



July / August 2016

S.I.M GYM

Summer Fun at the S.I.M GYM

Every time you come to the gym for a class or a workout you will earn a S.I.M GYM dollar. Come to two classes per day? Two dollars! Save up your dollars to get some cool stuff or spend them through the summer!

Here's what you can "buy" with your S.I.M GYM dollars:

- \$5—pick anything from our treasure chest
- \$10— S.I.M GYM towel (10 available)
- \$15— S.I.M GYM water bottle (3 available)
- \$20—S.I.M GYM black bag (11 available)
- \$50—S.I.M GYM t-shirt (women's 4 med, 3 large, 4xl, men's 2 large, 13 xl, various xxl and xxxl)
- \$75—S.I.M GYM sweatshirt (2 large, 3 extra large available)
- \$100— a free assessment and free month to gift to a friend or family member

Please collect your own dollars from a staff member, keep the safe—no dollars will be re-issued.



Water is...

- The solvent for important biochemical reactions, supplying nutrients and removing waste.
- Essential for maintaining blood circulation throughout your body.
- The maintainer of body temperature. As you exercise, your metabolism and your internal body temperature increase.

Water carries heat away from your internal organs before serious damage occurs, which can lead to heat stroke , and even death. The heat travels through your blood-stream to your skin, causing you to sweat. As the sweat evaporates, this allows you to cool off and maintain a safe body temperature, optimal functioning and health.

Daily water intake must be balanced with losses to maintain total body water. Losing body water can adversely affect your functioning and health. Once you start feeling thirsty, you've probably lost about 1 percent of your body water and are dehydrated. With a 2 percent water loss, you could experience serious fatigue and cardiovascular impairments. It's important to note that individual fluid needs differ depending on your sweat rate, the environmental temperature, your clothing, humidity and other factors.
www.livescience.com

- ### Brain Teasers:
- 1. Which word in the dictionary is spelled incorrectly?**
 - 2. Feed me and I live, yet give me a drink and I die
Who am I?**
 - 3. What can you catch but not throw?**
 - 4. What gets wetter and wetter the more it dries?**

The S.I.M
GYM will
be closed
July 1st
and
August
1st

Brain Teasers
Answers:
1. Incorrectly
2. Fire
3. A cold
4. A towel

If you go out this summer and want a natural bug repellent

“Bugs Be Gone” Recipe from thankyourbody.com



Ingredients:

2 Tbs. of witch hazel
2 Tbs. of jojoba, almond, or olive oil
50 – 60 drops essential oils

Sample Essential Oil Blend

30 drops lemon eucalyptus (reported by the CDC to be a good natural substitution for DEET in repelling insects, *but is not recommended for use on children under 3 yrs.*)
10 drops cedarwood, 10 drops lavender, 10 drops rosemary

Other Bug-Repelling Essential Oils:

citronella	rose geranium
eucalyptus	bergamot
tea tree	lemon
peppermint	cinnamon
cypress	

Directions:

1. Combine witch hazel with oil of choice.
2. Mix in essential oils. Combine thoroughly.
3. Rub or spray the natural insect repellent onto skin or clothing, using care to avoid the sensitive eye area.

* You'll need to re-apply the natural product after about an hour or after swimming or exercise. Unused natural insect repellent may be stored in a dark bottle, away from heat or sunlight. Keep out of reach of children. Do not swallow.

Origin of Civic Day August 1, 2016

In many parts of Canada, the holiday on the first Monday in August is simply known as Civic Day or the August Holiday. However, a wide range of local names are also used. Some of these include the names of provinces, such as British Columbia Day, New Brunswick Day and Saskatchewan Day. Others use a name to highlight a particular aspect of the celebrations, such as Natal Day in Nova Scotia and Prince Edward Island, which marks the "birthdays" of these provinces. Another example is Heritage Day in Alberta, which is an occasion to celebrate the heritage of the peoples of the province. The origins of the holiday on the first Monday in August seem to stem back to a “day of recreation” first organized by Toronto City Council in 1869.

In Ontario, a range of local names are used, which often honor significant people in the history of the province. In Toronto, the first Monday in August is known as Simcoe Day after John Graves Simcoe, who founded the town of York, Upper Canada, which became Toronto. He was also the first lieutenant governor of the province. In Ottawa, it is called Colonel By Day in honor of John By, who led the construction of the Rideau Canal, or Waterway, and founded By-town, which became the city of Ottawa.

In the provinces of Quebec and Yukon, celebrations of local history and culture are held on different dates. Quebec's National Holiday is held on St Jean Baptiste Day, which is June 24. Discovery Day in Yukon is on the third Monday in August and commemorates the discovery of gold in the province in 1896, which led to the Klondike gold rush.