

NOW is the time to get **BACK AT IT!** Summer holidays are over, the kids are back in school and you will see some consistency return to your schedule. Make your health a regular commitment. Blown it before? Don't let the excuses stop you again: Top 3 excuses . . .



1. "I Was Bored So I..."

Trained for a Race - Sign up for a marathon. Follow a training schedule to give structure and help motivate.

Got Competitive - Take a squash/tennis/badminton lesson to add a competitive component. Regina has frisbee, soccer, baseball, basketball, volleyball and dodgeball leagues.

Tried Something New - Try a completely different activity: a stadium climbing class, interval class, pilates, belly dancing or hula hoop class.

2. "I Was Swamped So I..."

Walked to Work - On days you can't fit in a formal workout, walk to and from work or do a fast-paced walk during your lunch hour.

Scheduled A.M. Workouts - Workout schedules can become erratic, but switching to morning sessions can help you to stay consistent.

Snuck in Afternoon Sessions - With long and hectic workdays, the afternoons may have a pocket of time that could be set aside for exercise. You can come back mentally sharper when most people are combating an afternoon slump!

3. "I Was a Total Beginner So I..."

Found Something Fun - If you can't stand going to the gym, try a class held in a nearby park, both social and outdoors.

Hired a Trainer - Being financially accountable and having a relationship with someone who cares about your health and well-being helps you to stick with it. If hiring a trainer is too big a strain on your wallet, try sharing her with one or two friends; this will cut down on your fees.
(Fitnessmagazine.com)

Fit Fable

Skipping meals helps you lose weight



Missing meals in an effort to save calories can actually hinder weight-loss efforts. If you make it a regular practice, skipping meals can slow your metabolism. Your body thinks it's in starvation mode and burns fewer calories to compensate.

What's more, people who skip breakfast and lunch often end up eating more calories later in the day than if they ate smaller meals more frequently during the day.

A better approach to weight loss: Eat three balanced meals and one or two snacks to help keep your blood sugar stable and hunger at bay.

(Globe and Mail March 4, 2009, lesliebeck.com)

Fit Fun



ALIVE
BALANCED
ENERGIZED
FIT
HEALTHY
PRODUCTIVE
REFRESHED
STRONG

T I F R Y K U U A A P
A L I V E W Q J R Y X
I P R O D U C T I V E
D E H S E R F E R K W
K Z L R Z J C W V Y Y
Q K V C Y E I F S S H
K E N E R G I Z E D T
E V V G N O R T S Q L
D E C N A L A B L J A
M T V P S G O W A Q E
V J D N F V D S J B H

Get Fit



Check out the upcoming Fall classes at the City Leisure Centers!

Including, at the Fieldhouse:

ABS Plus - Monday 5:15-6:00 pm - 45 minutes of core work using the stability and BOSU balls.
Instructor: Tara Smart

Running Bootcamp - Wednesday 5:30-6:45 - combining running with a total body workout.
Instructor: Tara Smart