

# July/August 2017

## S.I.M GYM

Happy Canada Day!



### Dundas Driving Park 8am-12pm

Start your Canada Day with a traditional breakfast of pancakes, sausages and syrup served up by local dignitaries. Satisfy your sweet tooth with a piece of Canada Flag cake prepared by the Village Bakery, enjoy truly Canadian entertainment, face painting, and a visit from a Royal Canadian Policeman.

Cost: Adults \$10 Children \$5.

For more information contact: 905-628-0019

### Webster's Falls 10am-4pm

Join the Greensville Optimists for their annual Canada Day Picnic at Websters Falls to celebrate Canada's 150th birthday. There will be entertainment, games, prizes and the Optimist food truck with the best fries in Hamilton.

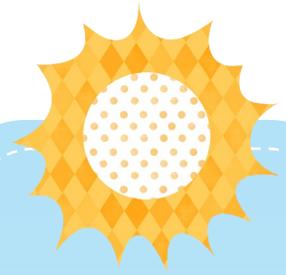
### Bay Front Park 3-11pm

**3 pm:** Opening Ceremony on the RBC Stage

**3 to 9 pm:** Family friendly programming

**4 to 10:15 pm:** Live music on the RBC Stage

**10 pm:** Fireworks accompanied live by Maestro Boris Brott and the National Academy Orchestra of Canada



### Staying cool this summer

Wear appropriate clothing for the occasion, whether indoors or outdoors.

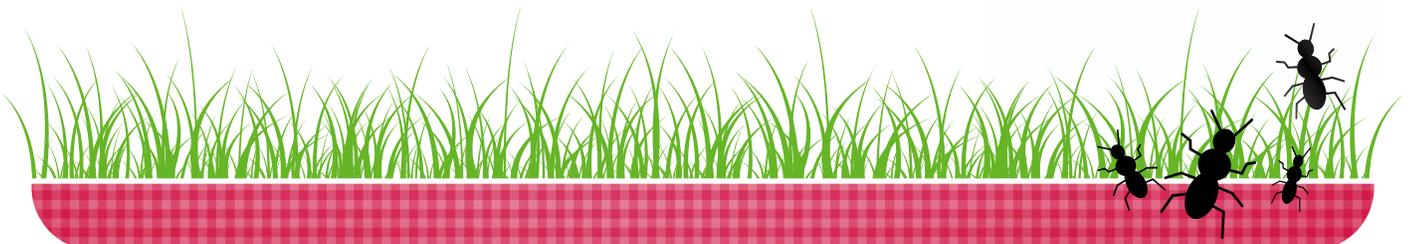
Be aware of extreme heat events and warning signs for heat-related illness to look for.

Don't wait until you are thirsty to drink, by this time you are already dehydrated.

Carry a water bottle with you and drink from it regularly (make your water more interesting by adding lemon or lime to add flavor).

Eat hydrating foods like cucumbers, radishes, watermelon and strawberries, all of which contain at least 90% water by weight.

[www.Brightstarcare.com](http://www.Brightstarcare.com)



## Kale vs Spinach

Spinach and Kale are both heart healthy super foods! Spinach has more calcium, iron, fiber, protein and vitamin

A than Kale. Kale has more vitamin K and C, and heart healthy flavonoids. Both have omega-3 fatty acids, are low in calories, and help to fight the inflammation at the root of heart disease. Info courtesy of Health Hub Knockout.

Both of these leafy greens can be eaten raw or steamed. Kale has a slightly bitter taste and can be massaged with oil to soften the leaves. Adding either of these to a smoothie or soup can add in these great nutrients.



The S.I.M  
GYM  
will be closed  
Monday  
July 3rd and  
Monday  
August 7th.



Our classes are run by certified instructors in a safe manner where you can get fit, have fun and challenge yourself.

There are always options in our classes for beginner to advanced.

Not sure about what class is best for you? Just ask us and we can help you to make an informed decision!

Taking a class change up your regular routine! Class schedules are at the front of the gym!