

S.I.M Gym

July/August 2013

What is your age?

This is a question we don't ask here at the S.I.M gym but frequently people like to tell us their age. I will have to admit most times the number doesn't match what I would think the age really is.

What does 85 look like to me? It used to be a frail person to whom everyday tasks seemed daunting. Not anymore! 85 looks like a healthy, active person with a youthful spirit blaring music on their iPod like a teenager! (You know who you are)

Some people wear their age as a badge and so they should – look at me I am 75 this year and I can do a 45 minute spin class with Lori, or I can dance with Brenda in Zumba or my flexibility has improved by taking Lisa's Yoga class.

What is your age?

We should answer that question with a fitness/life accomplishment – instead of I am (insert number here) years old – we should say I am a 45 minute spin class warrior, a cancer survivor, a Zumbaoholic, or a Yogi at heart!

For most of us age is just a number – it's really about how you feel.

Lisa Connelly

Have you heard the news?

The S.I.M Gym is having free classes!

July 15-19,

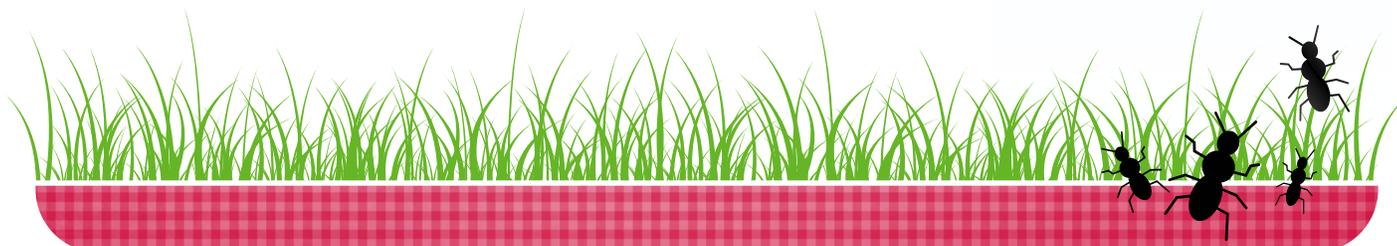
August 12-16

All of our amazing classes will be offered to anyone 55 and better for free!

Tell your friends!



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Hot and Humid Weather Ahead

As we get deeper into summer the hot and humid days will be upon us!

Please keep in mind that as the humidity increases so will your own body temperature but it is ok to sweat! The S.I.M Gym is air conditioned and we strive to keep the gym comfortable for exercising!

We also have a water cooler in the back of the gym so you can keep hydrated!

Remember to always listen to your body!

The Importance of Staying Hydrated

Facts on Fluids - How to stay hydrated

Nothing satisfies thirst better than a tall glass of cold water. During the summer you may be more aware of drinking enough fluids to prevent dehydration. Staying well hydrated when it's hot is definitely a must; however, hydration is important to your health year round.

Why fluids matter

Fluid is essential! It has many important roles. Fluids help to:

- move nutrients and waste through your body
 - keep your blood pressure normal
- protect and cushion your joints and organs
 - control your body temperature and lower your risk of dehydration and heat stroke

How to know if you are drinking enough

Check your thirst - If you are thirsty or have a dry mouth, it is likely that you are not drinking enough. Aim to drink fluids often throughout the day. Remember that once you are thirsty, you are already somewhat dehydrated.

Check your urine - If your urine is a dark yellow colour and has a strong smell, you may not be getting enough fluids. Urine that is light yellow or clear in colour usually means that you are drinking enough fluids. The amount of urine you make can also be a sign of your hydration status. If you do not make much urine throughout the day and it is dark in colour, you likely need more fluids.

Check your mood – If you feel light headed and tired, are not able to focus or have many headaches, these could be signs that you are dehydrated.

From www.Eat Right Ontario.ca

The S.I.M Gym will
be closed Monday
July 1st and
Monday August 5th,
2013



We always need your
letters of support!



Please let us know how being a S.I.M
Gym member has improved your
health and well being!

Drop off letters to any staff member!

Thanks in advance!