



Highlights

Iron men forever

Open House

Thursday, September 27th

Come to our 5 @ 7

- Complimentary drinks and hors-d'oeuvre
- Parasuco Fashion Show featuring the Mansfield staff
- Door prizes
- Tons of fun

Business Card Exchange

Wednesday, September 19th

A great networking opportunity to exchange contact information and establish new business relationships.

Free for Mansfield Athletic Club members.

New Classes

The new group exercise schedule starts on September 10th.

You can download a PDF version of the aerobic and Spinning schedules on our website. Check for this logo on the Schedule Web page.



Please Note

Monday October 8th

The club will be opened from 8:00 am to 8:00 pm.

All classes starting before 8:00 am or ending after 8:00 pm will be cancelled.

We are proud to announce that 2 of our members participated in the Ironman Lake Placid on July 22nd. Alexander Gross and Louis-Philippe Barrette swam for 4,2 km, biked for 180 km and ran a full marathon of 42,2 km in the same event!

"It has become a lifestyle, a new way to organize my life" says Louis-Philippe, for whom it was his second Ironman and he's already registered for Zurich next year. You do need to be organized in order to be ready for this kind of event. Working a full time job and training up to 17 hours per week requires precision in all aspects of your life. "Instead of watching tv for 4 hours, I rather swim bike or run! It's so much more beneficial."

Completing a long distance triathlon like an



Alexander Gross is an accountant in practice as an investment advisor at HSBC Securities providing comprehensive financial health solutions for a select clientele.



Louis-Philippe Barrette is an Investment advisor at TD Waterhouse

Ironman is an accomplishment that few people can say they have achieved. For those who have tried however, many say they are hooked as first-timer Alexander Gross put it, "The journey is challenging but there's a tremendous feeling of fulfillment after the race. It was absolutely amazing. That day was incredible!" Asked if he would ever do another one, his answer evolved, from "No" to "Well, not next year", and finally "Ok, I am registering for Penticton B.C. 2008"!

Another one bitten by the Ironman fever!

Congratulations to both of them!

If you too would like to get started on a wonderful adventure like this, contact Steve Prud'Homme at 514 390-1230 ext. 231 or by e-mail at stevep@clubmansfield.ca to begin your own journey!

Increasing worker productivity sounds mighty desirable. Mighty lofty, too.

But Tevis Gale says she knows her services help do the job, especially as the “24/7-ization of the workplace” edges ever closer to stressing out the American workforce.

The former AOL employee and current work-life satisfaction guru brings yoga and other on-site stress-busters to workplaces throughout the metropolitan area and beyond.

“We create employees who thrive,” says Gale, owner of Balance Integration Corp. in New York City. “All our programming is intended to unleash employee productivity, and happiness, at the risk of sounding corny.”

With less than 27 percent of U.S. employees in a recent Gallup poll viewing themselves as “truly engaged” at work, Gale says a “national crisis” is looming.

“If we can help people feel better and think better, no matter where they are in the company chain, they’re going to start to feel better and start contributing a lot better and then the entire company starts to work better,” says Gale, a former U.S. Army reservist who holds



a master’s degree in business administration. Gale spent 13 years working in marketing and business development for Fortune 500 companies, including International Business Machines Corp., Coca-Cola Co. and General Motors Corp., before leaving AOL to launch Balance Integration in 2002.

She signed up AOL as her first customer after saying in her exit interview that stress drags on productivity, and that she wanted to help “corporate people be able to enjoy work instead of just stressing until they’re about to drop.”

The company has grown to a staff of 15 directors and support staffers, plus 60 fitness and yoga teachers and a network of about 200



more freelance instructors. Its customers include large companies such as Yahoo Inc.! Google Inc., Disney Publishing Worldwide, Bear Stearns Cos. and Deutsche Bank AG. Fees are “several hundred dollars and up,” Gale says, depending on what services are provided. These can include a one-time workshop, wellness newsletter and on-site classes. The company has expanded, with locations in Los Angeles, San Francisco and Colorado.

“You can go to Harvard Business School and learn how to be a fantastic businessperson, but no one ever teaches people how to better manage themselves through the course of a workday,” Gale says. “It’s all about learning techniques so that if a curveball comes your way, you know how to calm yourself in the midst of everyday chaos.”

Edison resident Linda Blank says she felt much better after pulling herself “out of the craziness of the workday” to take yoga classes from a Balance Integration fitness pro at the Manhattan offices of Yahoo.

“They asked if there was anything special that I needed taken care of and I said, ‘Two tension knots in my shoulder;’ ” says Blank, a Yahoo marketing associate. “I left the yoga class, and an hour later they were gone.”

Blank says she was able to get back to work, unencumbered.

“The tension of the day is gone and you can just do whatever needs to be done,” says Blank, who usually takes the on-site yoga classes at the end of her workday twice a week. “And being jammed with work, that’s very helpful.” Jeannay Murphy, who works for Disney Publishing in Manhattan, says the on-site exercise helps her feel less “annoyed” during her daily commute home to Sayreville. She, too, takes yoga classes after her shift ends. “On an average day, I get to the Port Authority, get on the bus and I’m stressed out from the workday,” says Murphy, an assistant manager for print purchasing. “People talking loud on their cellphones, the traffic ... those things don’t bother me as much. I just feel less stressed and I’m able to concentrate better.”



Simple lifestyle changes can produce big payoffs

The path to a better, longer life may be shorter than you think

By Kathleen Doheny, HealthDay Reporter

By now, everyone knows the drill: Quit smoking, eat better, exercise, and you'll get healthier.

Now, two new studies uncover the wisdom in that tried-and-true advice. And they find that success may come quicker than most people realize.

In one study, Christian Roberts and colleagues at the University of California, Los Angeles, found that lifestyle changes helped reverse serious heart disease risk factors in less than one month among 31 obese men they studied. That study was published online Jan. 10 in the *Journal of Applied Physiology*.



A second report, this time by Stephanie Chiuve and colleagues at Harvard University, found that men who followed five healthy habits had an 87 percent lower risk of getting heart disease than men who ignore these behaviors. The health habits included eating a prudent diet, exercising regularly, controlling weight, not smoking and drinking in moderation.

That study, which tracked more than 51,000 men for over 16 years, was published in the July 3 online edition of the journal *Circulation*

While both studies were done in men, the findings are expected to apply to women, said Chiuve. She noted that a separate study of women, published about five years ago, found that healthy behavior quickly reduced their risk of heart disease.

Following all five healthy habits is best, she says, but even if you change one or two habits, that's good, Chiuve said. The most important one to change: smoking.

"Not smoking was associated with the lowest risk for heart disease," Chiuve said. Next up was maintaining a healthy body weight - that means sticking to a body mass index (BMI) below 25. For reference, a person 5 feet

5 inches tall who weighs 145 pounds has a BMI of 24, for instance. Statistical overweight begins at a BMI over 25.

"The other three factors, exercise, eating a healthy diet, drinking in moderation, were all equal," Chiuve said, in terms of reducing heart disease risks.

Some changes can reduce risks particularly quickly, she said. "Within two weeks, eating a healthy diet can reduce blood pressure."

Roberts' group found relatively speedy results from healthy changes, too. In his study, he followed men who had recently entered a residential program for improving their health. They ate a high-fiber, low-fat diet, taking in more than 40 grams a day and less than 15 percent of total calories from fat. They also walked for about 60 minutes a day.

After just three weeks of this behavior, about half the men reversed their tendency to type 2 diabetes or a cluster of other heart risk factors, such as elevated blood pressure, insulin levels or high cholesterol, that together are called the metabolic syndrome.

"We measured 15 or 20 different things," he said. "The lipids [such as cholesterol] tend to change very quickly," he said.

"Body weight [reduction] has a much longer course," he said. While many people focus on body weight reduction, thinking it's the prime factor driving health-related changes, that's not always so, Roberts said.

"Some people think the body weight change causes the cholesterol to drop. It's not the body weight per se, but many other mechanisms. The cholesterol can drop independent of body weight," he said.

Simply adding more fiber to the diet and taking out saturated fat, he said, could be beneficial for your lipid profile, as can regular exercise.

"An editorial written in concert with this paper suggests the concept that you have to change for several months is erroneous," he said.

What is needed, he said, is to consider the changes a new life plan, not a temporary fix.

SOURCES: Stephanie Chiuve, Sc.D., research fellow, Harvard School of Public Health, Boston; Christian Roberts, Ph.D., adjunct assistant professor, physiological science, University of California, Los Angeles; July 3, 2006, online edition, Circulation; Jan. 10, 2006, online edition, Journal of Applied Physiology



The Chefs' Corner

by Derek Dammann,
Executive Chef
at Le Café du Club

Heirloom Tomato Salad with red onions, oregano and Roquefort

Makes enough for 6 nice sized portions.

Grill a nice big rib eye steak for everyone and serve this salad family style.

1 tbsp	oregano
1/2	clove garlic
1 1/2 tbsp	red wine vinegar
1 tbsp	balsamic vinegar
6 tbsp	extra virgin olive oil
1	large red onion
2 1/2 lbs	heirloom tomatoes, or beef steak tomatoes
2 tsp	maldon sea salt or fleur de sel
1/2	lemon, for juicing
1/3 lb	Roquefort cheese
1/4 cup	torn, green and purple basil
	Freshly cracked pepper

Pound the oregano, garlic and 1/4 tsp of salt in a mortar to a paste. Stir in the vinegars and whisk in the olive oil. Taste for balance and seasoning.

Peel the onion, and cut it into 1/4 inch thick rings. Soak the rings in ice water for 5 minutes, to mellow the flavor and make them very crisp.

Core the tomatoes. Slice them into 1/4 inch thick slices, spread them out on the cutting board and season them with some sea salt and the pepper.

Drain the onion slices and pat them dry on kitchen towels, toss them with a pinch of salt, a squeeze of lemon and 1 tsp of the vinaigrette.

Slice the cheese into 1/4 inch thick slabs.

Arrange half of the tomatoes overlapping on a large chilled platter. Tuck half of the onions and half of the Roquefort in and around the tomatoes. Spoon half the vinaigrette over the salad, and scatter half of the basil over it. Arrange the remaining tomatoes, onions and Roquefort on top. Spoon the remaining vinaigrette over the salad and scatter the rest of the basil around.



What is Physiotherapy ?

Physiotherapy is a primary care, autonomous, client-focused health profession dedicated to:

- Improving and maintaining functional independence and physical performance
- Preventing and managing pain, physical impairments, disabilities and limits to participation
- Promoting fitness, health and wellness

What do Physiotherapists do?

Physiotherapists provide assessment, treatment and education for a wide range of health problems to ensure you make the most of your lifestyle. As people live longer and busier lives than ever before, it's not surprising that our bodies occasionally need assistance to stay in good working order. Physiotherapists can recommend the best way to treat problems with your muscles, bones and joints, circulatory, respiratory or nervous system. Physiotherapists can also advise you on ways to prevent potential health problems from occurring before they arise.

Every year physiotherapists assist thousands

of Canadians of all ages, from babies to the elderly, in preventing and managing the effects of congenital diseases, illness, chronic diseases, neurological conditions, accidents and the stresses and strains of everyday life.

Physiotherapy – How it Works

Physiotherapy involves using a variety of techniques to help your muscles, joints, heart and lungs work to their potential. Physiotherapists work in partnership with individuals of all ages to break down barriers impeding physical function. Physiotherapy can help individuals living with congenital or chronic diseases or other debilitating



conditions and can assist those recovering from surgery, illness, neurological conditions such as stroke, injury, industrial or motor vehicle accidents, or age related conditions. The practice of physiotherapy is drug-free.

Fundamental to a physiotherapists' approach is an appreciation of your role in your own care. Physiotherapists work with you to integrate your care into your lifestyle. They are skilled in providing treatment, preventative advice, rehabilitation and care for people with long-term or terminal illness and will develop a full treatment plan to suit your unique needs.

Physiotherapists are university educated, regulated health professionals that play an important role within your health care team. To ensure physiotherapists across the country apply consistently high standards, the Canadian Physiotherapy Association, the

Alliance of Physiotherapy Regulators and the physiotherapy colleges of each province regulate the practice of physiotherapists in the public interest.

Tape measure, not scale - key to knowing heart risk

WASHINGTON (Reuters) A quick check around the waist with a tape measure may be a better way of telling if you are at risk of heart disease than stepping on a scale, researchers have said.

Even if people are not overweight, those with larger waistlines are more likely to show the early signs of heart disease than those with smaller waists, the team at University of Texas Southwestern Medical Center in Dallas reported.

"Inches are as important as pounds," Dr. James de Lemos, a cardiologist who led the study, said in a telephone interview.

Writing in the Journal of the American College of Cardiology, the researchers said they have started a long-term study of 2,744 people with a median age of 45.

They used magnetic resonance imaging and electron beam computed tomography scans to look for early signs of clogged arteries and found a direct relationship between waist size and early indications of heart disease, regardless of the patients' overall weight.

"It's a straight-line relationship all the way down to the lowest levels," de Lemos said.

"This isn't the kind of thing that is only relevant

if you are one of the obese people."

Several studies have shown waist size is clearly linked with heart attack, stroke and heart disease risk. U.S. government guidelines now say men should aim to have a waist 40 inches in circumference or less, 35 inches for a woman.

The Dallas researchers found no absolute cutoff. They simply found that the smaller a person's waist, the clearer his or her arteries were observed to be.

"Our study was the first really large study to dig in the preclinical stage. So we are looking at people who haven't yet had a heart attack or stroke, and people at earlier ages," de Lemos said.

After accounting for high cholesterol, high blood pressure and other known heart factors, the researchers found that weight alone did not predict a person's chances of having early artery clogging.

Waist size, however, did.

"As a young adult, you have got to make some serious lifelong choices about maintaining your body shape," de Lemos said. "You have to fight, every day, this middle age creep in terms of belt size. Food is plentiful, it's cheap and it

is high caloric and most of us work sedentary jobs."

"It's a day-to-day, meal-to-meal battle, but it's worth fighting. Even a small pot belly puts us at higher risk when compared to a flat tummy," de Lemos said.

