



It is Called Willpower

By Annie Perron, Personal Trainer

I'm sure you all have the same goal in training, getting healthier. How long and how well you will stick to the big plan can depend on a few factors.

Figure out what you want. Do you want to lose weight, tone up, build muscle mass or perform in your favourite sport?

Ask for help. Even athletes and personal trainers need their peers' guidance and coaching. So ask for advice and take time to meet one of our personal trainers at the Club. We are willing to sit down, listen to you and coach and train you through a program catered to your specific needs. It will be the smartest investment you will make this year and the

return will be a healthier and fit self.

Eat healthy. You need discipline and to make a conscious choice of the food you eat. If you are at your wits end and can't figure it out, seek advice or take on a body cleansing through our nutritionist at the Clinic. You've got to adopt healthy eating habits and make them part of your lifestyle. Fad diets do not work. Period.

Stick to the plan. Work harder and more regularly than before. Remember that in order to achieve your goals you must be patient because success takes time. Bring in a friend or a co-worker to work out with you and motivate each other through the training.

Give yourself a pat on the back. No matter

how far you've come or how far you still have to go on your path to health, it is important to reward yourself. The best way to do that is to keep a log of your training program and put your diet program on the fridge so you can keep track of your progress. Allow yourself a day of relaxation and indulgence once a week. You'll be proud and willing to get back to the Club the next day!

Remember, the trick to keeping the weight off and yourself in the gym is sticking to a healthy nutrition and exercise program tailored to your goals. No matter what your aspirations, the staff at Mansfield are eager to help you get there. Where there is a will, there is a way. Good luck!

Valentine's Day

Dinner under the stars

Wednesday, February 14th
in the Trinity Studio

5 course tasting menu
in a romantic atmosphere
Wine included

\$250 per couple (+ taxes and service)
Reserve at the Café du Club
Limited number of tables



MANSFIELD
CLUB ATHLÉTIQUE

Make a \$50 donation to the Heart Foundation and pay no initiation fees!

Stress and the body

By Faisal Naqvi, Clinic Director

According to Webster's dictionary, stress is defined as "A: a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation B: a state resulting from bodily or mental tension due to factors that tend to alter an existent equilibrium".

As we can see with the first definition, stress can be a factor in disease causation. The way that stress physically manifests itself in the body is it leads to constriction and tightness of the muscles that can lead to muscle strains, disc herniations and headaches, etc. Basically, the body is tight and has less ability to buffer physical demands. Other manifestations of stress in the body are hormonal reactions which render the body's PH balance more acidic where disease can take place. If stresses are left unresolved chronically in a person's body they will lead to a multitude of dysfunctions by preoccupying the body's systems from reinforcing the immune system, therefore existing bacteria and viruses are not kept at bay and we get sick.

Examples of common stresses that many of us can be affected are family, work, finances,

friends, public speaking, phobias, deadlines, exams, taxes, to do lists, time management, emotions, etc. If any of these factors apply to us we should recognize that our bodies are probably reacting to our stresses.

BFrom the second definition of stress we can see that it's a state that results when an existing equilibrium is disrupted. Another more common term for this equilibrium is HEALTH.

Webster defines health as "the condition of being sound in body, mind, or spirit especially freedom from physical disease".

Health is an immediate state. EVERY SINGLE thing we do has an effect on our bodies and our health. If we have enough or too little sleep, if we eat enough or too much, if we exercise enough or too little, all these factors will impact our level of health. This can be overwhelming or it can be empowering. We can see it as though there are too many things to address in order to be healthy or we can see it as though there are so many different ways that we can improve our health.

One concept to be kept in mind is that health is relative. There is one level of health we have when we are facing deadlines, the boss is breathing down our backs, or the neighbor's dog is barking and keeping us up at night. And there is another level of health when we

are relaxing on a beach in Jamaica! What remains important is to find an equilibrium that allows us to be healthy in each of those circumstances.

The different possibilities on how to achieve and maintain health and wellness are almost endless. The trick is to never let your health and wellness depend on anything other than you. If you have the will to be healthy then there is always a way to be so. Once you have recognized that you have that will, you need to render your goal achievable.

Look for a place that responds to your need to take care of your body, mind and spirit by showing you how to attempt preventing physical disease and dysfunctions. Look for a place that will not only help with alleviating physical pain and discomfort but that also addresses the underlying causes that might hinder a person's wellness. This is what we have done at the Mansfield Athletic Club and Health Clinic.

It is in the month of February that the motivation from the New Years' resolutions start to fade, projects at work start piling up and we start feeling the stress of the winter months. This is when it takes individual will to ensure that we get to, and maintain, our goals. Our health depends on it!

Best of luck!



The Chefs' Corner

by Derek Dammann,
Executive Chef
at Le Café du Club

CONFIT GOOSE SALAD with apples, olives & marjoram

Serves 4

Confit Goose Legs

You can buy this at any specialty butcher or delicatessen, or you could make your own at home. If you can't find the goose legs, duck legs will work just as well.

2	whole goose or duck legs
½ cup	kosher salt
¼ cup	sugar
2	garlic cloves
2 tbsp	Italian parsley
1 tbsp	rosemary
1 tbsp	thyme
½ tbsp	sage
10	black peppercorns
1 liter	duck fat

- First thing you will have to do is make the "green salt" to marinate the legs overnight.

- In a mortar and pestle smash everything but the meat and the fat into a bright green paste. Smear this all over the legs, cover and refrigerate overnight.

- The next day rinse all of the salt mixture off of the legs and place the fat in a large non-reactive saucepan and warm over low heat.

- Pre-heat the oven to 250F.

- Place the legs in the melted fat and put into the oven for 5-6 hours, depending on the size of the legs. Once they are tender, remove them from the oven and allow them to cool in the fat.

- Remove the skin and shred the meat off of the bone. Set aside.

Salad Preparation and Finishing

1 bunch	Italian parsley, picked
2 handfuls	wild arugula
1	granny smith apple, cut into matchstick pieces
½ cup	Gaeta olives, pitted
½ head	fennel, thinly sliced

1 rib	celery, thinly sliced
	Any celery leaves you might have around
½ head	treviso or radicchio
	Juice of 1 lemon
3 tbsp	olive oil
2 tbsp	marjoram, leaves only
	Sea salt and black pepper to taste
¼ cup	pomegranate seeds

- Put the marjoram into a mortar and pestle with a pinch of salt and smash to a paste. Add the lemon juice and the olive oil. Season to taste.

- In a large bowl place the parsley, arugula, apple, olives, celery, fennel, treviso and the shredded goose.

- Toss together with the marjoram vinaigrette and divide onto 4 chilled dinner plates. Garnish with the pomegranate seeds.





February is Heart Month



In February, everyone is invited to wear the official Show Your Heart pin sold for the price of \$5 at the reception of the Mansfield Athletic Club

For more informations on Quebec Heart and Stroke Foundation, please visit us at www.fmcoeur.qc.ca or at 1 888 473-4636



HEART &
STROKE
FOUNDATION

Finding answers. For life



TUQUES BLEUES 2007



Winter has arrived! It's time to get ready and train for the famous Montreal fundraising and sporting event, The Tuques Bleues. The Snowshoe event and Celebration will be held February 22, 2007 on Mount Royal. Our Club is a proud sponsor.

For more information on the training program we designed for this event or to register, call Les Amis at (514) 843-8240 *239 or visit their website at www.lemontroyal.com/en_lesamis/5.html

10 Mind Games To Help You Stay Fit

Playing mind games with someone usually has a negative outcome. However, when you're playing mind games on yourself to stay motivated and stick with your workout routine, the outcome is usually pretty good! Try these 10 mind games to create and stick with your healthy habits:

1. Exercise beyond the gym. All movement is exercise. If you don't count something as exercise unless it happens in the gym, you're missing some of your best opportunities to stay active. Give yourself more options, such as take the dog for a walk, bike to the store, take five-minute stretch breaks, etc.

2. Creativity matters. This advice can be hardest for people who expect the most from themselves. Why bother walking around the block when you should be running your usual four miles? When you don't have time to do all four miles, a brisk hike can keep you from feeling that you've failed to sneak in some exercise.

3. Set a goal. Increase the speed, frequency or duration of your activity. Maybe it's time to train for a marathon or hike the neighborhood hill without getting winded? Be realistic when setting your goals and identify things that can be easily measured.

4. Try something different. Have you ever tried snow boarding, bowling or yoga? What about swing dancing, body surfing or tai chi? If you're not feeling that adventurous, try reversing your regular walk route or exercising at a different time of day. Physical activity itself isn't boring but how you participate in it can be.

5. Fool the brain. If you're new to exercise, try some diversionary tactics, such as listening to music, watching TV or playing computer games to take your mind off the activity. However, make sure that you're aware of sensations that could signal injury or that you're overdoing it. As you become more experienced and comfortable with an activity, try things that are related to it such as focusing on your breathing or concentrating on the movement. This also can help you become better at the activity.

6. Find a mentor. Get a friend, workout buddy, mentor or coach to keep you honest and motivated. You can either exercise with your buddy, or simply check in with him or her to report your progress.

7. Use work as a workout challenge. Park farther from the office and put your walking shoes in the car the night before. Plan to take that new yoga class next week, and call the babysitter now. Take a longer lunch and walk or

run before you eat. To get your boss's approval, explain how exercise increases morale, lowers stress and gives you more energy during the day, all leading to increased productivity and profits (cha-ching!).

8. Face your challenges. Does vacation throw your exercise schedule out of whack? Do projects at work overtake your activity time? Do injuries sideline you? Fitness foes can be beaten once they've been identified. You can change your vacation style, set limits at work or incorporate exercise into your work day and get information about injury-free activities.

9. Be sociable. Choose places and times to exercise where there will be other people who are actively involved in exercise.

10. Follow a script. Use images of past successful experiences to remind yourself of how good exercise makes you feel. Or repeat a simple phrase to yourself, such as, "Every little bit makes a big difference" or "Inch by inch, anything's a cinch."

If you do some planning and use your imagination, you can trick your mind into sticking with your exercise routine.

To Avoid 'Boomeritis', Exercise, Exercise, Exercise

By Jane E. Brody

An apology to all baby boomers and beyond: I'm afraid that in our efforts to get everyone to become physically active, we've sold you a bill of goods. A 30-minute walk on most days is just not enough. There is much more to becoming — and staying — physically fit as you age than engaging in regular aerobic activity. (Of course, the same applies to those younger than 60.)

In addition to activities like walking, jogging, cycling and swimming that promote endurance, cardiovascular health and weight control, there is a dire need for exercises that improve posture and increase strength, flexibility and balance. These exercises can greatly reduce the risk of injuries from sports and endurance activities, the demands of daily life, falls and other accidents.

Musculoskeletal injuries are now the number one reason for seeking medical care in the United States. And falls, the Centers for Disease Control and Prevention reported last month, have become the leading cause of injury deaths for men and women 65 and older.

Unless you do something to slow the deterioration in muscle, bone strength and agility that naturally accompanies aging, you will become a prime candidate for what Dr. Nicholas A. DiNubile, an orthopedic surgeon at the Hospital of the University of Pennsylvania, calls "boomeritis".

"By their 40th birthday, people often have vulnerabilities — weak links — and as the first generation that is trying to stay active in droves, baby boomers are pushing their frames to the breakpoint," Dr. DiNubile said in introducing a November press event in New York sponsored by the American Academy of Orthopedic Surgeons and the National Athletic Trainers' Association.

"Baby boomers are falling apart — developing tendinitis, bursitis, arthritis and 'fix-me-itis,' the idea that modern medicine can fix anything," he said. "It's much better to prevent things than to have to try to fix them."

Dr. DiNubile pointed out that evolution has not kept up with the doubling of the human life span in the last 100 years. To counter the inevitable declines with age, we have to provide our bodies with an extended warranty.

Assess Your Fitness

In their recently published book, "Age-Defying Fitness" (Peachtree Publishers), two prominent physical therapists, Marilyn Moffat of New York University and Carole B. Lewis of Washington, D.C., provide the ingredients to help you make the most of your body for the rest of your life: a quick quiz and a five-part test to assess the status

of your posture, strength, balance, flexibility and endurance, followed by five chapters with step-by-step instructions on how to safely improve the areas in which you are lacking.

The therapists describe what happens to these "five domains of fitness" as you age. Posture begins changing as early as the teenage years, the result of activities like prolonged sitting, carrying a heavy purse or briefcase, or working at a computer.

Strength declines as muscle fibers decrease in size and number and as the supply of nerve stimulation and energy to the muscles diminishes. Balance deteriorates as muscles tighten and weaken and joints lose their full range of motion. Flexibility declines because connective tissue throughout the body becomes less elastic. And endurance falls off because of reduced flexibility, weakened muscles, and stiffer lungs and blood vessels.

Still not convinced you need to work on your fitness? See how you do on the therapists' quiz:

Are you not standing as straight and tall as you once did?

Is walking up a flight of stairs a strain at times?

Are you getting up from a chair more slowly than you used to?

Is it getting harder to look to the left and right while backing up?

Do you get stiff sitting through a long movie?

Is standing on one leg to put on your shoe difficult or impossible?

Do you trip or lose your balance more easily?

Does walking or jogging a distance take longer than it used to?

As a daily exerciser I consider myself a physically fit 65-year-old, and I did well on the quick quiz, but I flunked the tests for balance and flexibility. So I've added exercises to my weekly regime to improve these two domains of fitness.

"The antidote to aging is activity," the therapists wrote. "Inactivity magnifies age-related changes, but action maintains and increases your abilities in all five domains."

No Time to Waste

Dr. Vonda J. Wright, a sports medicine specialist at the University of Pittsburgh Medical Center, said at the New York meeting that "boomers are 59, and we must intervene now to head off what happens to those who age in a sedentary way."

Injury and arthritis are the main reasons people stop exercising, she said. She urged those in need of a joint replacement not to postpone the surgery, which she likened to repairing a

pothole.

Marjorie J. Albohm, a certified athletic trainer affiliated with OrthoIndy and the Indiana Orthopedic Hospital in Indianapolis, cautioned against "cookbook recipes" for exercise. "The key to a good workout is customization," based on a professional assessment of flexibility, cardiovascular endurance, strength and balance, she said. "The goal is to minimize symptoms and prevent new injuries," Ms. Albohm said, and she urged people to listen to their bodies to avoid making things worse.

Ms. Albohm emphasized flexibility, saying it is "not optional" as you age. "To prevent stiffness and maintain joint mobility you should stretch daily for 15 to 20 minutes," she said "using slow, controlled movements, before or after your exercise program."

For cardiovascular endurance, she recommended alternating between weight-bearing (walking, jogging) and non-weight-bearing (swimming, cycling) aerobic activities three days a week for 30 to 45 minutes each time.

Muscle strength, Ms. Albohm noted, can be increased at any age, even in one's 90s, to protect against falls, maintain mobility, prevent new injuries and empower individuals. Especially important is strengthening the muscles in the front and sides of the thighs, which help support the knees, and strengthening core muscles of the trunk (back, buttocks and abdomen) to protect the spine and support the entire body.

Finally, we need to worry about our bones. At least 1.5 million "fragility fractures" occur annually in the United States. These are breaks that result when someone falls from a standing height or less, trips over the cat or lifts something heavy, and they affect men as well as women, Dr. Laura Tosi, an orthopedic surgeon at Children's National Medical Center in Washington, D.C., said at the New York event.

"A history of a fragility fracture is far more predictive of future fractures than a bone density test," Dr. Tosi said, adding that a major cause is a shortage of vitamin D, which lets calcium into bones.

"The current standard for vitamin D is not adequate," she said, and predicted it would soon be raised to perhaps 1,000 International Units a day. Vitamin supplements are crucial, because adequate amounts of vitamin D cannot be absorbed through diet and sunshine alone.