

THE FITNESS CENTRE

MONTHLY

**A COLLECTION OF
EXERCISE AND WELLNESS
PAGES**

RESOURCES



Warm-up/Cool-down

PAGE 3



**Workout of the Month:
12 Rounds of Fitmas!**

PAGE 4-5



Winter Wellness:

Staying Healthy in the Coldest Months

PAGE 6-7



Nutrition:

Vegan Lentil Shepherd's Pie

PAGE 8-9



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

QUADREAL FITNESS CENTRE STAFF



BRADEN
BWENAAS@LIVNORTH.COM



ROSS
RWILLIAMS@LIVNORTH.COM

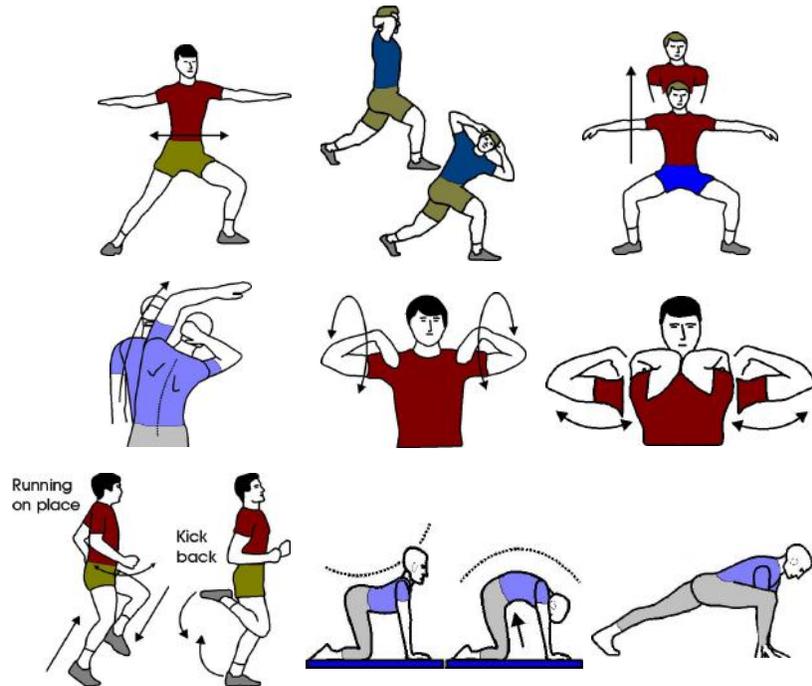


TERESA
TCHEUNG@LIVNORTH.COM

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.

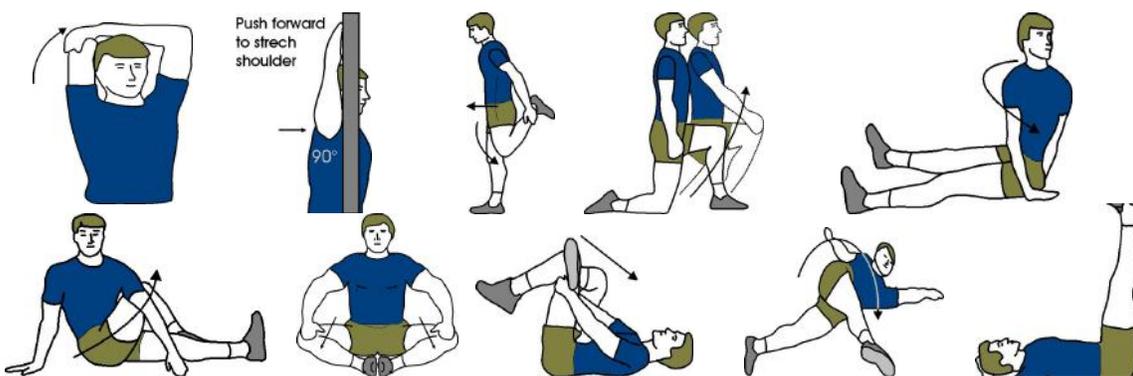
ACTIVE WARM-UP

- 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:



12 Rounds of Fitmas!

Rounds

**+
Reps**

**Details on
how to
complete
workout on
next page.**



Instructions: Start at round 1 (1 Situp), complete exercise then move onto round 2 (2 Leg Raises), then repeat round 1 again. On round 3 start at the next exercise on the list (3 snow angels), then work back down the list repeating round 2 then round 1. After you finish exercise 1 each round, begin the next round with the next exercise on the list and work back down the list back to exercise 1. Each round will become harder by adding on the next exercise. Continue until all 12 rounds are completed. Rest in-between rounds as needed and ensure to warm-up prior to starting and cool down/stretch after the workout.

1

1 Situp: Lay flat on back, engage abs to lift back and shoulders off floor trying to maintain a neutral spin as best you can.

2

2 Leg Raises: Lay flat on back, exhale and engage abs to lift straight legs off the floor towards the roof, while ensuring to keep head, back and shoulders flat on the floor. Breath in and slowly lower legs to floor and repeat.

3

3 Snow Angels: Lay flat on back, with arms by side. Take a breath and engage abs to lift legs and arms 2 inches off the floor and move apart to perform a snow angel motion, exhale returning arms and legs together. Repeat two more times keeping arms and legs off floor.

4

4 Push-ups: Start in a high plank position with hands below shoulders and slightly positioned out. Engage abs and glutes to straighten spine and legs. Breath in slowly lowering body towards mat, until chest is a couple inches off floor. Exhale and push back up to plank position. Complete on knees for alternative option.

5

5 (5/side) Side Plank Dips: Start laying down in a straight alignment on side, and position bottom elbow directly below shoulder. Lift hips up to form a straight side plank supported by elbow and feet on ground. Breath in and slowly lower hips toward mat a few inches off the floor then exhale engaging the side of your core to lift back to straight position. Complete by supporting on knee instead of feet for alternative option.

6

6 (6/side) Glute Bridge Knee Raises: Lay on back with bent knees and feet flat on floor positioned forward in front of knees. Exhale lifting hips off floor to form a glute bridge. Begin exercise by lowering hips slightly down, then exhale lifting one foot off mat and raising knee toward roof while lifting hips upward. Slowly lower back down then switch to other side.

7

7 Burpees: Start in standing position, hinge at hips bending knees to bring hands to floor. Hop or step feet back to a plank position. Hop or step feet back forward, bend knees and hinge at hips with a flat back to stand up and jump.

8

8 Jumping Jacks: Start in standing position. Step or jump sending feet outwards and arms up toward roof. Jump or step bringing arms down and feet together.

9

9 Speedskaters: Start in standing position. Step or jump to the side planting foot and sending hips to the side with bent outside knee and flat back., sending the inside leg behind front leg out to the side. Exhale squeezing side of glute to jump or step to the other side leading with the opposite leg. Perform 19 reps to increase intensity.

10

10 Lunges: Choose either front or back lunges. Start standing, step foot backward for back lunge, planting foot and lowering hips and back knee toward floor, keeping torso upright. Exhale engaging glutes and quads, pressing front foot into floor lifting back up to a stand. Step forward and perform exercise for front lunge alternative.

11

11 Squats/Squat Jumps: Stand with feet shoulder width apart. Bend knees sending hips backwards, lowering towards floor. Engage core to keep a neutral spine and pelvic tilt. Once knees are close to horizontal, engage glutes and quads and jump up and land softly returning to a squat. Remove jump portion for alternative option.

12

12 Inchworms: Start standing. Bend knees and hinge at hips bending over to plant hands on floor. Walk feet back to assume a high plank position. Walk feet back towards hands, and return to a stand trying to keep back as straight as possible while lifting to a stand.

Winter Wellness: staying healthy in the coldest months

BY: ROSS WILLIAMS
RWILLIAMS@LIVNORTH.COM



As the year winds down we near the winter solstice. And although the days will get longer after December 21, things will be cold and dark for a while yet. Keep these tips in mind for the winter months to maximize your health:

Wash your hands often. This seems redundant, given that we've been stuck in the Covid pandemic for so long, but winter is peak season for contagious illnesses, including cold and flu. Frequent hand-washing is still the most effective way to remove and prevent the spread of illness-causing germs. A 20-second scrub with warm water and a decent lather of soap on your hands gets the job done.

Get a flu shot. Last winter's flu season was minimal to non-existent due to isolation. With this winter being more open than last, a resurgent flu is expected. You can protect yourself and your family by getting the flu vaccine. Recent studies show that flu vaccination reduces the risk of flu between 40 to 60 percent.

Keep moving! Cold weather and lack of sunlight can make sticking to your exercise routine hard. Don't forget to visit your friendly neighborhood fitness staff regularly, or work out at home with your own exercise equipment.

Get some sun. Winter means early darkness, and that can kill motivation. Make sure to spend time outdoors even when it's cold. Sunlight has been shown to help improve your mood by boosting the release of serotonin. Exposure to sunlight is especially important to those suffering from seasonal affective disorder (SAD), a form of depression. Exposure to sunlight also helps regulate your circadian rhythm, which controls your body clock and affects sleep habits. Which leads to...

Get sufficient rest. Most people require 6 to 8 hours of sleep to best function. If you find it hard to fall asleep, be sure to turn off all screens and electronic devices at least 2 hours before sleeping. Blue light coming from these devices can excite the brain and decrease sleep quality. Try to schedule sleep time at the same time every day to forge routine.

Maintain good skin health. Cold weather can wreak havoc on your skin, leaving you with dryness, flaking, cracking, and in some cases, eczema. Make sure to drink plenty of water, and treat your skin with moisturizer through the winter. Make sure to use sunscreen if you're out on a sunny winter's day, as exposure to UV rays, are ever-present. Be sure to use a sunscreen with an SPF factor of 30 or higher.

Maintain connection. Isolation is hard on the human psyche, as we've all experienced since early 2020. Winter - and the holiday season in particular - can be difficult for people. Make sure you reach out to others when you need to and include friends and family in your activities; it may be as important to them as it may be to you.

Eat healthy. This is such a common phrase during the holiday season that it's practically a cliché. That doesn't change its importance. Eat foods which support your immune system such as garlic, citrus fruits, broccoli and ginger.



With notes from:

<https://www.cbc.ca/news/canada/north/counsellor-mental-health-tips-whitehorse-pandemic-1.6251119>

https://www.mentalhealthcommission.ca/wp-content/uploads/drupal/2021-01/winter_mini_guide_2020_eng.pdf

<https://www.drugs.com/slideshow/winter-wellness-tips-1147>

Vegan Lentil Shepherd's Pie

BY: TERESA CHEUNG
TCHEUNG@LIVNORTH.COM

With holiday season arriving soon, there will be so many delicious, hearty food on the table. I personally find meals around this time to be very meat heavy, and that I would love to enjoy more variety of veg dishes other than the good old roasted veggies, mashed potatoes or salads. If you feel the same, here is a delicious vegan lentil shepherd's pie recipe by **Rainbow Plant Life**. This shepherd's pie features **a hearty, flavor-packed lentil and sticky onion filling with fluffy mashed potatoes and cauliflower**. The author claims this as the BEST vegan shepherd's pie you'll try! If you end up making it please let me know if you agree!

INGREDIENTS

Lentil Filling

- 1 tablespoon olive oil
- 3 large yellow onions, diced
- 8 cloves garlic minced (use less if you're not a huge fan of garlic)
- 1 tablespoon fresh thyme leaves, roughly chopped
- 2 teaspoons fresh rosemary leaves, roughly chopped
- 3 tablespoons tomato paste
- 1/2 cup (120 mL) dry red wine (such as Pinot Noir or Malbec)
- 1 1/2 cups (10 ounces / 285g) green lentils (or brown lentils)
- 3 3/4 cups (900 mL) vegetable broth
- 2 bay leaves
- 1 1/2 teaspoons sweet or hot paprika
- 1/4 cup (56g) smooth tahini
- 1 tablespoon soy sauce
- 1 tablespoon good-quality balsamic vinegar
- 2 teaspoons vegan Worcestershire sauce (optional)
- Plenty of kosher salt or sea salt (I used 1 1/2 – 2 teaspoons kosher salt)
- Freshly cracked black pepper to taste



Mashed Potato Topping

- 20 ounces (680g) Russet potatoes
- 16 ounces (454g) cauliflower, cut into large florets
- 1 1/2 teaspoons kosher salt, plus more to taste
- 1 rosemary sprig (optional)
- 4 tablespoons vegan butter, softened at room temperature (or olive oil)
- 1/2 cup (120 mL) "lite" coconut milk
- 1 tablespoon nutritional yeast
- Freshly cracked black pepper to taste

INSTRUCTIONS NEXT PAGE...

1. Make the Lentil Filling. Heat the olive oil in an ovenproof 12-inch skillet over medium to medium-high heat until hot. If you don't have an ovenproof skillet, you'll need to transfer the cooked lentil filling to a baking dish when it's time to bake.
2. Add the onions with a couple pinches of salt and sauté for 8-10 minutes, or until most of the onions are browned. Stir occasionally to prevent burning, but not too often so that they can brown. Add the garlic, thyme and rosemary and cook for 2 minutes, stirring frequently to prevent burning.
3. Push the onions to the edges of the pan so there's an empty space in the middle of the pan. Add the tomato paste into the empty space and stir for 2-3 minutes, or until it darkens in color. Reduce the heat to medium, as needed.
4. Pour in the red wine and deglaze the pan, stirring up any browned bits, until the liquid has mostly evaporated and the smell of alcohol has dissipated, about 3-4 minutes.
5. Add the vegetable broth, along with the lentils, bay leaves, and paprika. Stir to combine and increase the heat to bring to a boil. Once boiling, reduce heat to maintain a rapid simmer, and simmer until the lentils are just tender and most of the liquid has been absorbed, 25-30 minutes.
6. Turn the heat to low. Add the tahini, tamari, balsamic vinegar, and vegan Worcestershire sauce (if using). Stir until well incorporated. Taste for seasonings, adding a generous amount of salt (I used about 1 teaspoon kosher salt) and black pepper. Set aside.
7. Make the Mashed Potato Topping. Peel the Russet potatoes and then rinse them under cold water. Chop the potatoes into eighths.
8. Place the potatoes and cauliflower florets in a large saucepan or Dutch oven and add just enough water to cover. Add 1 1/2 teaspoons kosher salt and stir to combine. Place the rosemary sprig on top. Bring to a boil and cook until both potatoes and cauliflower are fork-tender and are very soft when poked, about 15 minutes.
9. Thoroughly drain the potatoes and cauliflower in a colander and discard the rosemary sprig. For the potatoes, pat them dry with paper towels or a clean dish towel. For the cauliflower, you'll need to squeeze out the excess water or it'll be very watery.
10. Return the vegetables to the saucepan or transfer them to a large bowl. Add in the softened vegan butter, lite coconut milk, nutritional yeast, along with salt and black pepper to taste. You can mash everything together using a handheld potato masher, but I use an immersion blender. Taste for seasonings, adding more salt as needed (I used about 1 teaspoon kosher salt).
11. Assemble the Shepherd's Pie. Preheat the oven to 375°F/190°C. If your skillet is ovenproof and has enough space, leave the Lentil Filling in there. If not, transfer it to a large (3 quart/3 liter) baking dish. Smooth the Lentil Filling out. Then, spoon and carefully spread out the Mashed Potato Topping on top, covering the whole surface. For more flavor, drizzle the top with extra virgin olive oil and some extra pinches of salt, pepper, and fresh thyme leaves.
12. Bake for 20 minutes, or until the lentil filling starts to bubble up. Remove from the oven and turn on your oven's broiler. Place the pan under the broiler for a few minutes until the crust is golden brown. To finish, drizzle with more olive oil and garnish with fresh parsley, if desired.