



Opening in July!

After concluding an agreement with Peak Centres of Ottawa, we are proud to open our own franchise here at the Mansfield Club Athlétique.

The new Peak Centre will provide the most scientifically advanced exercise testing and training tools available in the field of sport science.

Training for sport, health, or fitness is a very complex process. Knowing at what intensity to train, for how long, and when, can mean the difference between having a personal best time and not completing the event. Success is achieved through a better understanding of the body and how it responds to exercise

The Peak Centre at Mansfield Club Athlétique will open in July and be available to both Mansfield members and non-members.



What can you expect from the Peak Centre?

- High performance fitness testing and training services utilized by many of North America's top national and professional teams.
- Specialty services for fat loss, and general fitness conditioning.
- Sport specific fitness assessments (VO2 Max, lactate analysis, flexibility, strength, speed, power).
- General fitness assessments (body composition, optimal fat loss, flexibility).
- Sport specific training plan design (triathlon, duathlon, cycling, running, hockey, soccer, rugby, badminton, etc).
- General fitness training plan design (fat loss, general health and fitness).
- Professional staff with the highest certification available in the sport science field.
- The use of state-of-the-art medical analyzers, ensuring assessment accuracy.
- On-line coaching and satellite testing (lactate kits).
- Educational seminars aimed at helping you understand the science of training.
- Specialty programs for sport or fitness.
- RESULTS!!!

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CHIP Wellness Tip Exercising in the Heat of Summer

Working out on hot days can increase the stress on the heart. Heavy sweating decreases the total volume of blood available and, in turn, the amount of blood flowing to the heart muscle and exercising muscles.

Precautions

1. When traveling to a hot climate allow for acclimatization to the heat, usually 10 to 14 days.
2. Exercise during the cooler parts of the day.
3. Drink liquids before, during and after exercising in the heat, especially if you are taking a medication known as a diuretic.
4. Modify training intensity. Exercise heart rate increases about 1 beat/minute for every degree Centigrade above 25o C. Decrease your exercise intensity appropriately.
5. Wear loose fitting clothing to enhance evaporation. Choose clothing that is light in color to reduce radiant heat gain.
6. Limit or defer exercise if heat stress indices are in the high-risk zone.

Provided by: The McGill Cardiovascular Health Improvement Program (CHIP)



The Business Case for Active Living At Work

Facts and Numbers



Physical Inactivity: A Serious Health Issue

- 63% of Canadians not active enough to achieve optimal health benefits leaving them at risk for premature death, chronic disease and disability.
- Physical activity levels increased between 1981 and 1995, but stalled since 1995.
- 1997 - Federal, provincial and territorial ministers recognize physical inactivity as a serious health issue and set a target to reduce inactivity by 10% by 2003.

Health Risks of Physical Inactivity

- Heart disease
- Obesity
- High blood pressure
- Adult-onset diabetes
- Osteoporosis
- Stroke
- Depression
- Colon cancer
- Premature death

Why Active Living at Work?

- 15 million Canadians spend half their waking hours at work
- 85% of Canadians value physical activity
- Canadians need help in making active choices easy choices
- Stress-related illness is on the increase and a majority recognize that physical activity will reduce stress

- The environments in which people live, learn, work and play have a significant impact on health
- Enabling physical activity can make a difference

Benefits of Active Living at Work

For employees

- Improved fitness and health
- Improved productivity and morale
- Improved job satisfaction and team spirit
- Reduced stress and back injuries

For organizations

- Reduced absenteeism and turnover
- Reduced stress and back injuries
- Reduced workplace injuries
- Reduced worker's compensation costs
- Reduced claims against group benefit plans
- Improved productivity

Evidence Suggests a Return on Investment for Business

- Canada Life Study in 70's found a return of \$1.95 - \$3.75 per employee per dollar spent on corporate wellness programs
- Municipal employees in Toronto: missed 3.5 fewer days in first six months of "Metro Fit" program
- BC Hydro employees enrolled in the fitness program had a turnover rate of 3.5% compared to company average of 10.3%
- Canadian Life Assurance Company found that turnover rate for fitness program participants was 32.4% lower than average over seven years.

Source: Public Health Agency of Canada Website

Refer a friend and get a \$50 gift certificate!

If you refer a friend who joins the club before July 31st, you will get a \$50 gift certificate to use in the club for meals, personal training or a lot of other things*

* Ask the reception for all details.

It's Happening in Your Club

Summer Schedule

Please note that the club will be closing at 9:00 pm on Fridays for the summer period.

The Café du Club will be closing at 5:00 pm on week days and will be closed on weekends.

Normal business hours will resume after Labour Day Weekend.

Business Card Exchange

Back by popular demand, the Canadian Entrepreneurs Organization (CEO) will be hosting another Montreal Business Card Exchange event on July 6 at the Mansfield Club Athlétique (6:00 to 10:00 pm).

Montreal Business Card Exchange events offer a rare chance for representatives from all types of industries to meet face-to-face and grow their business contacts and create new business opportunities.



The Chefs' Corner

by Derek Dammann,
Executive Chef
at Le Café du Club

Now that summer is here everyone tends to do a lot more cooking on the grill outside. At the restaurant we rest our grilled meats in an anchovy vinaigrette, I know...anchovies, but it really works well with the flavor of the grill and you can't even tell they were in there after it's all done. We serve the meat with a green dressing called salsa verde, which goes great with both meat and fish, any leftovers are incredible in a sandwich. Once you read the recipe you may think that's a lot of anchovies, but you can't taste them, they just heighten all of the other flavors. Both these recipes are really easy, you just

need a blender and a sharp knife. I will be posting new recipes every month, but I would encourage you to come to a cooking class here at the club. Just get a group of six together and we will prepare and eat a five course dinner (complete with recipes). Call le Café du Club for more details.

Anchovy Dressing (makes about 300 ml)

Another good trick is to baste the meat with a little bit of the dressing as it is grilling. This creates a little smoke and flavors the meat nicely. When done, rest the meat in a bowl with some of the vinaigrette, turning it over occasionally. After it has rested, you will notice that you have a small amount of sauce for the meat made out of the dressing and the resting juices.

2	cloves of garlic
1 1/2 tbsp	Dijon mustard
10	anchovies in oil
	Sea salt and Fresh black pepper to taste
	Juice of 1 lemon
1 tbsp	red wine vinegar, (sherry vinegar if possible)
300 ml	extra virgin olive oil

Place all of the ingredients except for the oil in the blender on high speed, slowly drizzle in the olive oil until an emulsion forms. Adjust the seasoning, and that's it.



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Smooth Skating

The in-line skating industry has come a long way since 1984 when it first hit the scene. The reasons for its popularity are simple. In-line skating is fun, low-impact and easy to learn. It's the perfect way to introduce exercise and an ideal activity for any fitness level.

In fact, fitness studies indicate that skating has a significant impact on fitness levels, especially in the areas of cardiovascular development, lung capacity, muscular strength and weight loss. One hour on skates consumes almost as many calories as running, and it strengthens the muscles and connective tissues surrounding the ankles, knees and hips.

Getting Started

Safety is your priority. When you feel safe, you're open to new experiences and you decrease your risk of injury. The number-one reported reason for in-line-related trips to the emergency room, other than for cuts and bruises, is injury to the arms, wrists and hands that occurs when no protective gear is worn.

If you don't own a pair of skates and protective gear, locate the nearest in-line rental shop. Here are some more tips to help you get started:

When renting or buying, be sure your skates fit snugly; your feet should not have a lot of room to move around. If you feel an uncomfortable pressure point anywhere around your feet or ankles, adjust the tongue of the skate. If this doesn't help, try on another pair.

Any good rental shop will include all protective gear - wrist guards, knee and elbow pads, helmet -with your rental. A bike helmet works fine, too.

If possible, stand up and take a basic stride forward, on carpet or in the rental shop. Get a feel for the support surrounding your ankles.

Do small tasks to get used to the skates - shift weight from one foot to the other, step around in a small circle, and move your ankles and knees from side to side to feel the wheels' edges.

Find an outdoor location with a flat, relatively smooth surface, free from traffic or obstacles. Possible options include a parking lot, school yard or tennis court, preferably with a grassy area nearby.



Learn how to stop! There are a variety of braking systems available, depending on the manufacturer. The section below offers basic instruction that works well with all of these systems.

Improve your stride, and try to get some type of rhythm going. With each stride, concentrate on the feel of your hips balancing over one foot, then over the other. The better your balance,

the longer you'll be able to glide on that foot. Next, assume a slightly more flexed athletic position to improve your 'stroke' or pushing phase of striding. Concentrate on pushing off from the inside of the whole foot (not just off the toes). Once you've pushed off, return (regroup) that foot back under your hips; push off with the other foot.

Turning can strike fear into the hearts of novice skaters, but the following progression makes it seem simple. First, look in the desired direction, and then point your big toes in that direction. Keep ankles and knees flexed and relaxed; arms in front for balance. Continue your turn in the shape of a 'C' until you roll to a stop. The distance between your feet will vary; some might stand wider than others. Try the same thing in the other direction; then try linking turns together.

Once you master the basics, it's realistic to redefine your potential to advance your limits of safe effort and your fitness level.

Braking Basics The heel brake is usually situated on the right heel of the skate. Here's what to do:

1. Roll slowly forward on both feet, your posture upright with arms in front and knees and ankles relaxed.
2. Stagger (scissor) your right foot forward several inches while maintaining your posture.
3. Still scissoring your feet, lift the right toe up to feel the brake engage. Keep your knees and ankles flexed and relaxed. It takes a few feet to stop completely and several tries to become proficient.

© American Council on Exercise. Used by permission.

Salsa Verde (makes about 2 cups)

1	shallot, minced
1	clove of garlic, minced
1/2	of a lemon, juiced
1/2	of a lime, juiced
2	anchovies
1/2	ripe avocado
3/4 cup	extra virgin olive oil
1/2 cup	heavy cream
4 tbsp	chopped Italian parsley
3 tbsp	chopped tarragon
2 tbsp	chopped cilantro
1 tbsp	chopped basil
1 tsp	chopped savoury
Sea salt and fresh black pepper to taste	

Make sure all of the herbs are finely chopped. Also you will want to make this as close to your dinner as possible, the

flavors will be really punchy and compliment the meat beautifully. Any extras can be refrigerated for up to 4 days, but the fresh herb flavours will fade.

Smash the anchovies and the avocado into a paste and combine with the rest of the ingredients in a stainless steel bowl. Taste and adjust the seasoning if necessary.



Just cool it

Cooling down should be part of every workout routine. A cool down helps your body recover from the stress of exercise and helps the circulatory system return to a resting state. Not cooling down can lead to dizziness and fainting... not a good idea with sharp metal objects typically found in gyms! A typical cool down can be light aerobic exercise at a slow rate or stretching

Drink like a camel...

Drink water like a camel... you can't possibly drink enough but try anyway. If you're thirsty you're more than likely already on your way to being dehydrated even if you're not sweating. Prevent dehydration and replace fluids and electrolytes before it's too late.

Effective Ways To Avoid Injuries

Most injuries that occur during exercise can be avoided with a little foresight. Here are some common injuries and problems that happen when exercising and suggestions on how to avoid them:

Build up your level of activity gradually.

Try not to set your goals too high - otherwise you will be tempted to push yourself too far too quickly.

For activities such as jogging, walking briskly and jumping rope, limber up gently and slowly before and after exercising.

For other activities, build up slowly to your target zone, and cool down slowly afterwards.

Listen to your body for early warning pains.

Exercising too much can cause injuries to joints, feet, ankles and legs. So don't make the mistake of exercising beyond early warning pains in these areas or more serious injuries may result. Fortunately, minor muscle and joint injuries can be readily treated by rest and aspirin.

Be aware of possible signs of heart problems

Pain or pressure in the left or mid-chest area, left neck, shoulder or arm during or just after exercising. (Vigorous exercise may cause a side stitch while exercising - a pain below your bottom ribs - which is not the result of a heart problem.)

Sudden lightheadedness, cold sweat, pallor or fainting. Ignoring these signals and continuing to exercise may lead to serious heart problems. Should any of these signs occur, stop exercising and call your doctor

For outdoor activities, take appropriate precautions under special weather conditions.

On hot, humid days

Exercise during the cooler and/or less humid parts of the day such as early morning or early evening after the sun has gone down.

Exercise less than normal for a week until you become adapted to the heat.

Drink lots of fluids, particularly water - before, during and after exercising.

Watch out for signs of heat stroke - feeling dizzy, weak, light-headed, and/or excessively tired; sweating stops; or body temperature becomes dangerously high.



Wear a minimum of light, loose-fitting clothing.

Avoid rubberized or plastic suits, sweatshirts, and sweat pants. Such clothing will not actually help you lose weight any faster by making you sweat more. The weight you lose in fluids by sweating will be quickly replaced as soon as you begin drinking fluids again. This type of clothing can also cause dangerously high temperatures, possibly resulting in heat stroke.

On cold days

Wear one layer less of clothing than you would wear if you were outside but not exercising. It's also better to wear several layers of clothing

rather than one heavy layer. You can always remove a layer if you get too warm.

Use old mittens, gloves, or cotton socks to protect your hands.

Wear a hat, since up to 40 percent of your body's heat is lost through your neck and head.

On rainy, icy or snowy days

Be aware of reduced visibility (for yourself and for drivers) and reduced traction on pathways.

Other handy tips

If you've eaten a meal, avoid strenuous exercise for at least 2 hours. If you exercise vigorously first, wait about 20 minutes before eating.

Use proper equipment such as goggles to protect your eyes for handball or racquetball, or good shoes with adequate cushioning in the soles for running or walking.

Hard or uneven surfaces such as cement or rough fields are more likely to cause injuries. Soft, even surfaces such as a level grass field, a dirt path, or a track for running are better for your feet and joints.

If you run or jog, land on your heels rather than the balls of your feet. This will minimize the strain on your feet and lower legs.

Joggers or walkers should also watch for cars and wear light-colored clothes with a reflecting band during darkness so that drivers can see you. Remember, drivers don't see you as well as you see their cars. Face oncoming traffic and do not assume that drivers will notice you on the roadway.

If you bicycle, you can help prevent injuries by always wearing a helmet and using lights and wheel-mounted reflectors at night. Also, ride in the direction of traffic and try to avoid busy streets.

Source: 24-hour Fitness

Understanding your Risk Factors

Understanding your risk factors is the first step towards healthy lifestyle management. Once you identify and acknowledge your risk factors, you can start to make changes. Some risk factors cannot be changed, such as increasing age, gender, and heredity. By eliminating or reducing the risk factors you can change, you can help to prevent the onset of cardiovascular disease and diabetes or help to control them.

Take a moment to look over the list of major risk factors you can change, treat or modify below. Check those that pertain to you:

- Tobacco use
- Exposure to second hand smoke
- High cholesterol

- Low "good cholesterol" (HDL)
- Physical inactivity
- Overweight/obesity
- Diabetes
- Stress
- Alcohol

Do not get discouraged by the number of risk factors you have checked. Remember, some of these risk factors took years to develop and it will take time to change them. Make the changes gradually instead of trying to tackle them all at once.

If you need help getting started, consult a professional. Proper advice on exercise and a healthy eating plan can make a significant impact on 6 out of the 9 risk factors listed above.

Source: The McGill Cardiovascular Health Improvement Program (CHIP)

Stretching the truth

Stretching is highly recommended either before or after your workout but can really be done at any time. Corrective stretching is done before exercise but after a warm-up to lengthen chronically short muscles and help your body remain aligned properly. Relaxation stretching is done after exercise to lengthen muscles and help them return to their pre-workout length. Both types are good, should be done regularly, should only be done when muscles are warm and should feel comfortable and painless.

