

May/June 2014



Hot Summer Deal at the S.I.M GYM!

Pre pay for June, July and August for only \$90!

Gardening will make your lawn look fabulous but
keeping up with your workout will make you **feel** fabulous!

Do both this summer with this great deal!

This deal will include a water bottle to keep you hydrated!

People who forgo their regular workout during the spring and summer months to do gardening may be missing out on a good thing. Being outside and moving throughout your garden is part of being active but not the same as your regular workout.

Other than having a nice looking yard—gardening is not better for you than your regular workout. Gardening doesn't burn as many calories, increase your heart rate for long periods of time, 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!



Staying Hydrated This Spring and Summer

Hydration is important all year round! You should aim for about 8 glasses of fluids per day. You will need more fluids to stay hydrated in hot weather and when you are physically active.

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

Tips to meet your fluid needs

- Be aware of your thirst and drink fluids often throughout the day.
- Choose water to drink when you are thirsty. Avoid soft drinks.
- Keep water nearby when you are at work, at school, at play or out and about.
- Enjoy other fluids such as skim, 1% and 2% milk, fortified soy beverages, 100% vegetable or fruit juices and soups to help you meet your fluid needs.
- Choose decaffeinated drinks more often to keep you well hydrated. Drinks with caffeine should be limited to 3 cups per day.
- Take sips of water while eating meals and snacks.
- Keep a jug full of ice water, with lemon, lime, orange or cucumber slices in your fridge at home or at work.

Remember to drink more in hot weather and when you are very active.

Hydration as you get older

Drinking liquids throughout the day is especially important for older adults. Dehydration can lead to dizziness, fainting and low blood pressure which may put older adults at risk for falls. Dehydration may also make constipation worse.

www.Eatrightontario.ca



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The S.I.M GYM will be
closed on
May 19th, 2014