

THE FITNESS CENTRE

MONTHLY

RESOURCES



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**A COLLECTION
OF EXERCISE
AND
WELLNESS
PAGES**



MONTHLY

RESOURCES

DISCLAIMER

Please consult your physician before starting any exercise programs. Go at your own intensity and listen to your body. Stop immediately if you feel faint or any pains. The listed workouts are examples only and may not be suitable for everyone. Ask the fitness centre staff if you have any questions on the exercises or for alternatives.

CONTACT US

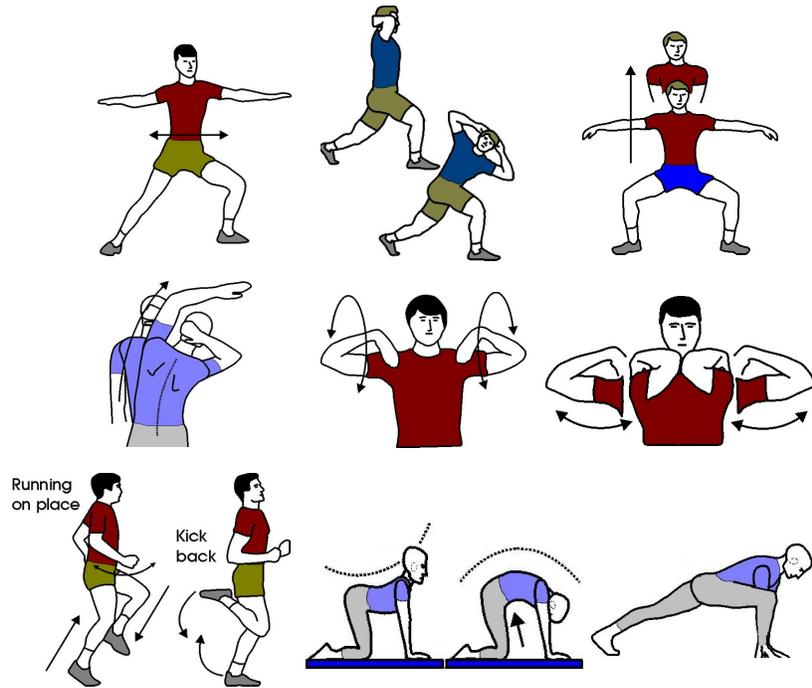
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Ensure to properly warm-up before every workout, as well as allow time to cool-down and stretch after each workout. Below are some examples of warm-up exercises and cool-down routines.

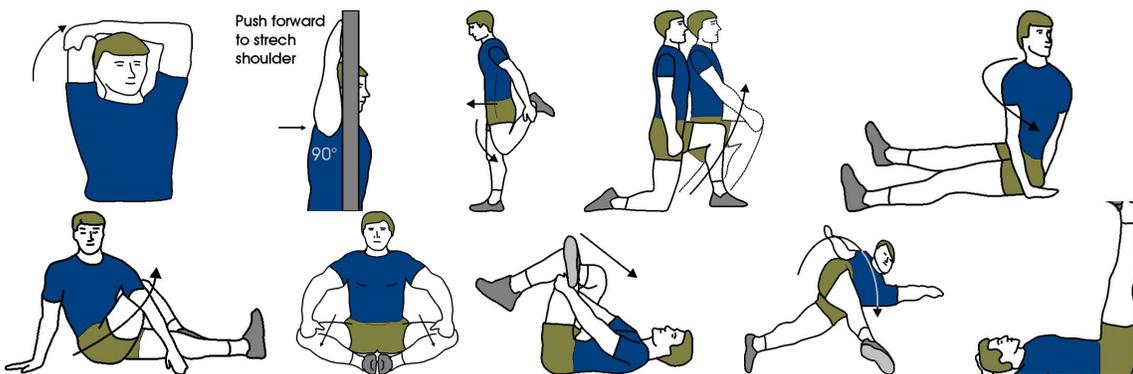
ACTIVE WARM-UP

- 10 Torso twists.
- 10 Forward lunge + twist on each side.
- 10 Squats.
- 10x Overhead reach on each side.
- 10x Arm circles and flyes.
- 50x High knees or skips.
- 50x Butts kicks or hamstring curls.
- 10x Back arches.
- 10x Plank to sprinter lunge.
- And/Or 5-10 minutes light cardio.



COOL-DOWN

Spend 5-10 minutes stretching/rolling. Sample stretches below:



Core in Mind

By: Bridget

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All of the exercises in this workout have a core focus. You can complete all sets of one exercise before moving to the next exercise for lower intensity or you can complete them in a cycle with little to no break in between for more high intensity. Complete all exercises 2-3 Sets.

Loaded Bear Crawl Push Up: (Beginner: 6-8 Reps Intermediate: 10-12 Reps Advanced: 15-20 Reps) Start in a table top position on your hands and knees. Wrists are directly under shoulders and knees are directly under hip joints. Tuck under toes, engages core, push through hands and lift knees off the ground to hover. Push Hips back towards ankles, pull chest down towards ground, and walk hands slightly forward to find "child's pose" but you are still up on your toes. Push through feet to explode torso forward to a plank position. Once in the plank position do a push up from your hands or toes. Push back through hands to find the "child's pose" from your toes. Continue switching back and forth until all reps are completed.

Bird Dog Single Arm Row: (12-15 Reps on each side) Start in a table top position on your hands and knees. Wrists are directly under shoulders and knees are directly under hip joints. Engage core to slowly lift and extend left leg up to that your heel is inline with your spine and your back is flat. Your body should create one long line with your hips stacked; don't let the left hip drop or lift higher than your right hip and don't let your right hip fall out to the side. Hold this position. With your right hand grab a dumbbell. Engage your upper back and arm muscles to lift the dumbbell off the floor bending the elbow. Keep squeezing your right elbow up and squeeze your right shoulder blade down and in towards your spine. Hesitate at the top before slowly releasing the dumbbell towards the ground. Repeat this row motion until all reps are completed.

Weighted Pullover Crunch to Hip Thrust Bridge: (12-15 Reps) Lay on the ground on your back. Have one medium to large sized dumbbell or two small to medium sized dumbbells near. Engage your abdominal muscles by trying to pull the ribs and the top of your hip bones flat and towards each other. This will create a contraction and pressure. This pressure is a good pressure. It is a force pulling the abdominal muscles down towards the ground creating a straight spine. (To test if they are contracting properly then place a hand under the small curve in your back. Engage the abdominals by pulling the ribs and hips flat and towards each other with your hand still in the small of your back. You should feel your back pressing down, flattening this curve against the floor and your hand. You will want to keep this pressure as you do the exercise.) Slowly lift your legs to bent 90 degree positions in the air with your knees directly above your hips. Keep the pressure in the abdominal muscles. Grab the dumbbell with both hands and bring it above your chest with your arms extended. Engage your shoulders and back to support the coming movement. Slowly lower the dumbbell overhead toward the ground with your arms straight. Lower as much as you are able without letting the dumbbell touch the ground (If you feel pain or uncomfortable pulling then do not continue to lower. Always work to a point of no pain). Hesitate with the dumbbell back before engaging your arms, abdominal muscle and shoulders to bring the dumbbell back above your chest. Slowly lift your head and shoulder blades off the ground and press the dumbbell to the ceiling. Hesitate then slowly lower your shoulder and head back down to the ground. As you lower the shoulders and head; bring the leg back into the bent leg position on the ground close to your bum. Rest the dumbbell or dumbbells on your hips, relax your neck/shoulders, press through your heels, engage your core, and thrust your hips up towards the ceiling to make a flat line from your shoulders to your knees. Hesitate with your hips at the top of the bridge position before slowly lowering them down to the ground. Repeat until all reps are completed. If you feel pain in your low back, it means that your abdominal muscles are not being able to keep up with the difficulty that you have selected and the back is compensating. Try making the exercise less difficult by using less weight or by not lifting you feet up for the crunch/pullover. If it continues then stop the exercise.

Three Legged Dog to Plank Knee to Opposite Elbow: (Beginner: 6-8 Reps Intermediate: 10-12 Reps Advanced: 15-20 Reps on each side) Get on the floor on your hands and knees creating a table top position. Relax the shoulders down and back away from the ears to create a long neck. Engage your abdominal muscles by trying to pull the ribs and the top of your hip bones flat and towards each other. This will create a contraction and pressure. This pressure is a good pressure. It is a force pulling the abdominal muscles down towards the ceiling creating a straight spine. Slowly walk your hands out without moving your knees. As you walk the hands out squeeze your glutes to bring your hips down towards the ground. When your body creates a straight line and your wrists are directly under your shoulder joints then stop walking the arms forward. Hold this position. Think about squeezing the muscles surrounding your hips as if you were trying to move the sides of your hips closer together. Continue squeezing your shoulder blades down away from your ears. If this feels easy then extend your legs, one at a time and tuck under the toes. Keep the straight body position. Hold until the time is up. If you feel pain in your low back then you have lost the pressure of our abdominal muscles pulling in. This means that your abdominal muscles are not being able to keep up with the difficulty that you have selected and the back is compensating. Try making the exercise less difficult. If it continues then stop the exercise. From the held plank position push through your hands and lift your hips up towards the ceiling to create a triangle position with your body. Your knees can be slightly bent and your heels can be raised but the goal is to eventually have your heels touching the ground. Your back should be straight with your tailbone reaching up. This is downward dog. Lift your right leg up into the air as if you were going to do the splits. Hesitate when the leg is as high as it can go without moving your hips into a different position. Scoop that leg down and through towards your opposite elbow, while shifting your body weight down and forward back to plank position. Hesitate the knee at the opposite elbow before returning the leg back to the "splits position" in downward dog. Repeat until all reps are completed before moving on to the other side.

Wall Sit with Weighted Suitcase Switch: (Beginner: 30 Seconds Intermediate: 45 Seconds Advanced: 1 Minute) Stand against a wall with your back pressing against the wall, your core engaged, your feet hip width apart/about 1.5-2.5 feet away from the wall, and one dumbbell in your right hand. Press into the wall from your heels and slowly lower your hips down to a 90 degree bend in the legs. Hold this position. The tops of your thighs should create a flat table. While holding the position slight the dumbbell from your right hand into your left and bring the dumbbell down to your left side with the arm extended. Hesitate before switching the back. Repeat the switch until the time is up.

Suitcase Hold Deadlift: (12-15 Reps on each side) Stand holding a dumbbell in your right hand and with feet hip width apart. Palms facing each other and the sides of your body. Keep your gaze during this movement on a spot on the floor about 3-5 feet in front of you to avoid neck strain. Soften your knees and engage abdominal muscles to support coming movement. From the hips slowly bend your torso down towards the floor. Your right hand with the dumbbell will stay close to your right leg and will continue down towards your right foot as you lower your torso. Keep both hips level by engaging your glutes and abdominal muscles. At the bottom of this movement your back should be straight. Hesitate at the bottom before you quickly lift your torso up, squeeze your glutes, and thrusting your hips forward to stand. Repeat all reps on the right before switching to the left side.

Slow Lower Lunge: (12 Reps on each Side; Beginner 3 Sec Up & 3 Sec Down Intermediate: 5 Sec Up/Down Advanced 8 Sec Up/Down) Stand with your feet hip width apart. Look forward and relax your shoulders. Take a large step directly forward while keeping the distance between your feet (Don't step in and stack feet). Front foot should be flat on the floor while the back foot is up on the toes. Squeeze your glute muscles so that your hips both face forward and your bum is tucked underneath your torso (Stack your spine). Straighten torso up (Don't lean forward). Engage your abdominal muscles for support and slowly start to bend both knees. Lower as much as you are able or until your back knee is hovering an inch above the floor. Depending on the level that you have chosen it will take 3-8 seconds to reach the bottom of the movement. Pause for a moment before slowly coming up. Depending on the level that you have chosen it will take 3-8 seconds to reach the top of the movement. To come up, push evenly through both legs. Once at the top of the movement step the front leg backwards to return to the standing position. Repeat on the other leg until all reps are completed.

Workplace Ergonomics

What are Ergonomics

BY: BRADEN
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Ergonomics are healthy habits to limit workplace MSDs (musculoskeletal disorders). There is no single "correct" working position that fits everybody's work tasks and body, as the body will eventually fatigue in any position for an extended period of time. It is most important to get up and move often to change positions. Utilize sit/stand desks if possible, and take advantage of good office ergonomic setups as outlined below.

More resources available at www.msdpvention.com

Poor Ergonomics: Common Injuries

Pain	Symptom	Possible Cause
Shoulder/ Neck	Tendinitis, muscle strain	Rounded, elevated shoulders. Monitor positioned to Low, Head too far forward. Hyper Extension/Flexion in neck.
Medial Elbow	Golfers Elbow	Rounded shoulders, repetitive forearm use from typing.
Lateral Elbow	Tennis Elbow, Brachioradialis Strain	Rounded back, tight chest muscles, repetitive forearm use from typing.
Wrist	Carpal Tunnel	Median nerve compression at wrist, overextension, no wrist support, arm rests not level.
Low Back	Tight Hamstrings/ Hip flexors	Prolonged sitting, no low back support, rounded back.



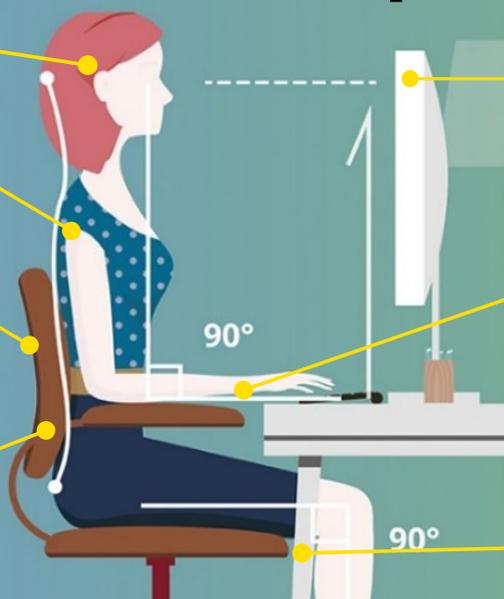
Good Ergonomics: Desk Set-up

Head in neutral position (ears above shoulders).

Upper back resting against chair, shoulders relaxed back and down.

Back rest is tilted slightly back 95-110 degrees to take some compression off spine.

Lumbar support in line with lumbar vertebrae to keep natural lumbar curve.



Good room lighting to limit eye strain.

Top of monitor eye height. Aprox an arms length away.

Arm rests/seat height to allow wrists level with keyboard. Allow shoulders to rest normally without shrugging.

Get up and move every 30 minutes & stretch!!!

Space for a fist between end of seat and back of legs.

Facing the unknown - Tofu isn't terrible!

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Tofu gets a bad rap – it seems to be the butt of every joke about healthy or meat-free dining. But as with all things, a deeper look into the product gives you a better appreciation of what it has to offer. Tofu is a very versatile and simple ingredient, making it a fun product to cook with. It can be enjoyed on its own or mixed in with other ingredients to bulk up a recipe. It comes in several varieties (texture and density runs from smooth/soft to firm), so make sure to pay attention to your recipe to guarantee the consistency you want.

Tofu is high in protein and contains the amino acids necessary for body function, making it an ideal food source for vegetarian and vegan diets. It also provides fats, carbs, and a wide variety of vitamins and minerals, including calcium, iron, manganese and zinc (presence of these may vary, depending on the coagulant used to prepare the tofu). Tofu can also include phytates and trypsin inhibitors, which hinders the ability to absorb certain nutrients (sprouted tofu contains fewer of these inhibitors, but it is higher in calories). Studies have shown that a diet containing tofu can lead to increased heart health, reduction in some cancers and lowered risk of diabetes, as well as increased bone health and brain function.

The following recipe for marinated tofu is a popular one in my house. It's best served with rice and whatever stir-fried veggies you enjoy.

- o 1 package/16 ounces extra-firm tofu
 - o 4 tablespoons soy sauce
 - o 3 tablespoons rice vinegar
 - o 1 tablespoon maple syrup
 - o 1 teaspoon sesame oil
 - o 2 minced garlic cloves
- o 1 tablespoon fresh grated ginger, OR 1/2 teaspoon dried ginger
- o 2-3 tablespoons canola oil

Cut tofu into cubes. Place evenly on a flat surface lined with paper towel. Cover with another layer of paper towels, set a baking sheet on top as well as heavy, like a large book or cast iron skillet. This will remove the excess water from the tofu, making a crispier dinner. Press for 15 minutes.

In a small bowl, combine the soy sauce, rice vinegar, maple syrup, sesame oil, garlic and ginger. Place the pressed tofu pieces in a bowl. Pour the marinade over the tofu and let it marinate for one hour, covered, in the refrigerator. Longer marinating will result in more flavour.

In a skillet or saucepan, add a few tablespoons of canola oil, heat at medium-high heat. Remove the tofu pieces from the marinade and add to the pan (do not discard the marinade). Fry the tofu until golden brown on each side.

When the tofu pieces are browned, cover them with the remaining marinade and coat. Remove from heat and serve.



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