

THE FITNESS CENTRE

MONTHLY

RESOURCES



Warm-up/Cool-down

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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

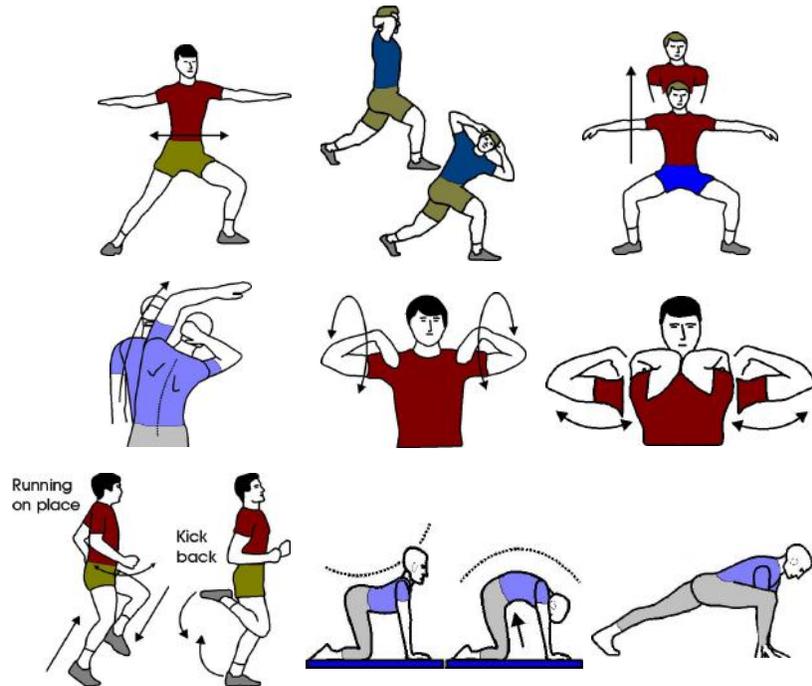
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Ensure to properly warm-up before every workout, as well as allow time to cool-down and stretch after each workout. Below are some examples of warm-up exercises and cool-down routines.

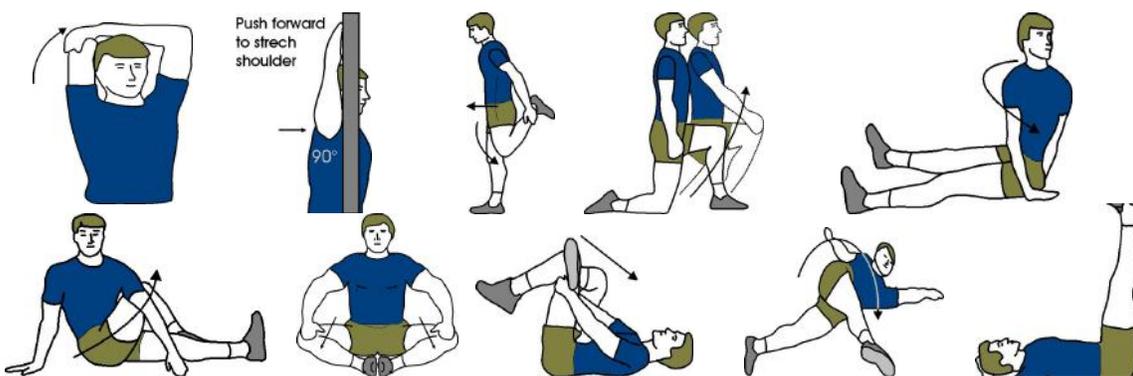
ACTIVE WARM-UP

- 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:



FORCE: The Canadian Armed Forces' Fitness Standard

BY: ROSS WILLIAMS
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Each November, our thoughts turn to those that have served the nation militarily.

While we imagine the conditions of their service, we very rarely consider the training they underwent during and before deployment. Regardless of the branch, military service is a physically demanding job, and training is necessary in order to be in peak condition. In April 2013, the Canadian Armed Forces (CAF) introduced a new approach to military fitness, known as the FORCE (Fitness for Operational Requirements of Canadian Armed Forces Employment) program.

Although not entirely a fitness test, FORCE was designed as a measure of operational fitness to reflect the minimal physical standard necessary for common duties for CAF personnel. FORCE is designed to reflect the movement patterns, energy systems, and muscle groups used while performing common military duties. These duties, known as the Common Military Task Fitness Evaluation (CMTFE) include tasks like escaping to cover, picking and digging, sandbag fortification, vehicle extrication, stretcher carrying and picket/wire carrying.



FORCE: The Canadian Armed Forces' Fitness Standard

Tasks of the CMTFE are reflected in the tasks of the FORCE Evaluation, which are found below:

1) SANDBAG LIFT

30 consecutive lifts of a 20 kg sandbag from the floor above a height of 1.0 m. The member alternates between left and right sandbags separated by 1.25 m.

To be completed in 3 minutes and 30 seconds

2) INTERMITTENT LOADED SHUTTLES

10 consecutive shuttles (1 shuttle = 20 m there, 20 m back), alternating between loaded shuttles with a 20 kg sandbag and unloaded shuttles, totaling 400 m.

To be completed in 5 minutes and 21 seconds.

3) SANDBAG DRAG

Carry one 20 kg sandbag and pull a minimum of four on the floor over 20 m without stopping.

Number of sandbags being dragged depends on the type of floor.

4) 20 METRE RUSHES

Starting from the prone position, complete two shuttle sprints (1 shuttle = 20 m there, 20 m back) dropping to the prone position every 10 m for a total of 80 m.

To be completed in 51 seconds or less.

Video of the actual exercises can be found here:

https://www.cfmws.com/en/aboutus/psp/dfit/fitness/forceprogram/pages/force_videos.aspx

More information on FORCE can be found here:

<https://www.cafconnection.ca/National/Programs-Services/For-Military-Personnel/Military-Fitness/CMTFE-FORCE-Evaluation/FORCE-Evaluation.aspx>

FORCE: The Canadian Armed Forces' Fitness Standard

For a civilian, this test may prove to be a difficult task to meet. Luckily, with some creativity and the multitude of fitness equipment at hand, a similar program can be performed. Perform each exercise x3 . Note the rest breaks between sets.

Sumo Dumbbell/Kettlebell Lift

20 squats with dumbbells/ kettlebell at shoulder height, Alternating side-steps between reps. Rest 1-2 mins between sets.

Intermittent Loaded Shuttle

4 consecutive shuttles (1 shuttle = 20 m there, 20 m back), alternating between loaded shuttles with a pair of dumbbells and unloaded shuttles. Rest 1-2 mins between sets.

Weight Plate Drag

Drag one floor mat holding weight plates (minimum 1 at 25 lbs, minimum of four) across floor over 20 m without stopping. Rest 1-2 mins between sets.

20 M Rush

Starting from the prone position, complete two shuttle sprints (1 shuttle = 20 m there, 20 m back) dropping to the prone position every 20 m for a total of 4 shuttles. Rest 2-3 mins between sets.

3 Easy Steps to Elevated Wellness

BY: TERESA CHEUNG
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We all know that "wellness" is important and is good for us yet it can come off intangible and abstract. Unlike physical fitness, your work can't be easily quantified through reps or level of resistance; There is no target heart rate to work towards etc. By definition, wellness is a conscious, self directed ongoing process through which you become aware of and make life choices towards a balanced life. Here are 3 easy steps to elevate your wellness NOW!

Step 1

Understanding Wellness as Multi-dimensional

Wellness consists of interrelated dimensions that impact our overall sense of wellbeing. By dividing wellness into smaller chunks of dimensions, it allows us to identify and focus on specific areas of life where we want or need more work. This is illustrated as the wellness wheel. This specific model by Clarion University identifies 7 dimensions of wellness, including:

While some dimensions may be more meaningful to you than others, they are all essential in helping you achieve your full potential in life. You can use the wellness wheel to survey choices and situations that impact your overall wellness. On the next page, you will find details on each wellness dimension.



3 Easy Steps to Elevated Wellness



3 Easy Steps to Elevated Wellness

Step 2

Identifying Areas of Need & Goalsetting

This is where you get honest with yourself and decide which of your dimensions need a little loving and how you are going to put in work. Set several goals in the dimensions that need your attention. Setting SMART goals will help you stay on track!

- S** - Specific // Narrow down for effective planning
- M** - Measurable // Use metrics or data target as a way to evaluate
- A** - Attainable // Goal may be challenging but reasonable to achieve
- R** - Relevant // Goal aligns with your value and objective
- T** - Time-Based // When do you plan to achieve this goal by?

Step 3

Action & Evaluation

Now that you have your goals, it is time to hammer them down! Setting a time-line or deadline for your goals provides you check in points to assess how your recent actions are impacting your wellness. You may also evaluate the quality of your goals and modify them if needed. Remember that wellness is an on-going process and it requires much self- awareness, intention and effort in order to change for the better.

Homemade Beef Jerky

BY: BRADEN WENAAS
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Making your own beef jerky is in fact not as hard as you may think, some tools will make it easy, but you can most likely make jerky with what you have at home. If you want to simplify the process, Cabelas sells a jerky gun, which allows you to press ground beef into nice thin lines on a baking sheet. You can also purchase pre-made jerky seasoning mixes from Cabelas and many other outfitter stores instead of making the seasoning from scratch.

If you have a Smoker, you can also smoke and cook the jerky all at once, getting that nice smoked taste. Typically depending on the smoker, smoking for 2 hours around 170-180°F will do the trick. You can buy special jerky trays for smokers. Below is a recipe you can try out and cook jerky with simply an oven!

Ground Beef Jerky Recipe

Directions:

- In a glass bowl combine the ground beef with all the other ingredients. Mix together thoroughly.
- Cover bowl with plastic wrap and set in fridge for 4-12 hours to allow meat to marinate and bind.
- After refrigerating, if using jerky gun, fill gun with meat mixture. Squeeze onto baking sheet or onto jerky racks and place rack on baking sheet. If you don't have jerky gun, set mixture on sheet and roll mixture spreading out flat to 1/4 thickness, then slice into 1 inch strips.
- Set in oven and cook for 10 minutes at 300°F. Then turn down the oven to 170°F, slightly open oven door and cook for 1-2 hours or until meat has dried.
- Enjoy!

Ingredients

Ingredients:

- 1lb Lean Ground Meat
- 2 TBSP Maple Syrup
- 2 TBSP Molasses or substitute for Soy Sauce
- 1 TSP Black Pepper
- 1/4 TSP Curing Salt or 1/2 TSP Table Salt
- 1 TSP Onion Powder
- 1 TSP Garlic Powder
- 1 TSP Chili Powder or Cayenne Pepper