

Inside Track



www.fitnesscentre.com

See inside this issue for changes to the day fee rates!

Important Notice! Fitness Centre Closure

Confederation College is holding their annual campus wide electrical shutdown Saturday, June 26 and Sunday, June 27. The Fitness Centre will be closed for an additional 2 days to complete facility improvements on Thursday, June 24 and Friday, June 25.



Thursday, June 24 to Sunday, June 27

Welcome Complex Members!

The Confederation College Fitness Centre is happy to accommodate your fitness and activity needs during the your facility closure. Our staff is available to answer any questions.

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Sunday Opening Time Changes

The Sunday opening time will permanently change to 7:00 am from the current 8:00 am as of Sunday, June 13 for both regular and summer hours.

Summer Hours effective June 1 to Labour Day

Monday – Friday	5:00 am – 10:00 pm
Saturday & Sunday	7:00 am – 6:00 pm
Holidays	5:00 am – 5:00 pm

Last chance for Summer Special

Check out the
**EXTRA Summer
Special**

See page 3



RICE: rest, ice, compression, elevation; the prescribed treatment for sprains and injuries.

Protein: any one of a group of complex organic compounds containing nitrogen; formed from various combinations of amino acids.

Interval training: a method of physical training in which periods of activity are interspersed with periods of active recovery.

We are Bringing Back Summer Fitness Programs

Try something different, add variety to your workout. Let one of our certified fitness instructors take you through a 1 hour session filled with high energy, great combinations and a fun atmosphere.

See the back page of this newsletter or ask the front desk staff for a list of programs. 12 month members: ask about your discount

Time is running out, sign up today!



Day Fee Rate Changes as of June 1

Before 3:00 pm

Silver access \$5.00 (parking included if required)

Gold access \$7.50 (parking included if required)

After 3:00 pm and all day Saturday/Sunday

(parking included until 4:30 pm Mon – Fri, if required)

Silver access \$6.00 (no change)

Gold access \$8.00 (including tennis)

12 Pass Punch Cards

Silver \$60.00 (no change)

Gold \$80.00

Warmer weather is around the corner. We hope!

Our air conditioning systems, installed last fall, will now have their chance to give you a more comfortable environment.



It's here!

Look for our new Fitness Centre brochure.

Same useful information with an updated look!

Watch Your Back



At least 70% of North Americans will have back pain over the course of their lives, particularly in the lower spine. But it's never too late to build a better, stronger back.

"People go to their personal trainers or to exercise classes to get fit. Yet overall we don't really emphasize good back health," says Dr. Lyle Micheli, director of the sports medicine division at Harvard University Hospital in Boston.

"Watching the way you walk, the way you twist and turn or how you lift and carry things – it's all got to do with good body mechanics and a strong back is a huge part of that."

Optimal back health, in fact, really begins with improving your core abdominal strength.

"Rotation crunches, oblique crunches, Roman

sit-ups – these are all good exercises to build up the core muscles and improve lower back strength and flexibility," says Dr. Micheli.

"Another thing that's not emphasized enough is the importance of having good strong quads, glutes and calves to lift with," he adds. "Without these your back is compromised every time you move straight up and down, lift a box or a child, or do any one of a thousand daily movements."

While intensity of lower back pain will vary from person to person, "In most cases we're talking about mechanical pain – something that's occurred as a result of strain, injury or poor body mechanics," says Dr. Micheli. "Some people complain of chronic pain, the kind that comes and goes but never really leaves. These problems are often associated with degenerative issues of the spine. But if a person has consistent back pain that lasts more than three weeks, or comes on out of the blue while they're sleeping and won't subside they should see doctor immediately. Bad things don't happen in the spine very often, but tumors can occur."

Recommending daily exercise, as well as 15 minutes within that time devoted exclusively to abdominal work, Dr. Micheli says that the Alexander Therapy – a century-old acting technique that teaches proper posture – can be used to improve lower back strength. As well, water therapy, in which strengthening and stretching exercises are done using water for resistance, can also offer relief to lower back pain sufferers.

Calisthenic: exercise involving free movement without the aid of equipment.

HDL cholesterol: high-density lipoprotein cholesterol; one mechanism whereby cholesterol is transported in the blood. High HDL levels are somewhat protective against heart disease.

Fructose: a monosaccharide known as fruit sugar, found in all sweet fruits.

Homeostasis: a term used to describe a condition of normalcy in the internal body environment.

Abduction: movement of a body part away from the midline of the body

Summer Special on sale until June 15

Are you not sure what to do for the summer? Do you have a friend that hasn't tried the Fitness Centre? Don't wait much longer to get in on this great deal only offered once a year.

	Gold	Silver		Gold	Silver
General	\$159	\$125	Student/senior	\$139	\$115

Extra Special! 4 months plus a 1 hour session with personal trainer Tracy Heimbecker

Gold \$194

Silver \$160



Adult Fitness & Recreation

Info: 475-6398
Bookings: 475-6239
Fax: 622-4842

WE'RE ON THE WEB
WWW.FITNESSCENTRE.COM

Open Entry Fitness Program Access Card

We are pleased to offer 4 fitness programs this summer.

**Lunch Express M,W,F 12:10 – 12:50pm*

**Happy Hour T,Th 5:00 – 6:00pm*

**Kardio Kick T,Th 6:00 – 7:00pm*

**Shapes M,W 7:00 – 8:00pm*

If you cannot regularly attend one of these classes we are offering an Open Entry Card.

For \$58 +GST you are given 14 passes to attend any of the above classes on the day of your choice. Classes begin Mon. June 14!

Watch Your Back continued from page 3

Back to the Future

"The key to pain back is preventing it from coming back," says Dr. Micheli, who recommends these simple exercises to nip back problems in the bud:

LOWER BACK STRETCH

"For people with arthritis in the back, flattening out the back can do a lot to relieve pain," says Dr. Micheli. Lying on the floor, with hands to your side and legs stretched straight before you, slowly lift the left leg. Keeping the pelvis tilted and the small of your back pressed to the floor, gently wrap your hands around the left knee and pull it toward the chest. Hold for 15 to 20 seconds. Release the knee, slowly lower the leg and repeat the stretch on the right side.

LOWER BACK BICYCLE

"I'd call this one of the best exercises going to strengthen the lower back," says Dr. Micheli. Lying on the floor, with hands placed under the head and legs stretched straight out, bend the left knee and bring it slowly towards the chest. Hold it for a second, lower it to the floor, and lift and press the right knee to the chest at the same. Alternate knee lifts as though riding a bike, keeping the legs six inches off the ground when lowered to the floor. Do three sets of 12 to 15 repetitions.

BASIC CRUNCHES

"Abdominal muscles are worked best when done slowly and with great control," says Dr. Micheli. Also, "Never do sit-ups with straight legs. It puts too much strain on your discs." Lying on the floor, with hands placed under the head, bend both knees and hook your toes under a sofa or heavy chair for support. Keeping abs tight and flat, slowly lift the upper torso toward the knees, coming up as far as you can go. Lower the body slowly to the floor and repeat 12 times. Gradually move up from one to three sets.

This article and many others, can be found on our online magazine at www.fitnesscentre.com