

# May/June 2013

**Challenge Equals Change!**

**S.I.M GYM**

Are you up for the challenge? All you need to do is set a weight loss goal and a fitness goal to be eligible to win a great S.I.M Gym T-Shirt! Your fitness goal are: cardio, strength or flexibility.

**This challenge is on until May 31st!**

Everyone who achieves their goals will receive a T-Shirt! Please see a staff member for more information or to register your goals!



Have you heard the news? The S.I.M Gym is having free classes!

June 10-14, July 15-19, August 12-16

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

Tell your friends!

The S.I.M Gym will  
be closed Monday  
May 20th, 2013



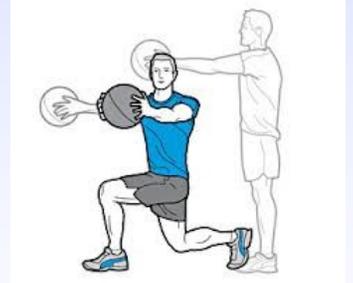


Happy Mother's and Father's Day  
to all of our wonderful members!



### **How to improve your golf swing**

Holding a medicine ball or single weight with both hands stretched out in front of you lunge your right leg forward, twist your upper body to the right. Make sure your right knee doesn't go past your right toes, stay tall and keep your gaze forward. After you have finished the twist bring your feet back together and switch to your left side. Repeat this exercise 10 times on each side.



### **Is gardening better than coming to the gym?**

Other than having a nice looking yard—gardening is not better for you than your regular workout. Gardening shouldn't be your main source of exercise. It doesn't burn as many calories, increase your heart rate for long periods of time, doesn't build the muscle you need or provide you with proper flexibility.

A 150lb person doing 30 minutes of aerobics burns 221 calories, 30 minutes of weight training burns 205 calories and 30 minutes of weeding and cultivating the lawn burns only 153 calories (YahooHealth.com)

So make gardening part of your routine without forgoing your regular fitness regime!

S.I.M Gym at St. Joseph's Villa

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