

Lunch and Learn



Bring your lunch and join us! Coffee and tea will be provided.

Tuesday September 13th 11:30-12:30 for a talk by Naturopath Dr. Lisa Tabrizi about digestive health.

Wednesday Oct 5th 11am-1pm - A panel discussion about your future.

Wednesday November 2nd 11:30-12:30 - Heart and Stroke Foundation will be here speaking about keeping your heart healthy!

The S.I.M GYM will be closed
September 5th and October 10th.

Did you know?
**If you volunteer at St. Joseph's
Villa your membership is \$30 per
month! Ask staff for details!**

New Schedule starts the week of September 6, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
7:45am		ZUMBA			ZUMBA
8:00am			BALANCE	SPIN	
8:30 am	AEROBICS	STRENGTH TRAINING	AEROBICS	STRENGTH TRAINING	SPIN
9:30 am	YOGA		MENS STRENGTH		TAI CHI FITNESS
12:30pm	TAI CHI FITNESS	SPIN	BEGINNERS YOGA		
1:30 pm		GENTLE STRENGTH TRAINING		GENTLE STRENGTH TRAINING	
1:45 pm	SIT AND BE FIT		SIT AND BE FIT		SIT AND BE FIT
2:15 pm	BEGINNERS BALANCE				



Health benefits of...Maple Syrup

The nutrients found in maple syrup include energy, water, protein, fat, carbohydrates, and sugars. In terms of minerals, it contains calcium, iron, magnesium, phosphorus sodium, potassium, and zinc. Vitamins such as thiamin, riboflavin, niacin, and B6 are also found in maple syrup.

The various health benefits of maple syrup can be attributed to the presence of various vitamins and minerals that are present in it. Let's explore some of these important health benefits below.

Antioxidants: Maple syrup has various antioxidant properties that are essential for healthy living. Antioxidants are important for the body as they neutralize free radicals, which may cause various health ailments. Mitochondria are one of the cells that are responsible for energy production, but during this process, free radicals are produced within the mitochondria. This function requires enzymes that are prone to damage or harm by other microorganisms in the body. It is the function of the manganese mineral present in the maple syrup to supply the superoxide dismutase which is an oxidative enzyme. This enzyme helps in disarming the dangerous free radicals that are produced by the mitochondria when performing its normal metabolic functions.

Healthy Heart: The health benefits of maple syrup also include giving you a healthier heart. It is one of the body's organs that is susceptible to different kinds of diseases such as stroke, atherosclerosis, and other cardiovascular conditions. The presence of zinc in the body is one of the best ways that has been proven to protect the heart against such diseases. Maple syrup contains zinc and its consumption may protect and prevent against various cardiovascular disorders. Zinc also enhances the performance of the endothelial cells by protecting them against damage due to the existence of excess cholesterol, together with other oxidized lipids. The blood vessels are comprised of different components among the endothelial cells, which form the inner lining of these vessels. A low level of zinc exposes the linings to injuries, which in return can affect the normal operations of the heart.

Immune System: Studies carried out over the years have confirmed the importance of the presence of zinc and manganese in the body. A lack of these minerals could easily lead to a reduction in the number of white blood cells, which affects the response of the immune system. Supplementing these minerals is the only way known to restore their levels to the proper state. Maple syrup is a good source of both zinc and magnesium, which play a key role in strengthening the immune system.

<https://www.organicfacts.net/health-benefits/maple-syrup.html>

