow Drive SW

Shawnessy - 587.481.8765
70 Shawville Blvd. SE

Seton - 403.570.8730
#190 19489 Seton Crescent SE

Okotoks - 403.275.6000
#1001 200 Southridge Drive

COMING SOON
West Springs - 403.727.6776
#8003, 873 85th Street SW

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Repsol Sport Centre, Talisman Centre, Lindsay Park – no matter how you remember us, we keep getting better! We’ve recently celebrated 35 years as a world-class training and competition facility providing Calgarians with access to expert trainers, tons of specialty programs, over 700 pieces of state-of-the-art equipment, five gyms, two pools and the most inspiring atmosphere. So, if you haven’t been here for a while – it’s time to branch out of your regular routine and feel a new vibe by experiencing our six dedicated studio spaces. We promise, you’ll never get bored!

1. **Strength & Balance Studio** rejuvenates your mind, body and spirit through a variety of heated and non-heated Yoga and Pilates classes.
2. **Power Cycle Studio** offers a range of class styles in 60-45-30 minute durations, plus a laser lights class to kick it up a notch.
3. **R.E.P.S. Studio** provides Resistance, Endurance, Power and Speed classes in a vibrant setting. Join any group class like Boxing Boot Camp and Row N’ TRX, or grab some gloves and kick and punch at your own pace. Register now for our newest Martial Arts programs with renowned trainer Phillip Nduggea.

4. **Adrenaline Corner** nestled in our Fitness Centre offers a one of kind heart pumping circuit class.
5. **Personal Training Studio** offers pre- and post-natal conditioning, pre- and post-rehabilitation and athletic and sport-specific training to get the results you are looking for.
6. **3433 Sport Performance Centre Studio** offers a $35 non Member and $30 Member Adult drop in on select endurance and strength classes. Our goal is making triathlons and multisport more accessible to all ages and abilities.

Plus, we offer 95+ Group Fitness classes per week that are all included with Membership or with a $15.25* Adult drop in. Plus Members get access to our Loyalty and Fitness app to book classes and earn reward points just for sweating with us. No time for an Annual Membership – try out a 10 Card or 30 Day pass, which provides full access, and are upgradable to Annual Memberships. It’s the easiest way to try us out, and start building your fitness ritual.

*Personal Training, 3433 or registered programs are an extra cost.
SPA LADY

Spa Lady is a safe, comfortable women's fitness community with eight convenient locations in Calgary and Edmonton to serve you.

Beacon Heights in Calgary and Whitemud in Edmonton showcase Spa Lady’s new brand standard with executive style change rooms, state-of-the-art Technogym equipment and group fitness spaces, including cycle and mind and body studios.

Spa Lady’s dedication to innovation in programming and service allows you to take a unique, individualized approach to achieving your health and wellness goals.

Whether it’s with a personal trainer, in an instructor-led group fitness class, or exercising with friends, all women regardless of their fitness level can enjoy a safe and effective workout at Spa Lady.

WORLD HEALTH

World Health has been inspiring Albertans to live a healthy and active lifestyle for over 35 years. We offer members 14 convenient Alberta fitness centres to choose from. Whether you’re at work or home, chances are we’ve got a gym near you.
The YMCA is a charity whose mission is to promote the health of individuals and the community. Along with multiple amenities and programs to help keep you active, the Y is known as a healthy place to connect with others – from the community of people who visit our locations to the staff and volunteers that work here.

Opening on January 14, 2019 (with pool areas opening on March 1), the new Brookfield YMCA at Seton will be Calgary's eighth YMCA location. The 330,000 square foot City of Calgary built facility will provide both recreational and competition opportunities. Amenities include: a 100 m competition pool, competitive dive towers, 200 m indoor track, an extensive strength and conditioning centre, multi-use fitness studios and much more.

The Brookfield Residential YMCA will offer similar programs and drop-in fitness classes as our other locations to help keep you accountable, motivated and progressing. If you are looking to build your strength or endurance, try our run club, small group personal training or drop in to a free strength training or cycle class. Love the pool? Join our Masters Swim Club, triathlon swim program or free drop-in aquatic classes. Or try a sport league, seasonal conditioning or yoga program and more.

Try one of our eight locations today!
XFITYYC

Get Your Dream Body in 2019
XFITYYC provides full body Xbody EMS training, stimulating all the major muscle groups at the same time and helping you to achieve a fit and toned look.

By training with EMS technology you can achieve the results of 5-6 hours of conventional training at the gym in only two 20 minute workouts at XFITYYC!

What is Electric Muscle Stimulation (EMS)?
EMS is the elicitation of muscle contraction using electric impulses. Does it sound too scientific? It’s actually quite simple.

The impulses are generated by a device and delivered through electrodes to the skin surface above the muscles to be stimulated. The impulses cause the muscles to contract, so the result is similar to the actual movement and regular contractions of the muscles.

EMS training can be used for both conditioning and strengthening of muscles. It is truly the training of the 21st century.

How Does EMS Training Work?
During traditional strength training the brain sends impulses which stimulate certain muscles to contract. However, not all muscles have a well-developed connection to the brain and these muscles are not activated as easily and therefore they will not develop so well.

EMS Training stimulates all the major muscle groups and also helps to develop the motoric nerve connections relating to muscle movement. By sending electric impulses directly to these motoric nerves, even the weakly connected muscles are activated.

Because muscle fibers are activated in a non-regular order with EMS Training, a more intense level of training is enabled from the start, which creates more muscle fiber at an accelerated rate. More active muscle tissue requires more energy intake which therefore burns more calories, even at rest!
RICHMOND OLYMPIC OVAL

The Richmond Olympic Oval was the signature venue of the 2010 Olympic Winter Games. Over the last 10 years the venue has transformed into a desired location for community sport, fitness and performance. Today, the Richmond Oval is one of the most heavily used Olympic Legacy facilities in the world.

The Oval has an endless amount of options to stay active. On any given day, guests can take a TRX® or RIDE cycle class, test their limits on the climbing wall, play pick-up hockey, lift weights, or shoot hoops. Whether you're looking to move better, improve your performance in sport, transform your body, or are training to win gold medals on the international stage, the Oval is here to inspire, motivate and help you own your own podium.

Spanning a footprint of 200,000 sq. ft, the space includes a 20,000 sq. ft fitness centre, 2 Olympic sized ice rinks, 6 hardwood basketball courts, a 200m running track, a 4-story climbing wall, and six group fitness studios.

SIGNATURE OFFERINGS:
- **RIDE Cycle** - The Oval’s RIDE studio is home to our captivating indoor cycling experience. Stages Bikes and technology enable data driven training delivered in a dynamic space filled with great music and stunning visuals.
- **Oval Personal Training** - The Oval’s team of educated, passionate and diverse personal trainers specialize in motivating individuals to achieve their desired health, aesthetic and performance goals. Its dedicated private training studio is an inspiring and supportive environment that clients can access with their trainer or on their own.
- **High Performance (HP) Sport Training** - Specializing in working with community through to and including Olympic and Paralympic athletes. HP programs integrate strength and conditioning, technical skill refinement, mental performance and sport nutrition.
- **YYoga** - a warm and welcoming studio full of natural light, complete with an infrared sauna and a robust and varied class schedule. From hot yoga to YSculpt, YYoga has classes and membership options suitable for all levels.

Visiting the Oval is convenient, flexible and affordable. Choose from a variety of short-term passes or long-term memberships that give you access to 65+ group fitness programs per week, drop-in court and ice times, a fitness centre outfitted with the industry’s best strength and cardio equipment, child minding and free entry into the Olympic Experience museum.

The Oval is the place to reach your goals, stay connected with community and realize your potential. Sign-up for our 7-Day Intro Pass and experience all the Oval has to offer. Visit www.richmondoval.ca.
MORE than just a workout!

We are a team of top fitness trainers, (including Hannah Fletcher - IMPACT Magazine’s very own Top Trainer 2018) with the experience and expertise to get you the results you want! In 30 minutes you will get an effective metabolic workout tailored to your needs, with nutritional support and development.

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DOES GARLIC DO MORE THAN ADD GREAT FLAVOUR?

U sed in countless recipes, garlic (Allium sativum L.) may be one of the oldest-known superfoods ever with written references dating back to 6,000 B.C. Greek Olympians were said to have eaten garlic to help build their stamina. Ancient Indian and Chinese medicine suggested garlic for a variety of ailments including intestinal problems, respiratory illnesses and parasitic infection. But does this ancient wisdom still hold true today under scientific scrutiny?

According to Dr. Josh Axe an author, nutritionist and doctor of natural medicine, garlic contains “countless vital nutrients – flavonoids, oligosaccharides, amino acids, allicin and high levels of sulfur…” He also points out that “Garlic… ranks only second to turmeric… in the amount of research backing this superfood.” More than 5,100 peer-reviewed articles have evaluated the benefits of garlic. Overall, most of them agree there are modest benefits to eating raw garlic, but there is dissention out there too.

One of the key components garlic is allicin. This compound is responsible for garlic’s strong taste and smell. Berkeley Wellness, a leading online resource for evidence-based wellness information explains that not all scientists agree allicin is the main beneficial ingredient. “In fact, no one knows which, if any, component is the most important; different ones may have different effects on the body.”

A well-respected study at Stanford University in 2007, showed no benefit to taking garlic for reducing cholesterol. But it does have other benefits.

Dr. Michael Greger, author, physician and creator of the Nutrition Facts website, is a fan of garlic. He says it helps reduce stiffness in the arteries to the heart, which occurs naturally as we age. “Those who consume garlic – less than a quarter teaspoon of garlic powder per day – appear to have less stiffness in their arteries. “We think this is because garlic seems to improve the function of the inner lining of our arteries which helps our arteries relax.”

Garlic can also have other positive effects on your heart. A 2016 randomized, double-blind
study in 2016 by the Journal of Nutrition showed that aged garlic extract helped reduce plaque in cardiac arteries for patients with metabolic syndrome. It also helped prevent the formation of new plaque, leading researchers to conclude that aged garlic extract can slow development of atherosclerosis and reverse the early stages of heart disease.

A related benefit is garlic's role in helping reduce blood pressure, the number one factor in causing strokes. Garlic is widely used in developing countries as a treatment for high blood pressure and several small, short-term clinical studies have shown garlic to reduce blood pressure in patients with hypertension. Unfortunately, a standardized dosage has not been identified.

There is less evidence showing garlic having a beneficial impact on cancer. According to Berkeley Wellness "Some, but not all, population studies have found that people who eat a lot of garlic have a lower risk of certain cancers. But there have been few large, long-term randomized trials, which are needed to prove that it's really garlic, and not something else about garlic eaters, that affects cancer risk."

Some studies have shown a link between cancers of the stomach, esophagus, colon, pancreas and breast and increased garlic consumption. Researchers speculate that garlic's antibacterial properties or its ability to block cancer-causing substances may halt the activation of cancer. It has been found to contain a large number of potent compounds with anti-cancer properties, mainly allylsulfide derivatives. Although more research is needed it is clear there is some potential in garlic as a cancer-fighting food.

"To make the most of garlic's active compounds, it's best to either consume garlic raw or to crush/cut it and leave it out for a bit (10 minutes) before you add it to your cooked recipes," says Dr. Axe.

While garlic has been shown to have a modest, positive effect on health, it should not replace medications. It may also interact with prescription drugs and these impacts have not been studied. As always, check with your doctor before adding garlic or any other supplements to your diet.
Meal prep: the two words dreaded by every client who has crossed the threshold of my studio.

For most people, the thought of learning to meal prep is daunting. Finding new ingredients and even coming up with storage containers can be overwhelming. Add in the additional burden of trying a new diet or walking away from a food addiction or unhealthy emotional eating habits, and you’ve got a recipe for every excuse as to why meal prep isn’t for you.

The best way to frame your meal prep is to set aside a few hours on Sunday to get shopping and prep done for the week. Before you start, you’ll need to get some reusable microwave and dishwasher-safe containers big enough for an average adult serving (29 ounces). The following hand-selected recipes will help you tackle the big five excuses; time, ease, taste, variety and flexibility. And we’ve equipped you with a shopping list to execute each of these recipes with ease. While your first attempt might not be pretty, with the right ingredients you’ll be able to save money, time and unwanted pounds. In addition you’ll be increasing your vitamin and mineral intake.

You can make the following recipes in batches of their base ingredients. By changing spices here and there, it’s easy to go from Indian to Moroccan. What’s more, the way each meal is balanced means you can start your journey into the world of vegan eating concentrating on a balance of ‘macros’ which are your proteins, carbs and fats.

SOME QUICK TIPS TO SET YOU UP FOR SUCCESS

1. Start simply by prepping the carbohydrates in your recipe such as quinoa, sweet potato, chopped veggies, chopped fruits etc. The stress-free way to end a busy day is to get home and have your meals ready to put together in 30 minutes or less.

2. Follow the same process with proteins. If you have several solid, whole food proteins you like to use, cube them up, boil, cut, grill, bake, slow cook or air-fry them ahead of time and keep them on hand to toss into a salad, grain bowl, stir-fry or soup. Running your kitchen like a commercial restaurant helps.
Spice mixtures are also a great gift to give yourself. I keep a Mexican, BBQ, Italian, Indian and dessert blend on-hand at all times. You can create these easily and keep them in a small mason jar or glass container. These keep for months and take up very little space in your pantry.

Shakes, breakfast bowls and smoothies will last for at least a few days in the fridge. Create double or triple batches and store them in mason jars for grab and go ease. High quality vegan protein powders are great to keep on hand and allow you to add just a few ingredients to make a meal.

Finding easy, well rounded, vegan alternatives can be difficult so I wanted to share my favorites with you. After mastering these recipes you’ll have enough ammo in your repertoire to start branching out and getting creative by putting in your own personal touches. Remember, if your goal is to streamline your life, look for ingredients with a lot of versatility like quinoa, a perfect breakfast, lunch, dinner, smoothie or dessert food with some natural protein too.

Your life can be as simple or as difficult as you make it but your nutrition should be something that doesn’t leave you scratching your head. Think protein, carb, fat and don’t be afraid to add some flair from there.

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### Meal Prep Recipe Ideas
All of the recipes in this issue of IMPACT are great for meal prepping and can be combined to provide a full day meal plan. Visit www.impactmagazine.ca for even more great meal prep recipes.

**Breakfast:** Creamy Quinoa Porridge
**Snack #1:** Kale & Hemp Hummus
**Lunch:** Quinoa + Cabbage Salad
**Snack #2:** Thai Basil Tempeh Stir-Fry
**Dinner:** Instant Pot Portobello Pot Roast

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### Shopping List

**GRAINS**
- 3 cups white quinoa
- 1 cup jasmine rice

**SPICES & SEASONINGS**
- 2 tsp. cinnamon
- 2 tsp. salt
- 1 1/2 tsp black pepper
- 1 Tbsp. sugar
- 1 tsp. sambal oelek or sriracha
- dash cayenne
- 2 Tbsp. oregano

**FRUIT & VEGETABLES**
- 1/2 cup frozen raspberries
- 1/2 cup frozen mango
- handful coconut shavings
- 2 Tbsp. coconut flakes
- 2 green onions
- 7 garlic cloves
- 1/2 cup Thai basil
- 2 sprigs thyme
- 1 sprig fresh rosemary
- 3-4 fresh sage leaves
- 5 large portobello mushrooms
- 1 large onion
- 5 large potatoes
- 4 large carrots
- 1 yellow pepper
- 1 cup cannellini beans
- 1/4 cup red cabbage
- 1/4 cup sugar snap peas
- 1 1/2 cups kale
- 1/2 cup parsley
- 2 lemons
- 1/2 cup cooked chickpeas or 14 oz can

**NUTS**
- handful cashews
- 4 Tbsp. pecans
- 1/2 cup organic hemp hearts

**LIQUIDS**
- 1 1/2 cups almond milk or canned coconut milk
- 3 Tbsp. maple syrup
- 2 Tbsp. vegetarian oyster sauce
- 1 Tbsp. light soy sauce
- 1 Tbsp. dark soy sauce
- 1 1/2 cups red wine
- 1/4 cup soy sauce or tamari
- 2 cups vegetable or mushroom broth

**OILS**
- 4 Tbsp. vegetable oil
- 3 Tbsp. olive oil
- 1 Tbsp. cayenne-infused oil (1 part vinegar, 3 parts oil, dash cayenne)
- 1 Tbsp. hemp oil

**MISCELLANEOUS**
- 1 block of tempeh (approx 200 g)
- 1 Tbsp. all-purpose flour, arrowroot powder, cornstarch or gluten free flour
- 2 Tbsp. tahini

**Note:** List has enough ingredients for you to make one batch of each recipe above. Scale up or down as necessary. Some recipes serve 2, some serve 4.
Typically when we think ‘porridge’ we think ‘oats.’ But quinoa is a great substitution. It’s a wonderful source of protein, naturally gluten-free and full of fibre. What makes this quinoa porridge bowl so creamy and lush is cooking the quinoa in homemade almond milk. If you can’t make your own almond milk, or you don’t have the time, I’d recommend using canned coconut milk in these bowls to deliver the same result.

Nutrition facts per serving
Calories 395; protein 13 g; fat 19 g; carbs 54 g.

Serves 2

INGREDIENTS
• ½ cup white quinoa uncooked
• 1 ½ cups homemade almond milk or canned coconut milk
• 2 tsp. cinnamon
• 2 Tbsp. coconut flakes
• 2 tsp. maple syrup or to taste
• Splashes of water if needed
• ½ cup frozen raspberries
• ½ cup frozen mango chopped
• 4 Tbsp. pecans chopped
• Coconut shavings to sprinkle

DIRECTIONS
In a saucepan add your quinoa and homemade almond milk. Bring to boil, then reduce to a simmer and cook quinoa, stirring often, until cooked (approx. 12-15 minutes). While cooking, add cinnamon, coconut flakes and maple syrup. Stir to combine. Add more water if needed to reach desired porridge consistency. Divide porridge between two bowls and top with raspberries and mango. Sprinkle with chopped pecans, and coconut shavings.
Hemp Seeds

Hemp has been cultivated for millennia for fiber, clothing, paper, building materials, and of course, food. Rich in zinc and magnesium, which may contribute to a healthy immune system and bone health, hemp seeds are also a good source of iron. They consist of 36 per cent protein with all the essential amino acids and have healthy plant fats.

Chickpeas

Chickpeas may not look like it, but they deliver quite a few health benefits, including the ability to promote growth, protect the heart, improve digestion, build strong bones, prevent chronic disease, lower risk of genetic diseases, avoid diabetes, and help with weight loss.

Kale

Kale packs a ton of nutrition including vitamin K, lutein, vitamin C, beta-carotene, and it is even rich in calcium. Kale, like other dark green veggies, may be helpful in preventing various cancers such as colon, prostate and ovarian. Its abundant vitamin K content is important for bone health, preventing the effects of osteoporosis. And the folic acid and B6 provide cardiovascular support and prevent heart disease.

INGREDIENTS

• 1 cup organic kale washed, de-stemmed and torn into pieces
• 1/2 cup organic hemp hearts
• 1/2 cup cooked chickpeas (or 140z canned chickpeas), well-rinsed and drained
• 1 garlic clove
• 2 Tbsp. tahini
• 1 Tbsp. hemp oil
• Juice and zest of 1 organic lemon
• Sea salt and black pepper to taste

DIRECTIONS

Add everything to a food processor or high-powered blender and process until smooth.

Enjoy as a dip for raw veggies or crackers, as a spread in a sandwich or wrap or use on top of a fresh salad or Buddha bowl.

Tips: Store in the fridge in a glass air-tight container. If you don’t have any tahini on hand, substitute using the same amount of raw sesame seeds.

Nutrition facts per serving
Calories 222; protein 14 g; fat 10 g; carbs 22 g.
Quinoa & Cabbage Salad

EASY, DELICIOUS & GOOD FOR YOU

Serves 4

INGREDIENTS

SALAD
- 2 1/2 cups cooked quinoa
- 1 cup yellow pepper, chopped
- 1 cup cannellini beans
- 1/4 cup red cabbage, chopped
- 1/4 cup sugar snap peas, diced
- 1/2 cup kale, chopped
- 1/2 cup parsley

DRESSING
- 3 Tbsp. extra virgin olive oil (EVOO)
- 1 Tbsp. cayenne-infused oil
(1 part vinegar + 3 parts EVOO + dash of cayenne)
- juice from 1 lemon
- 1 tsp. salt
- 1 tsp. fresh cracked pepper
- 2 Tbsp. dried oregano

DIRECTIONS

Combine ingredients for dressing in a small jar and shake well then set aside.

Prepare, wash and dry your vegetables and begin to chop them all up.

Once prepared, add them to a bowl with cooked quinoa and stir. Add dressing and enjoy with your family. This salad will last in the fridge for five days.

Tip: If you’re eating it from a jar, first add a bit of the dressing to the bottom and then layer bits of each vegetable and quinoa. Finish off with a tiny bit more dressing before sealing to take on your busy day!

Nutrition facts per serving
Calories 342; protein 10 g; fat 17 g; carbs 39 g.
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Thai Basil Tempeh Stir-Fry

A QUICK & EASY GO-TO FOR THOSE BUSY DAYS

Recipe & Photography By Jessica Hoffman
Founder & food blogger at Choosing Chia in Montreal
@choosingchia

Bring the flavours of Thailand right into your home kitchen! This Thai basil tempeh stir-fry recipe is a healthier vegan version of traditional ‘pad krapow gai’ dish and is loaded with bold Thai flavour.

Serves 3-4

INGREDIENTS
STIR-FRY
- 1 block of tempeh (approx 200g)
- 2 Tbsp. vegetable oil
- 2 green onions, chopped
- 3 garlic cloves, chopped
- ½ cup Thai basil, finely chopped
- crushed cashews for topping
- 1 cup of jasmine rice, cooked according to package directions

SAUCE
- 2 Tbsp. vegetarian oyster sauce
- 1 Tbsp. light soy sauce
- 1 Tbsp. dark soy sauce
- 1 Tbsp. maple syrup
- 1 tsp. sambal oelek (or sriracha)

NOTES
Sometimes tempeh can have a slightly bitter flavour. Steaming it before cooking helps to get rid of this bitterness. It also softens the tempeh so it can more easily absorb the sauce in this recipe!
If you can’t find vegetarian oyster sauce you can substitute hoisin sauce.

DIRECTIONS
Place the block of tempeh in a saucepan and cover with water.
Bring to a boil, then cover and let simmer for 10 minutes. Remove the tempeh from the pan. This step is important to remove any bitter flavour the tempeh might have!

Add the tempeh to a food processor and pulse until chopped into small bits.

Heat the vegetable oil in a non-stick pan on medium-high heat, then add the tempeh and let cook for 2-3 minutes. Move the tempeh around with a wooden spoon so it doesn’t stick.

Reduce heat to medium and add the green onions, garlic and Thai basil. Stir together.

Add all the sauce ingredients to the pan and mix together.

Taste the tempeh after adding the sauce and adjust accordingly. Depending on your tempeh and amount, you may need a little more soy sauce, maple syrup, spice… etc.

Serve on top of jasmine rice and top with crushed cashews.

Nutrition facts per serving
Calories 463; protein 23 g; fat 19 g; carbs 54 g.

90 January/February 2019 impactmagazine.ca
Meaty portobello mushrooms, meltingly tender vegetables and a thick, rich and flavourful gravy to devour. This recipe is super quick and easy, tastes amazing and has minimal clean up. A big YES PLEASE on all counts for busy families.

**If you do not have an Instant Pot...**
Cook on the stove top instead. Follow the instructions but use a large soup pan and simmer on medium low until the potatoes are soft.
Or, cook it in the oven. First, sauté in a pan on the stovetop, then put everything (except sautéed mushrooms) into a casserole dish, cover and bake on 350°F for about 1.5 to 2 hours or until potatoes are soft. Thicken gravy as instructed, add mushrooms back and let it thicken in the oven for another 10 minutes before serving.

**INGREDIENTS**
- 2 Tbsp. olive oil, divided
- 5 large portobello mushrooms, sliced into chunky pieces
- 1 large onion, finely chopped
- 3 cloves garlic, finely chopped
- 5 large potatoes, peeled and cut into large chunks (I cut each potato into about 5 pieces).
- 4 large carrots, peeled and cut into 1 inch chunks
- 1 ½ cups red wine
- ¼ cup soy sauce or tamari
- 2 cups vegetable broth
- 1 tsp. salt, plus more to taste
- ½ tsp. black pepper, plus more to taste
- 1 Tbsp. sugar
- 4 Tbsp. all purpose flour
- water, to make a slurry
- 2 sprigs of fresh thyme
- 1 large sprig fresh rosemary
- 3 or 4 fresh sage leaves

Serves 5
6 QT. INSTANT POT DIRECTIONS

*If your Instant Pot is a different size, scale recipe up or down accordingly.

Set Instant Pot to sauté and add 1 Tbsp. of olive oil (or use a few tablespoons of water instead if you prefer cooking oil free). Add mushroom slices and cook until golden all over. Remove to a plate or bowl and set aside.

Add remaining oil (or more water), and sauté onions until golden. It’s important to get good colour on them because that’s what adds lots of flavour. Once golden, turn off Instant Pot and immediately add garlic, stirring in and letting cook in residual heat.

Add potatoes, carrots, wine, soy sauce, broth, sugar and seasonings then give it all a good stir. Really scrape into the bottom to get the brown mushroomy residue off and into gravy for extra flavour.

Place your fresh herbs on top, close lid on the Instant Pot and seal it, then set to Manual (Pressure Cook on newer models), High Pressure for 15 mins.

Once done, leave the pressure to release naturally. While waiting, make a slurry with the flour. Add water gradually to make a lump-free paste then add a little more, stirring constantly until pourable like cream.

Once pressure has released, turn off Instant Pot, remove the lid and scoop out the herbs to discard. Turn Instant Pot to sauté and pour in slurry, stirring immediately to incorporate. Add mushrooms back in and stir gently again.

The potatoes will be really soft and might break a little but that’s ok.

The potatoes taste best when soft. Give it a couple of minutes for the gravy to thicken a bit and the mushrooms to warm through, then serve.

Nutrition facts per serving
Calories 411; protein 10.4 g; fat 5 g; carbs 73 g.
The X-Factor for Athletes

EATING WHOLE PLANT FOODS TO SUPPORT OPTIMAL PERFORMANCE

By Shayla Roberts with Rip Esselstyn

You don’t need to look any further than the veggie aisle at your local supermarket to find the key to feeling fit and strong. Plants are nature’s legal performance-enhancing drug according to Rip Esselstyn, a former professional triathlete and firefighter who switched to a plant-strong diet in 1987. Esselstyn is hooked on plants and he’s not the only one.

The list of plant-based athletes includes tennis great Venus Williams, heavyweight boxer Bryant Jennings, football linebacker Derrick Morgan, Tour de France cyclist David Zabriskie, ultra runner Scott Jurek and more.

Esselstyn is an American author of several books on plant-based eating including Plant-Strong, Engine 2 Diet and Engine 2 Seven-Day Rescue Diet. He advocates omitting dairy, eggs, fish, meat and processed foods and focusing on whole plant foods. As an athlete, he understands how plants give you an edge. He also knows that when it comes to diet, athletes can be afraid of change. Yet, all the available evidence supports a plant-based diet for optimal performance.

IN HIS BOOKS, ESSELSTYN EXPLAINS THAT A PLANT-STRONG DIET WILL:

- Provide an abundance of phytonutrients, vitamins, minerals, protein and water to support your body in its recovery phase after training and racing
- Give you clean carbohydrates that rapidly replace depleted glycogen stores in muscles and liver and allow you to train harder, adapt and improve
- Offer high doses of alkaline and anti-inflammatory substances to protect you from the stresses of four-to-eight hour training days
- Improve focus and clear your head
- Help keep your arteries and vessels youthful and elastic, improve blood flow to working muscles for killer oxygen uptake and enhanced VO2 max
- Strengthen your immune system to keep you healthy and free from illness
- Provide healthy fats loaded with unprocessed carbohydrates, our dominant fuel source
- Provide micronutrients to defend against oxidative stress and inflammation

One of the biggest myths about following a plant-strong diet is that you can’t get enough protein eating this way. As a world-class triathlete training between two and six hours a day for two decades, Esselstyn never, ever worried about getting enough protein. Every time he was asked the question, ‘Where on earth do you get protein?’ his answer was always the same: BGP. Beautiful Glorious Plants.

The standard North American diet provides as much as 30 per cent of its calories from protein. It is also one of the unhealthiest diets in the world. A study published in the Journal of the Academy of Nutrition and Dietetics showed that even with a strict plant-based diet, people still ate 70 per cent more protein in a day than is actually required.

People often equate protein with meat. While many athletes credit it as the secret to their strength, the truth is most North Americans eat too much of the stuff, which can lead to dehydration as well as tricking your body into not using the more efficient fuels available to it. In addition, you can’t store protein. If you eat too much, it turns into fat. All those protein shakes and supplements that people use to bulk up are just making them pack on unnecessary pounds.

“I challenge you to surrender everything you think you know about nutrition, especially when it comes to the best, safest, and strongest sources of protein,” Esselstyn says. “We have to break free from this notion that the more protein we consume, the better. It isn’t better. More protein is responsible for more chronic Western disease than any one of us can imagine.”

Esselstyn believes that to perform at your best you need to think about your body like your car.

“If you put in premium fuel, it will run longer and better than on the economy unleaded. Plants have protein, they have plenty of it, and it’s 100 percent healthy. Since you have a choice, why not choose the healthiest option?”

"We have to break free from this notion that the more protein we consume, the better."

— Rip Esselstyn
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If No Pain, No Gain
Becomes No Gym...

5 COMMON GYM INJURIES & REMEDIES

W e’ve all been down this road. Your nagging shoulder pain turns into a full-blown injury. Your knee hasn’t felt quite right since the last round of squats and it’s taking a toll. You’re frustrated – you don’t want to give up your gym workout and all of its benefits to you.

We hear these complaints frequently in our physiotherapy clinic. Knowledge of your anatomy and potential body parts at risk can be key to preventing these infuriating injuries. Here’s what you need to know about five of the most common gym injuries.

1. **Wrist Sprain**

   Unlike other joints that are inherently stable from their bony structures, wrist stability depends entirely on ligaments. This makes the wrist more vulnerable to injury when extended back during movements like burpees or push-ups. Repetitive motions and abrupt force to the wrist can easily displace any one of the eight small bones that make up this joint.

   **Tip:** Use a gym glove with built-in wrist support to help protect weak wrists, or when doing push-ups, hold onto dumbbells placed on the ground.

2. **Pulled Calf Muscle**

   In the middle of your calf is where the muscle and Achilles tendon meet. This is the weakest part of the calf and most likely area to strain during movements such as mountain climbers or jump squats. Research has shown stretching to be ineffective in preventing this injury, whereas strengthening the calf muscle is the key to its prevention.

   **Tip:** Incorporate calf raises regularly into your routine, progressing by leaning more forward, and/or quickly dropping your heel.

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   **Tip:** Incorporate calf raises regularly into your routine, progressing by leaning more forward, and/or quickly dropping your heel.
**Shoulder Impingement**

Three tendons and a bursa all lie in a tiny space at the top of your shoulder joint. Muscle imbalances leading to a poorly positioned shoulder blade are often to blame for impingement of these structures, causing jolts of pain with movements such as inclined bench press or military press. Identified early, impingements can improve quickly with control of your shoulder blade position.

**Tip:**
Check your baseline position by standing sideways in front of a mirror with your arm at your side. Your elbow should fall slightly in front of your shoulder. If your elbow falls behind your shoulder, correct this by pulling the shoulder blade back. Maintain this position throughout your workout.

Help guard your body from injury by ramping up exercise routines gradually, using these tips while doing so, and learning to differentiate post-exercise soreness from injury-related pain. Seek the help of a healthcare professional if you’re feeling pain or discomfort and save yourself weeks of agony. Most importantly, work out wisely!
It’s time to rethink weight loss! Only five per cent of people will see sustainable changes to their weight by committing to an exercise routine, yet weight loss is the most common measure of success! We need to change the way we think.

**ALTER THE DEFINITION OF SUCCESS**

Weight loss is a poor metric of success for an exercise program; weight loss and exercise are two different things. Benefits of exercise relate to your health, not your weight. When your doctor advises you to lose weight, what they are striving for is better health. For example, an active person with a BMI in the 40s may have healthier stats than someone with a BMI in the 20s who is sedentary.

**WEIGHT LOSS GOALS ARE REDUNDANT**

We all have areas of our lives where we have higher and lower levels of control. It’s the same case with our bodies. The doctrine of ‘eat less and move more equals weight loss’ doesn’t cover the complexities of the human body or the environment we exist in. If it was that easy, wouldn’t everyone be at their desired weight?

Here’s the cool thing though, if you commit to more exercise, you will become more fit. If you lift weights, you will get stronger. Guaranteed.

**EXERCISE IS MAGIC**

Regular exercise really is a magic pill for your health with benefits including:

- Reduced risk of cardiovascular disease
- Reduced risk of developing Type 2 diabetes and metabolic syndrome
- Improved ability to regulate stress and hormonal responses
- Strengthening of bones, muscles and joints
- Reduced risk of some cancers
- Improved ability to perform daily activities and prevent falls

The magic doesn’t stop there. When you zoom out a bit further, the number on your bathroom scale should pale in contrast to these:

- Improved mood and energy
- Joy in moving your body
- A sense of wholeness between body and mind
- Making social connections
- Improved confidence and self-esteem
- Shifted attention from how your body looks to what it can do (and how it feels doing it)
- Setting and accomplishing challenges
- Improved energy for your kids/grandkids
- Better sleep and restfulness

Research shows that many of these benefits can be realized with as little as 30 minutes of moderate physical activity performed in blocks of 10 minutes or more, just five days each week.

**MAKE ACTIVITY YOUR GOAL**

You can live in a world beyond weight loss goals if you choose. Start by setting yourself a challenge like competing in an athletic event, or returning to your favourite activity or sport.

There are endless options for fitness from 5K walks to obstacle course races, Tri-it triathlons to downhill mountain biking, performing push-ups to deadlifting your bodyweight.

Most people will exercise their way to improved physical and mental health without any significant change to their weight. This is not a failure to lose weight, it is a triumph of redefining what it means to be successful. So redefine your goals, improve your health and look forward to a longer and more active life ahead. And stop giving a sh*t about your weight.
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