



Preview

SPIN FOR TEENS

Sunday, November 25



Make a difference in the life of a teenager. Join the McGill Cardiovascular Health Improvement Program (CHIP) and the Mansfield Athletic Club for an action packed SPIN for TEENS event on Sunday, November 25, 2007. Share a bike or, if you're up for the challenge, spin for the full 3 hours. Proceeds will benefit the CHIP for Teens summer program and other CHIP initiatives. (www.chiprehab.com)



LUNCH & LEARN

Taking "back" your Health
Wednesday, November 21

Do you suffer from episodic or chronic low back or sciatic pain?

Come join us for a lunch that will put you on the way to well being.

Details on page 2

Weight Management By Caroline Gammell

The growing obesity epidemic is fuelling a cancer timebomb, cancer research experts warn. Today, one in three primary-school students leaves overweight

Being overweight increases the risk of developing a number of cancers, including breast, womb and prostate.

According to a study by Cancer Research the number of men and women under the age of 45 who are morbidly obese has doubled in the past decade. This increase in obesity means more people are at risk of developing cancer.

Professor Jane Wardle, the director of Cancer Research UK's health behaviour unit, said slim people stayed roughly the same size over the 10 years, but the weight of heavier people dramatically increased.

The charity said a more sedentary lifestyle, often sitting at a computer, takeaway meals and snacking were all contributory factors.

Prof Wardle said two cancers that claimed most lives in Britain, breast and colorectal, were among those that had been linked with obesity. "We are seeing evidence of a rise in the number of cancers that can be caused by obesity just when we are seeing a reduction in those caused by smoking," she said.

"Being overweight or obese upsets the metabolic environment and accelerates cell damage as well as the fat secreting hormones that could trigger tumours," she went on.

Obese people are at a greater risk of getting cancers of the womb, gall bladder and kidney and could also increase the risk of prostate and pancreatic cancers. "The biological link between obesity and cancer is complicated but maintaining a healthy body weight will reduce cancer risk.

"We need to continue raising awareness of the dangers of obesity and offer information to help people lose those extra pounds."

Dr Lesley Walker, of Cancer Research UK, said: "This research adds to the evidence that the UK is in the grip of an obesity epidemic."



"We know that high body weight increases the risk of a number of cancers and it is important we get this message to as many people as possible. A healthy diet with plenty of fibre, fruit and vegetables as well as regular exercise can help people to lose weight and reduce their risk of cancer."

Obesity growth in England was measured by taking the weight and waist measurements of 12,000 people in 1993-94 and contrasting them with a similar group 10 years later.

The number of men classed as obese rose from 13.4 per cent to 22.7 per cent, while the level of obese women increased from 15.8 per cent to 22.4 per cent. Men's waist circumference expanded by 1.37in (3.48cms) and women's by 1.71in (4.35cms).

The study also looked at a person's Body Mass Index (BMI), which is calculated by dividing weight in kilograms by the square of a person's height in metres. To be considered morbidly obese, a person must have a BMI of 35 or more. Between 1994 and 2004, the number of women with a BMI of more than 40 doubled.

Research has shown that 12,000 cases of cancer could be prevented each year if a person's BMI did not exceed 25, classed as overweight.

Exercise Lies and Myths

"Feed a cold, starve a flu and workout on an empty stomach" Wives tales, misconceptions, myths, life is full of them and so is exercise and fitness. The body is complex; knowing exactly what action caused which response is difficult at best.

To help stop the madness, Fitness Management Magazine has debunked six common health-related notions that have lead some people to eschew exercise completely. Drum roll please.

1 increased heart rate improves fitness

If this idea were true, criminals, airline pilots, and anyone under cross-examination would rate as some of the fittest people around. In reality, heart rate is merely an indication of physical activity, nervousness, illness and state of mind.

2 endurance athletes can't get heart disease

This quackery reached its zenith in the 1970's when the so-called "Bassler Hypothesis," stated that marathon runners were immune to heart disease. The death of author and running guru Jim Fixx to a heart attack while jogging killed that theory (sorry, we had to). While highly trained endurance athletes have a lower risk for heart disease, if there is a history of heart trouble in the family and you live on a diet of cheeseburgers and fries, you're just as susceptible as the late John Candy was to a heart attack.

3 hours of exercise is better than minutes

Sustained physical efforts greatly enhance conditioning and weight loss compared to short outbursts of effort. A Stanford University study found that people who completed three 10-minute runs at a moderate pace three times per day were just as fit as those who ran 30-minutes a day, five times a week. However, endurance events (marathons, bicycle races, cross-country skiing, etc.) still require endurance training.



4 you only have so many heart beats

Without question, everyone has a prescribed amount of life (2 to 3 billion heartbeats) on earth. Working out, however, won't send you to an early grave. In fact, a conditioned heart will actually beat more slowly at rest, thus, saving heartbeats. Individuals shouldn't worry about wasting precious heartbeats to exercise.

5 exercise feeds the appetite

Who hasn't returned from a hard workout feeling hungry? It's a natural response to caloric expenditure. But, the idea that increased activity promotes gluttonous behavior at the dinner table is ridiculous. In fact, just the opposite is the case in numerous athletes whose appetite suppression is believed to be caused by physiologic responses, including lactic acid, plasma catecholamines and core temperatures.

6 spot reduction works

Although the topic of numerous infomercials, ad campaigns and fad diets, spot reduction is pure fiction. While increased cardiovascular activity promotes the expenditure of calories, simply ridding them from the stomach, thighs, love handles, etc. just isn't possible. A study conducted by the University of Massachusetts found that subjects who did 5,000 sit-ups all lost the same amount of fat from their thighs, butts and stomach.

Lunch & Learn - Taking "Back" Your Health

Do you suffer from episodic or chronic low back or sciatic pain? Have you ever wondered if your work space helps or hampers you? Do posture, strength and flexibility ever strike you as more than just esthetic qualities? If, like approximately 80% of today's population you have experienced low back or sciatic pain, a quick "lunch and learn" session held here at Mansfield Athletic Club may be just what a doctor should have ordered.

Held in the Health Clinic on Wednesday, November 21, 2007, this one hour information seminar complete with lunch service will cover the common causes of low back pain and its management, the impact of your posture and workstation on your body and the Functional Movement Screen and its role in treatment and prevention. For those who have never experienced the severe

discomfort of this affliction, the seminar will cover the basics of how to greatly reduce the chances of ever developing pain. Immediately following the seminar, clinic staff will be on hand to perform complimentary evaluations of participants with current or previous difficulties in this area.

The time has come to regain control over your back pain. Come and join us in the Health Clinic to arm yourself against one of the most costly and debilitating physical injuries in today's working population. Let us help you get *Back* to optimal health.

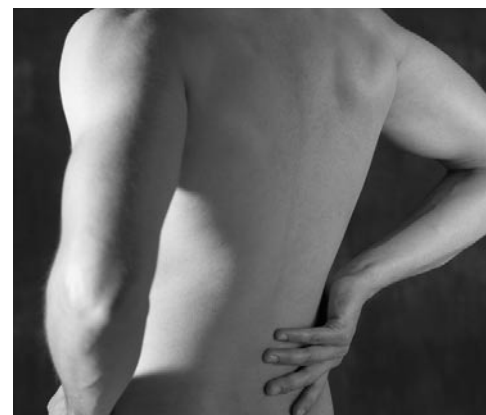
Presenters

David Donnini, Physiotherapist
Shawn Smith, Athletic Therapist / Certified Strength and Conditioning Specialist
Date: Wednesday, November 21, 2007
Time: 12:00-1:00PM

Location: Mansfield Athletic Club Health Clinic

Cost: \$10.00

For more information, please contact the Health Clinic at 514-390-1230, ext 253.



What you wear to the gym isn't as important as actually getting there and working out – but the right gear can help you feel more comfortable and confident as you exercise. “You see a lot more style on both sides of the coin now,” says Jason Carter, Fitness Manager for Club 406 in Federal Way, Washington. “People are trying to make a fashion statement when they come to the gym.”



Carter says, for women, he sees a lot of sports bras and snug fitting apparel such as Capri fit pants or shorts. “Usually it’s something aerodynamic; you don’t see a lot of baggy T-shirts any more,” he says. He has also noticed fashionable workout clothing such as stretchy pants with flared legs.

Rick Greene, Director of Buying for 24 Hour Fitness, says that top sellers for women’s active wear include bra tops and what he calls “hook-ups” or stylish sweat suits with hooded jackets and low-rise pants. “Crossover lifestyle wear is also an emerging trend; clothes that you can wear to work out and then to the grocery store.”

“For men, tried-and-true cotton T-shirts are always popular, as are shirts that wick away moisture,” says Greene. These synthetic blends are available in sleeveless styles or short sleeve crewnecks. For the lower body: “longer shorts are consistent sellers, but not shorts that go below the knee.”

Greene says 24 Hour Fitness sells clothing in many of its locations, from 24 Hour Fitness brand sportswear in smaller clubs to high-end active wear in some larger clubs. In the stores you’ll find sleeveless tops, T-shirts and a variety of loose or body-conscious shorts and workout pants for men and women, and other chic workout attire.

Workout fabrics

In the last five years, there’s been a proliferation of workout clothes made with fabric blends that wick, (or pull), away moisture from the

body. These blends also have the advantage of drying very quickly. Many active-wear designers have their own proprietary brand of synthetic fabrics such as Nike Dri-FIT® or Champion Double Dry®.

“These fabrics are great for medium to high intensity workouts – for example weight training or kickboxing, any activity that generates a lot of fluid loss,” says Carter. “They keep moisture away and also breathe to keep you cool.”

On your feet

A good shoe is important for working out. Carter sees a lot of Nike Shox™, cross-training or running shoes that look like they have shock absorbers on the sole, in the gym.

For low-impact activities, consider a cross-training shoe. Cross-trainers also provide the lateral stability required for lifting weights. For cardio activities, it’s probably best to have a running shoe, but a cross-training shoe can work as well. Other sports-specific footwear is recommended for activities such as basketball or racquetball, because these shoes offer the best traction for your respective sport.

Workout socks, most people wear anklets, shouldn’t be too thick or too thin as they can cause blisters.

Sport-specific gear

Cross-training clothes that take you from a weight class to the treadmill are the most convenient and economical. But in some cases, it helps to have sport-specific clothes and accessories. For example:

Spin Class – Wear padded shorts for comfort and bicycle shoes that clip, which can give you a better workout.

Weight lifting – Use gloves that give you a strong grip and protect against blisters, or wrist straps that tighten your grip on heavier weights.

Swimming – For swimming laps, women should wear one-piece suits. Men should wear briefs, not board shorts, which can give too much resistance in the water. All 24 Hour Fitness stores with pools sell goggles and bathing caps.

Yoga – Wear yoga pants that allow the lower body to move freely.

Remember, when looking for workout clothes, make sure that clothing isn’t so binding that it limits your range of motion.

Tempted to skip your warm up? Don’t! Your warm up is an important part of your exercise routine. According to ACSM’s James Peterson, Ph.D., FACSM, here are 10 vital reasons for starting out with a warm up and not taking shortcuts!

1 Increases degradation of oxyhemoglobin. In lay person’s terms, warming up helps break down the chemical complex of oxygen, which enables it to separate from the blood and enhance its delivery to the muscle.

2 Increases body temperature. Warming up reduces the potential for muscle and connective injuries.

3 Increases blood flow to exercising muscles. The more blood that reaches the muscles, the easier the delivery of nutrients required for energy production.

4 Increase blood flow to the heart. More blood to the heart means a reduced risk for exercise-induced cardiac abnormalities.

5 Decreases muscle viscosity. Hey, if viscosity is bad for your car engine, it’s not any better for your muscles. Warming up enhances the suppleness of the muscle.

6 Help promote sweating. Remember, sweat is good. Sweating reduces the amount of heat stored in the body. Your body spends more energy cooling itself than through any other activity.

7 Enhances the speed of transmission of nerve impulses. Motor faculties improve greatly when you’re warmed up. Need proof? Get out of bed and run to the front door. You’ll probably bump into something, or worse, fall down. If you walked to the front door, and stretched. You could run like Forest Gump.

8 Increases the blood saturation of muscles and connective tissue. Sounds messy. In reality, the more blood reaching the muscles, tendons and ligaments, the better the elasticity of these tissues. Which means better performance and reduced chance of injuries.

9 Prepares the cardiovascular system for impending workload. Helps the heart and blood vessels adjust to the body’s increased demands for blood and oxygen.

10 Prepares muscles for impending workload. Warming up may reduce the likelihood of excessive muscle soreness.

7 bad habits of overweight people

Most people who pack on extra pounds didn't get there overnight. It usually takes years of unhealthy habits which can be hard to overcome. Here are seven common bad habits that can contribute to weight gain and what you can do to avoid them:

1 They don't exercise regularly

Dylan Gautreaux, fitness manager for 24 Hour Fitness in Carrollton, Texas, recommends two to three cardio sessions per week of 20 to 45 minutes and two to three resistance training sessions per week of 30 to 45 minutes. He says resistance training will build muscle that helps burn fat.

2 They eat most of their meals out

"Restaurant portions are enormous and most of us were brought up to belong to the clean plate club," says LouAnn Frisch, a dietitian in Portland, Oregon. She says that Mexican and Chinese restaurants probably have the highest calorie meals, but if you must eat out: "Thai and Vietnamese foods are better. Pho soups and won-ton soups are great choices." [Pho, pronounced "fa," is a Vietnamese soup that's usually made with beef.]

3 They always eat a second portion

"It really does take 20 minutes for your brain to catch up with your stomach. But most people consume high amounts of food in 20 minutes," says Frisch. She acknowledges that it's difficult to slow down, but suggests putting less food on your plate and skipping seconds.

4 They avoid even light activity

"There are little things that you can do to lead a more active lifestyle," says Gautreaux. "Take breaks and get some fresh air instead of sitting at your desk all day. There are even stability balls made to sit behind a desk instead of a chair. These cause you to sit up straight, hold your back up and burn more calories."

5 They never turn down sweets

Frisch doesn't recommend cutting out sweets completely, just cutting down on them: "If you need chocolate, have some. Not a lot, just some. But savor it and be happy with a small portion."

6 They eat even when they're not hungry

"Eating is a physiologically and psychologically satisfying, mood-altering experience. Most people eat, not because

they are hungry, but for other reasons," says Frisch. Learn what triggers you to eat and healthier ways to reward yourself or brighten your mood.

7 They skip meals

Researchers from the University of Massachusetts Medical School found that skipping meals can play a role in obesity. Eating fewer, larger meals may cause insulin to spike, which triggers hunger and could cause more blood sugar to be stored as fat.

The study found that people who eat several, smaller meals were less likely to be obese. Overweight people may find it difficult initially to overcome their bad habits, but the results of better eating and exercise habits are very rewarding.

Sources:

American Cancer Society "Eating Patterns Linked to Obesity." Dylan Gautreaux, Fitness Manager at 24 Hour Fitness' Trinity Mills location in Carrollton, Texas.

Louann Frisch RD, a Portland, Oregon dietitian who specializes in weight loss.



The Chefs' Corner

by Derek Dammann,
Executive Chef
at Le Café du Club

NO BAKE APPLE TART

Makes 1x 9 inch square tart

This recipe is virtually no-bake, with the exception of the crust. It is best made in a square or rectangle tart tin with no bottom or alternately a removable bottom. The crust is made from a streusel that has been frozen and grated to give a cookie like consistency.

For the streusel

200 g	brown sugar
200 g	cake flour
200 g	almond flour
200 g	unsalted butter
	A pinch of sea salt
	A pinch of ground coffee
	Anise (powder or extract) to taste
	Seeds of ½ of a vanilla bean

Blend all of the ingredients together in a food processor until smooth and homogenized. Freeze for 4 hours, then grate with a cheese grater onto the base of your tart tin to form a thin, even layer. (place the shell onto parchment) Pre-heat the oven to 160C and bake for 20 minutes, or until evenly golden brown.

Meanwhile melt 3 ounces of dark chocolate with 1 ounce of butter and stir to combine. Once the shell has cooled, paint a thin layer of this mixture over the entire base of the tart using a pastry brush. This will keep the cookie base nice and crispy, since it forms a protective layer between the apples and the crust.

For the apple puree

1200 g	Granny Smith apple, peeled, cored and diced into 1 inch squares
160 g	sugar
20 g	lemon juice
1	vanilla bean, split and scraped
4	gelatin sheets, bloomed
4 g	pectin (optional)

Combine the sugar, vanilla bean and ½ cup of water in a heavy bottomed sauce pan. Gently heat over medium heat until a dark golden caramel forms; immediately add the apples and lemon juice and stir to combine. Cook over medium heat for about 15 minutes until the apples are caramelized and soft but still hold their shape. Remove ¼ of the mixture and beat vigorously with a wooden spoon to form a rough puree, add the bloomed gelatin and the pectin (if using) and mix until dissolved. Add this mixture back to the other apples and fold to combine thoroughly. Strain to remove any excess liquid.

Pour the apple mixture onto the pre-baked tart crust, and chill in the refrigerator for four hours until set.

For the cream cheese garnish

40 g	sugar
125 ml	whipping cream
500g	Philadelphia cream cheese

Blend the sugar and cream until dissolved, pour slowly onto the cream cheese and whisk together until smooth and homogenized. Chill until needed at 4C.

To assemble and serve

Sprinkle the tart unevenly with sugar and caramelize with a blowtorch. Remove from the mold and top each serving with 2 quenelles of the soft frozen cream cheese. Sprinkle a pinch of good sea salt onto each quenelle and finish with a drizzle of the best quality olive oil.