

Inside Track

Issue 2 2004

What's New!!

Another successful Annual Member's Social was held March 2, 2004. Each year we celebrate long term members and individuals or groups associated with the Fitness Centre. Over 100 fellow members enjoyed good food, conversation and door prizes.

Visit our website for great photos!
www.fitnesscentre.com "events"

New equipment has arrived!

- *Concept II Rower
- *Atlantis Standing Calf
- *Icarian Preacher Curl Bench
- *Icarian Tricep Extension
- *Nautilus Abdominal

Members & College Students!
Enter the:
**1st Annual Fitness Centre
Squash Club Championship.**

Member's Challenge

Fri. April 16 & Sat. April 17.

Cost: **FREE**

Great Giveaways, Attendance
Prizes & Refreshments!

Sign up before April 13th



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Did you Know!

The Spring Fitness Programs begin Monday, April 26 for 7 weeks. Registration for the spring session is open to current fitness program participants Monday, March 29 at 8:00 am and is open to the community Wednesday, March 31 at 8:00 am.

Look for summer classes to be held this year. Sure to be more enjoyable, thanks to our new air conditioning systems.



Special Points of Interest:

A Replacement Card Fee will be charged for replacing lost membership cards. Your first card replacement is complimentary.

Rental lockers expire upon termination of membership. Disposal of contents takes place 30 days after membership expiration.

We require that all gold members book an orientation for the Nautilus/Trotter and Cardio Centres.

March into Spring for Education



7 km Fun Run/Walk/Wheel

for ONLY \$25!
(includes brunch & t-shirt)

March into Spring for Education

Date: April 3rd

You help raise money for
Confederation College Student Bursaries

Early Bird draw - register by March 24
Deadline March 31

Registration forms available at
the Fitness Centre and Student Union
for more information call 475-6398

Monthly Draw Winners

January - Christine Lawrie won a jacket donated by the Confederation College Fitness Centre

February - Ashley Chadwick won a prize donated by Immunotech Research

Look for future draws to be held each month by selected sponsors

March - Job Connect April - Fresh Air Experience

Do you have comments you'd like to share?
Look for our annual member survey to come our early April.

We value your comments and suggestions.

Orange Julius

1 can orange juice concentrate
1 tsp vanilla

1 cup milk (not skim)
8 ice cubes

1 cup water

- 1. Place all ingredients into a blender except for ice.*
- 2. Add ice cubes 1 by 1 until smooth.*
- 3. Serve immediately.*

Confederation College Fitness Centre

Kids Fun Run

for children 5-14 yrs. old
Sunday, June 6, 2004

Activities and Demonstrations

Entry forms available at
the Fitness Centre May 3

Entry \$12

Early bird draw due by May 19

Deadline is May 26 - limit to 300

For more information call 475-6398 or 475-6604

Court Booking Improvements

For your convenience, as of Sunday March 14, court bookings will begin at 8:00 am to coincide with Monday through Saturday booking times. Community members may book 1 court 1 day in advance. Non-members may book the day of play. We invite you to register with our staff to book your court online at:

www.fitnesscentre.com

Next time you are on the stairs, spare a thought for your knees – they're under more pressure than you know.

The good news is that we're living longer. The bad news – as far as our knees are concerned – is that we're living longer.

"Most everyday activities that we perform are similarly or less demanding than the activities of everyday life 100 years ago, while today a great part of our active life extends far beyond the time span our bodies were designed to endure. Just 100 years ago, the life expectancy of the North American population was 25 years less than today. It appears that our bodies were simply not designed to last as long as we would like them to," says Dr. Anne Muendermann, a biomechanical engineer at Stanford University with a special research interest in mechanical and biochemical factors associated with osteoarthritis of the knee.

Approximately one in five North American adults suffers from persistent knee pain, a condition that may stem from a variety of causes including youthful injury, sudden trauma, obesity, sedentary lifestyle, hip disorders and osteoarthritis.

"Also, by wearing shoes and walking on artificial surfaces, we've added a degree of complexity and to date the effects of the materials used for shoes and surfaces on the neuro-musculo-skeletal system are not completely understood," says Dr. Muendermann.

The thigh or quadriceps muscle — the body's largest muscle — spans the knee via the kneecap or patella — which allows the knee to perform at a higher level of strength and stamina compared to most other joints. Ordinary walking, for example, imposes a direct force double your existing body weight. When you run or descend stairs, your knees support a load quadruple what you weigh. With proper care, you can improve your knee's ability to function effectively.

Nature's taken care of the rest.

"No artificial materials provide less friction than cartilage on cartilage, plus synovial fluid. The menisci distribute the load over a large contact area, the ligaments guide the motion of the joint and the muscles generate forces to stabilize and move the knee," says Dr. Muendermann.

Lightening the Load:

- Keep Moving. Exercise helps to build cartilage and produces increased synovial fluid, a nourishing knee lubricant. Encourage physical activity in your children — research suggests that a sedentary childhood and adolescence contribute to the onset of osteoarthritis in later years.
- Develop your leg muscles — particularly your quadriceps — through resistance training—squats, lunges, leg extensions. Also, try cycling, swimming and aqua aerobics — exercising in chest-level water dramatically reduces the weight load on your joints.
- Avoid high impact sports.
- Lose weight — you'll drastically reduce your risk for osteoarthritis, which is more common in women over the age of 50 than men because of menopause, although diminished muscle strength through aging afflicts both sexes.
- Warm up before exercising, stretch to improve circulation and flexibility; practice good form in an effort to avoid knee injury.
- Invest in good supportive shoes and discard them when the heels and soles deteriorate.
- If you're desk-bound, make sure you frequently change positions. Avoid crossing your legs; never bend the knee for long periods of time.
- Common knee problems such as bursitis can occur as a result of injury or kneeling; tendonitis is a form of inflammation originating from overuse; the breakdown of cartilage is symptomatic of osteoarthritis, which may be initiated by an acute injury.

"The most important advice is probably not to ignore early symptoms of joint trouble. These problems can originate from joint inflammation that may require treatment with medication. Problems with osteoarthritis, however, may need interventions that alter the load on the joint — gait training, muscle strengthening, appropriate footwear or bracing — and in very severe cases, surgical intervention," says Dr. Muendermann.

"Frequently, patients use pain medication and return to their previous activity levels. However, pain may protect our body by initiating compensation mechanisms that allow the body to lower loads placed on the affected joint."

And perhaps the best news of all according to Dr. Muendermann: "Most of the joints of our body are engineering masterpieces."

Active Living Challenge

Fitness Centre Members!

It's time to challenge yourself to:

*relax your body & mind

*maintain a healthy weight

*increase energy

*improve posture

*raise self esteem

*reduce stress

Register with our staff for the Active Living Challenge.

Every 10 minutes of activity gets you one step closer to various prizes.

Receive tips and current information on fitness and recreation then watch the progress of other fellow challengers on the wall chart. This program is simple, fun and rewarding. Challenge yourself to achieve 6 x 10 minutes blocks of active living everyday and get that much closer to rewards and a healthier, happier you.

Membership Reward Program

Want a chance to win prizes and/or extra services for your Fitness Centre Membership. All you have to do is bring in a potential member and once they are signed up and officially a member you can win a corresponding prize depending on the membership plan. Even students can get in on a chance to win if they bring in a potential member. Prizes are determined by the membership plan that the new member signs up for. Check out the charts below to see what kind of prize you may receive.

New members being signed up must never have been a member or have not purchased a membership in the past 5 years. See the front desk for more information.

For Community Members of the Fitness Centre:		For Students of Confederation College:	
<i>Membership Plan</i>	<i>Prize Package</i>	<i>Membership Plan</i>	<i>Prize Package</i>
6 month silver/gold single	Extended 1 month membership	6 month silver/gold single	1 month gold up-grade
6 month silver/gold couple	Extended 2 month membership	6 month silver/gold couple	2 month gold up-grade
1 year silver single	t-shirt & extended 1 month membership	1 year silver single	3 month gold up-grade
1 year silver couple	sweatshirt & extended 1 month membership	1 year silver couple	3 month gold up-grade & t-shirt
1 year gold single	sweatshirt & extended 2 month membership	1 year gold single	4 month gold up-grade
1 year gold couple	jacket & extended 2 month	1 year gold couple	4 month gold up-grade & t-shirt