



PEAK Centre Grand Opening October 11th, 2006



*if you're not training with Peak Centre...
... you're probably chasing someone who is!*

After a year in the making, the Mansfield Athletic Club is proud to invite you to the Grand Opening of its PEAK Centre on Wednesday, October 11th, 2006. Come and visit the centre from 5:30am to 9:00pm or check out our calendar of events including our Power cycling Group Training demo, our VO₂ max and Lactate analysing demo and our new Pro Golf Swing Analysis area.

The Official "Red Ribbon" Ceremony is at 7:00pm and cocktails will be served so we can

discuss how the PEAK Centre at Mansfield Club can help you reach your fitness goals.

Join us along with your friends and colleagues to see a real-life Scientific Laboratory and Training Centre, one that will bring you closer to your fitness dreams!

For more Information, please do not hesitate to communicate with us at 514-390-1230 ext 231.

See you on October 11th!

PEAK Centre Grand Opening · Schedule of Activities

6:15 am to 9:00 pm

Guided visits of the PEAK Centre

6:15 to 7:15 am

Computrainer Group Training session demo (Participants will need to register and bring their bicycle for this special day)

7:15 to 7h45 am

Demo of a VO₂ max test with Lactate measurements

12:15 to 1:15 pm

Demo Computrainer Group Training session (Participants will need to register and bring their bicycle for this special day)

12:00 to 1:00 pm

Demo of a VO₂ max test with Lactate measurements

12:00 to 1:00 pm

Golf Swing Analysis

5:30 to 8:00 pm

Cocktails and hors-d'œuvres served in the restaurant. PEAK Centre guided tours.

5:30 to 6:30 pm

Demo Computrainer Group Training session (Participants will need to register and bring their bicycle for this special day)

5:30 to 6:30 pm

Golf Swing Analysis

6:30 to 7:00 pm

Demo of a VO₂ max test with Lactate measurements for an Elite athlete

7:00 pm

Official Red Ribbon Ceremony



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Get the official Mansfield Athletic Club sports bag!

details on page 3

Corporate Massage Service by the Mansfield Athletic Club Health Clinic

Would you like a Health and Wellness solution for your employees at work? We have a great solution for your business. The Mansfield Athletic Club is offering a corporate massage service to help you and your employees decrease heightened levels of stress. Corporate Massage Therapy uses a team of Registered Massage Therapists who will come to your business equipped with a portable massage table and chair.

Research shows that absenteeism in Canada accounts for over 1 Billion dollars of lost revenue per year. Companies who have used health and wellness programs along with Registered Massage Therapy can have a return on investment of 3.40 dollars for every 1 dollar spent and a decrease in absenteeism of 23%.

Our overall objective is to help your organization keep employees healthy and energized in order to foster a productive and relaxed workplace.

Please contact The Mansfield Health Clinic for more information at 514-390-1230 ext 253.



Myths of Resistance Training: Are they holding you back?

Ask the experts: resistance training is an important part of staying in shape. Even so, people find excuses or listen to the myths that they've heard about resistance training. It's time to put those fables to rest, and learn the truth about resistance training.

What is Resistance Training?

It's a stress on the body that, when properly applied, will cause it to adapt in a positive way. Resistance training forces the muscles to contract against a weight (resistance) like a dumbbell or even your own weight. This causes an overloading of the muscle, which forces it to add muscle mass and increase strength.

When you think of resistance training, usually you think of weight training, but Gregg Boughton, head athletic trainer, Yellowstone Sports Medicine and representative for the National Athletic Trainer Association says: "It can also include body weight exercises such as push-ups and pull-ups, or pilates where one's body weight is used to perform push-pull exercises."

The Myths of Resistance Training

MYTH: If you're engaged in regular cardio workouts, you don't really need it.

Good fitness is a combination of good nutrition, cardiovascular exercise and resistance training. The American College of Sports Medicine confirms that resistance training is an important component of an overall fitness plan – improving overall fitness and preventing injury.

MYTH: It will cause you to look overly muscular or bulky.

Women are especially fond of using this excuse. Some women who have a naturally athletic build and work out for hours a day may become quite muscular. Most women, however, will not achieve those results. They may lose fat, lose inches and gain muscle – which may or may not result in weight loss. One thing is for sure, though, the more muscle

mass a person has, the more calories they can burn to achieve their ideal weight.

MYTH: It will result in spot reduction.

There is no such thing as spot reduction. You can't target your love handles and bulges and expect to lose fat in that area alone. If you need to lose weight, an exercise program can result in weight loss from all over the body, but those problem areas are sometimes the last to see a significant reduction. On the other hand, resistance training can increase muscle tone in specific areas.

MYTH: It's not necessary to work hard – just use light weights with high repetitions.

According to the American College of Sports Medicine, the main advantage of resistance training over other forms of training is the ability to progress the resistance. They recommend that at least some sets each week be executed to near fatigue. It is important to maintain a relatively high intensity and effort in training to achieve benefits such as strength, muscle size and fat loss.

MYTH: Resistance training won't help your cardio performance.

"Resistance training is very important to the endurance athlete," says Boughton. "First, the stronger you are, the faster you will be able to run, the more power you will be able to put behind the pedal. Second, endurance athletes who train with moderate to heavy resistance develop fewer injuries."

MYTH: Free weights are better than machines or vice versa.

Both free weights and machines have pros and cons. There is less risk of injury with machines and you don't need a partner. On the other hand, with free weights you don't have to wait your turn to use a machine if the gym is busy. Both free weights and machines are beneficial for strength training.

What Resistance Training Will Do for You

An increase in muscle mass is one of the most effective ways to increase your metabolic rate, decrease fat and slow down the aging process.

According to Dr. Edward Laskowski M.D., a physical medicine and rehabilitation specialist and co-director of the Sports Medicine Center at Mayo Clinic, resistance training can combat muscle loss as we age. "Sedentary people can lose up to 10 percent of their lean muscle mass each decade after 30. But if you do weight training, you can preserve and enhance your muscle mass."

Get Started!

Surprisingly, this does not have to be a huge time commitment for people on the go. Laskowski says that working in the weight room 20 minutes two to three times a week will net significant improvements.

Mansfield Athletic Club has many resources to accommodate a resistance-training program, including group exercise classes that combine cardiovascular exercises and exercises with weights. The club also features a wide assortment of free weights and machines to strengthen all of the muscle groups.

RESOURCES

American College of Sports Medicine, Gary R. Hunter, Ph.D., "Women and Resistance Training," ACSM Fit Society@Page, Fall 2002, page 4, used with permission.

Boughton, Gregg, MS, ATC, CSCS – Head Athletic Trainer, Yellowstone Sports Medicine; State President, Wyoming Athletic Trainers Association; National Athletic Training Association representative.

Mayoclinic.com, Weight Training: How and Why, Fitness & Sports Medicine Center, used with permission.



Fall Back Into Fitness!



Refer a friend who joins by October 31st and receive the official Mansfield Athletic Club Sports bag!*

Call today

514.390.1230



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www.clubmansfield.ca



* While quantities last.

** Certain conditions apply.



The Chefs' Corner

by Derek Dammann,
Executive Chef
at Le Café du Club

PAPPA al POMODORO *Bread and tomato soup*

Bring a large pot of salted water to a boil over high heat. Core the tomatoes and score the bottoms with a shallow X. Have a large bowl of ice water standing by. Drop the tomatoes into the boiling water for 15 seconds, remove them and plunge them into the ice water. Peel off the skin and chop roughly.

Heat a generous glug of olive oil in a large pot and add the garlic, onion, celery, anchovy, fennel seeds, basil stalks, parsley stalks and chili flakes. Gently fry until softened. Add the peeled, chopped tomatoes, squashing them in your hands as you go. Add an additional 2 cups of water. Bring to a boil and simmer for 45 minutes over medium heat.

Tear the bread up into thumb sized pieces and add them to the pan. Mix well and season to taste. Allow to simmer for another 15 minutes. Tear in the basil leaves and the Italian parsley and give the soup a good stir... you're looking to achieve a thick, silky, porridge-like texture, so feel free to adjust it with a little water. Then, remove it from the heat and add 6 to 7 tablespoons of extra virgin olive oil.

Divide between your bowls and serve with a little extra basil torn over top and some freshly grated parmesan cheese.

Serves 4

1 kg	very ripe, fresh tomatoes
3	cloves garlic, peeled and finely sliced
1 medium	onion, finely diced
2 ribs	celery, finely diced
2	whole anchovy fillets
1 tbsp	fennel seeds
1 tsp	red chili flakes
1 bunch	Italian parsley, leaves picked and stems finely chopped
1 large bunch	Basil, leaves picked and stems finely chopped
	The best extra virgin olive oil you can find
	Sea salt and freshly cracked black pepper
500 g	stale, good quality bread
	Parmesan cheese for grating

Tip: muscle turning into fat

One of the biggest myths in fitness is that muscle can turn into fat without exercise. The truth is, these are two completely different tissues and one can't magically become the other. So what's really happening? Muscles shrink when not stimulated so they may seem softer. Compounding the problem, most people continue to take in more calories than they burn. The result is less muscle mass and extra calories being stored as fat... a shift in your body composition.



Come to Club Mansfield before the Montreal Canadiens home games.

Table d'Hôte dinner service starts at 5pm.

Call us to make a reservation.

Walking not “enough to get fit”

Walking may not be enough on its own to produce significant health benefits, research suggests.

A team from Canada’s University of Alberta compared a 10,000-step exercise programme with a more traditional fitness regime of moderate intensity.

Researchers found improvements in fitness levels were significantly higher in the second group.

They told an American College of Sports Medicine meeting that gentle exercise was not enough to get fit.

Lead researcher Dr. Vicki Harber said: “Generally, low-intensity activity such as walking

alone is not likely to give any body marked health benefits compared to programmes that occasionally elevate the intensity.”

Dr Harber and her colleagues were concerned there was too much focus on simply getting people to exercise, rather than on its intensity.

They compared people on a 10,000-step exercise regime which they completed at their own pace, with a group whose routine was tougher, but which left them with enough breath to be able to speak one or two sentences with ease at the end.

Both routines, which lasted for six months, burned off the same amount of energy. In total 128 sedentary people took part in the project.

Fitness measures

The researchers assessed impact on fitness by measuring blood pressure, and peak oxygen uptake, a measure of lung capacity.

They found that the step programme increased peak oxygen uptake by an average of 4% over the six months - but the figure for the moderate intensity exercise group was 10%.

Other markers of overall health, such as fasting plasma glucose levels and blood fat levels were unaffected by either exercise programme.

Dr Harber said: “Our concern is that people might think what matters most is the total number of daily steps accumulated, and not pay much attention to the pace or effort invested in taking those steps.”

She said the 10,000-step programme did help to get people motivated, and was an excellent way to start exercising.

“But to increase the effectiveness, one must add some intensity or “huff and puff” to their exercise.

Throughout your day, while you are achieving those 10,000 steps, take 200 to 400 of them at a brisker pace.”

Light or moderate?

“You’ve got to do more than light exercise and move towards the inclusion of regular moderate activity, and don’t be afraid to include an occasional period of time at a vigorous level.”

Professor Stuart Biddle, an expert in exercise science at the University of Loughborough, said it was possible that the current guidelines on how much one should exercise were set too low.

“However, you have got to reach a compromise between physiology and psychology. The harder you make it, the fewer people will actually do it.

It may be that very small changes to the fitness of a large section of the population would have quite a big impact.”

Professor Biddle said there was no doubt that vigorous exercise was the way to get fit, but volume rather than intensity might be more useful in tackling issues such as obesity.

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Sunday, November 26, 2006

Mansfield Athletic Club • 1230 Mansfield • 8:30 am - 2:00 pm

Information: 514-489-6630 • www.chiprehab.com