

# Inside Track



Confederation  
College

## Annual Members Social

All members of the Confederation College Fitness Centre are invited to our Annual Members Social. The event is scheduled for *Tuesday, April 24th 2007* at the Eclipse Tavern, located on the second floor of the Knights of Columbus Cen-

tre-301 May St. South. The festivities begin at 6:30 pm and run until 8:30 pm. There will be free Beef on a Bun and cash bar available and enter to win draw prizes.

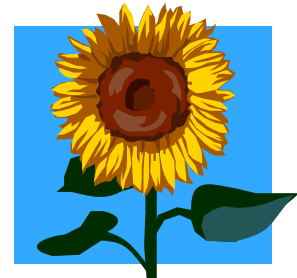
You must pick up a ticket from the front desk of the Fit-

ness Centre no later than April 19/07. Tickets are limited to the first 60 people. Don't wait! Come out and have some fun and meet new friends.

Spring 2007

### Special points of interest:

- *Summer Fitness Classes*
- *Look for Our New Fall Fitness Program Line Up!*



### Inside this issue:

<i>Why Diets Fail</i>	2
<i>A successful Weight-Management Program</i>	2
<i>Kids Fun Run</i>	3
<i>No-Fat "Fried" Chicken</i>	3
<i>Fitness Program Schedule</i>	4
<i>Can Fit Pro—FIS Course</i>	4

## Squash Club Championship Tournament

All Fitness Centre Community Members and College Students may enter into our free Annual

Squash Club Tournament. Registration sheets may be picked up at the front desk of the

Fitness Centre. Men and Women allowed. Divisions A, B, and C. Come on out and show your stuff!

## Why Diets Fail—The Best Diet is No Diet

It has become clear in recent years that dieting is not the answer for weight management. There are several reasons for this.

1. Most diets restrict your caloric intake so that your metabolism slows down
2. Dieting usually results in depression, which is counterproductive to losing weight.

3. Most diets do not encourage permanent lifestyle changes.
4. With low-calorie diets, weight lost is usually lean body weight.

People choose diets as a mean to loose rapid weight in a short period to meet a specific goal (ie. looking good in a swimsuit). In cases such as these, maintaining weight is always going to be an issue

because as soon a you reach your desired goal, you will likely revert to your old habits and the lost weight will quickly be regained. This is the most common problem people encounter with most commercial weight-loss programs.

A lifestyle change will lead to successful and permanent weight loss.

## A Successful Weight-Management Program

A successful weight-management program should include these criteria.

- Encourage you to adopt permanent lifestyle habits that you can live with for the rest of your life
- Teach you how to select and prepare the foods that you eat and how to control the portion sizes
- Teach you how to set reasonable goals, and show you how to achieve these goals
- Not restrict your caloric intake to the extent that you are constantly hungry or craving certain foods
- Not result in your being consistently lacking in energy throughout the day
- Advocate regular aerobic exercise, and teach you how to design a program based on your specific needs
- Promote a realistic weight loss of 1/2 lb to 1 lb per week
- Promote eating a variety of foods
- Teach you to identify and modify the behavior patterns that may be contributing to your weight problem

- Encourage you to take personal responsibility for the everyday decisions that you make relative to your exercise and eating habits



# Kids Fun Run

The Kids Fun Run is back bigger and better than ever. The event takes place on Sunday, June 3rd 2007. Come join us as 300 kids and several hundred relatives come to Confederation College Fitness Centre, for the 23rd Annual Kids Fun Run. This non-competitive event is designed to promote fun, fitness and friendship where everyone is a winner and everyone receives a participation medal.

Children between the ages of 5-14 can choose to run or walk the following categories.

Ages 5-7 800 meters

Ages 8-10 1.5 kms

Ages 11-14 3.0 kms

Events begin promptly at 12:00 pm. Enjoy the bar-b-q, and many activities and demonstrations by Karate North and Superior Trampoline.

Over and above the excitement of the run there are activities such as face painting, fish pond, soccer, beach volleyball, basketball, tennis with the Ontario Tennis Association and caricatures for all to have fun.

2007 Fitness Centre Kids Fun Run Entry forms will be available:

***May 1st 2007***

Photos by:  
Barry Wojciechowski Photography

## No—Fat “Fried” Chicken

3 Tbsp grated Parmesan cheese  
1/2 cup bread crumbs  
1/2 tsp rosemary  
1/2 tsp thyme  
1 clove garlic, minced  
1/4 tsp onion powder  
2 egg whites  
4 small skinless chicken breasts

Preheat oven to 400 degree's F. Spray pan with nonstick cooking spray. Combine all ingredients except egg whites and chicken. Beat egg whites; dip chicken breasts into beaten egg whites, then roll them in mixture of dry ingredients. Bake 30—40 minutes until done.

Per serving (1 small breast):  
183 calories  
32 g protein  
5 g carbohydrate  
3 g total fat  
45 g cholesterol  
313 mg sodium

# Spring Fitness Programs

<b>Monday</b>	Morning Energizer 9:30—10:30 am	Lunch Express 12:10—12:50 pm	Happy Hour 5—6 pm	Hatha Yoga 5—6 pm	Tai Chi 6—7 pm	Pace 6—7 pm	Spin & Abs II 6—7 pm
<b>Tuesday</b>	Pace 9:30—10:30 am	Pace 12:10—12:50 pm	Spin & Abs I	Kardio Kick 6—7 pm			
<b>Wednesday</b>	Morning Energizer 9:30—10:30	Lunch Express 12:10—	Happy Hour 5—6 pm	Hatha Yoga 5—6 pm	Tai Chi 6—7 pm	Pace 6—7 pm	Spin & Abs II 6—7 pm
<b>Thursday</b>	Pace 9:30—10:30 am	Pace 12:10—12:50 pm	Spin & Abs I	Kardio Kick 6—7 pm			
<b>Friday</b>	Morning Energizer 9:30—10:30	Lunch Express 12:10—	Happy Hour 5—6 pm				

Adult Fitness and Recreation  
[www.fitnesscentre.com](http://www.fitnesscentre.com)

## Can Fit Pro—Fitness Instructor Specialist Course

Become a certified  
Fitness Instructor!

This course recognizes the leadership, motivation and practical training required for group exercise instructors who train to develop a safe and effective exercise class. The Fitness Instructor Specialist certification process involves the evaluation of basic fitness theory and practical skills.

### Summer Course Dates

May 2007

May 25th—27th 2007

Register Before  
May 11 2007

Call Anne Parr at  
577-9620

or  
register at  
The Confederation College  
Fitness Centre

