

January- February 2015

S.I.M GYM

New Years Resolutions

Why do people wait until January 1st to make changes to their lives? Make positive changes any time during the year. Write down your goals or changes that you wish to make and re-visit them throughout the year. When you hear of something that would positively change your life go for it! If you need any help let us know—we might be able to help you! :)

February is Heart Month

A cardiovascular workout is one that works out your heart and gets it pumping. This not only raises the oxygen levels in the blood but also builds stamina and releases stress-relieving hormones.

Cardio reduces the risk of conditions such as heart disease, high blood pressure and cholesterol problems. You should aim for 30 minutes of cardio activity most days. Some examples of cardio activity are aerobic classes, spinning, and Zumba.

Stay tuned for your chance to increase your heart rate and earn a fun S.I.M GYM prize during February!



Bring a friend and save!

For the months of January, February and March you and your FRIEND will enjoy a reduced fee of only \$60 per month for the two of you!

Your FRIEND must be new to the S.I.M Gym and have an assessment prior to starting!

By FRIEND we mean:

friend (of course!) as well as spouse, lover, partner, confidant, neighbor, church member, etc... For more info please see S.I.M Gym Staff!

Seasonal Affective Disorder

It's that time of year when some people are affected with SAD. Seasonal Affective Disorder or SAD is a form of depression that occurs during the same time every year. Less sunlight, colder weather is enough to make some people want to stay indoors and hide in their beds.

SAD can actually start in the fall and go until spring but most cases occur in the deep winter months. People with extreme symptoms of SAD – decreased energy levels, increased desire to be alone, or increased depression should seek advice from their medical doctor.

How to ease the lighter SAD (the winter blues) symptoms:

- Bundle up and go outside for some vitamin D!
- Make sure you eat whole foods and drink water daily!
- Exercise will help to boost your serotonin (the happy chemical in your brain) level.
Come to the gym, try a new class, and sweat daily!

NOT SURE WHAT TO GET THAT HARD TO BUY FOR PERSON?
WANT TO TREAT YOURSELF ? WHY NOT GIVE THE GIFT OF FITNESS ?
PURCHASE A ONE YEAR MEMBERSHIP FOR ONLY \$450 .
ASSESSMENT REQUIRED BEFORE STARTING YOUR
MEMBERSHIP.
SOME CONDITIONS APPLY— SEE STAFF FOR DETAILS !

You can reach us at
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