

THE FITNESS CENTRE

MONTHLY

RESOURCES



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**A COLLECTION OF
EXERCISE AND WELLNESS
PAGES**



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.

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ACTIVE WARM-UP

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COOL-DOWN

Fight Hiking Fatigue: Exercises to Improve Endurance

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One of the best parts of the summer months is being able to go out on hikes and explore nature. As enjoyable as the activity may be, muscle fatigue is often a limiting factor for how long you are able to hike. As the leg muscles are predominantly used during a hike, they will be the first ones to fatigue. Here are some lower body exercises to help reduce muscle fatigue so that you can have longer and more enjoyable hikes this summer!

Jump Squats

- Start with feet hip distance apart.
- Lower the hips down into a squat while also bending slightly at the knees.
- Push off the ground vertically by extending at the knees and hips simultaneously.
- Land softly on the feet from toe to heel and sit back into the squatting position to prepare for the next jump.
- Perform 2-3 sets of 12-15 repetitions.

NOTE: Arm movements for this exercise may be varied. 2 common options are:

1. Extend arms backwards as you lower into the squat, then swing them straight up and above your head as you jump.
2. Bring hands together at the chest as you lower into the squat, then extends arms outwards to the sides as you jump.



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Forward Lunges

- Start by standing with feet shoulder width apart.
- Take a large step forward with the right leg and lower down until both legs are nearly at a 90 degree angle.
- Push off the right foot and bring it back to starting position.
- Alternate legs per repetition
- Perform 2-3 sets of 12-15 repetitions per side

NOTE: For progression, add a dumbbell in each hand while performing forward lunges.



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Step Ups

- Begin with a step, plyo box, or bench in front of you.
- Step up with the right foot, pushing through the heel to straighten the right leg.
- Bring the left foot onto the step to meet the right foot.
- Bend at the right knee, bring the left foot back down to the ground.
- Bring the right foot down to meet the left foot on the ground.
- Repeat exercise with left foot leading after each set with right foot.
- Perform 2-3 sets of 12-15 repetitions per side

NOTE: For progression, add a dumbbell in each hand while performing step ups.

Single Leg Deadlifts

- Start by standing with feet hip-width apart.
- While maintaining a straight back, begin leaning forward from the hips.
- Shift weight onto right leg while left leg extends behind you.
- Lean forward until you are horizontal in a "T" shape with your leg straight behind you and your arms extend straight down towards the ground.
- Lean back to starting position while bringing the left leg back to the ground
- Repeat exercise on left leg after each set with right leg
- Perform 2-3 sets of 12-15 repetitions per side

NOTE: For progression, add a dumbbell in each hand while performing single leg deadlifts.



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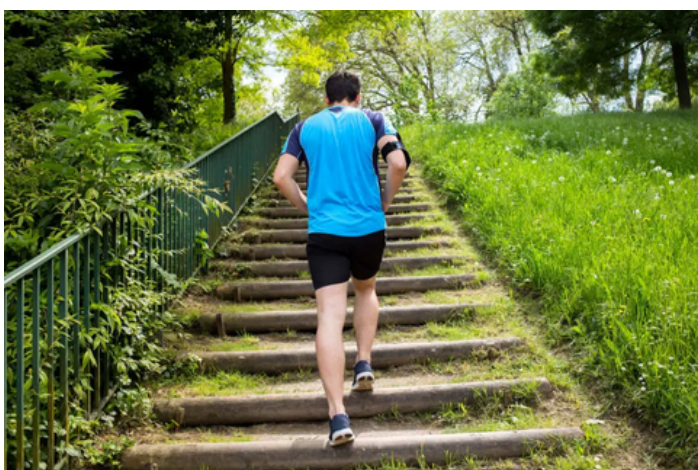
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Stability Ball Hamstring Curls

- Start lying on your back with your lower legs and heels on the stability ball, making sure your legs are hip-width apart.
- Contract your abs and raise your hips off the ground so that there is a straight line from your feet to your shoulders.
- Pull the stability ball towards you by flexing at the knees and hips and bring your heels back.
- Extend at the knees and hips, rolling the ball back outwards.
- Perform 2-3 sets of 15-20 repetitions



https://www.mensjournal.com/wp-content/uploads/mf/swiss-ball-hamstring_curl-the-30-best-legs-exercises-of-all-time.jpg?quality=86&strip=all



<https://i0.wp.com/www.runsociety.com/wp-content/uploads/2012/11/climb-vs-run-1.jpg?resize=960%2C640>

Bulgarian Split Squats

- Begin by standing roughly 2 feet from a bench or step.
- Place top of left foot onto the bench or step with weight on right leg.
- Squat down by bending at the right knee until the right leg reaches a 90 degree angle.
- Push off right foot and extend knee to starting position.
- Repeat exercise with left leg after each set with right leg.
- Perform 2-3 sets of 12-15 repetitions per side

NOTE: For progression, add a dumbbell in each hand while performing Bulgarian split squats.

Stair/Hill Climb

As hiking involves a lot of upward climbing movement, a good cardiorespiratory endurance exercise that is directly related would be either a stair climb or hill climb.

- Begin with a 5-minute warm-up, going at a lighter pace up the stairs or hill.
- For beginners, perform 3 sets of 3-5 minutes climbing at a light jogging pace, with 1 minute of rest between sets.
- For more advanced climbers, increase duration, speed, or number of sets performed and decrease rest time between sets.

QUOTE-STRAVAGANZA 2!

More bite-sized nuggets of wisdom for your daily fulfillment!
Read on and be inspired!

"If you tell the truth, you don't have to remember anything."
- Mark Twain

"No 'one' can do everything, but everyone can do something."
- Dr Sylvia Earle

**"Live your life outside the box
Blow off all the empty talk
They focus on the things you're not
Just walk your walk"**
- Joan Jett

"The most dangerous person is the one who listens, thinks and observes."
- Bruce Lee

"THE WAY I SEE IT, IF YOU WANT THE RAINBOW YOU GOTTA PUT UP WITH THE RAIN." - DOLLY PARTON

"Feet, what do I need you for when I have wings to fly?"
- Frida Kahlo

"Learn from the mistakes of others. You can never live long enough to make them all yourself."

- Groucho Marx

"I am no longer accepting the things I cannot change. I am changing the things I cannot accept"
- Angela Davis

"Not all those who wander are lost."
- J.R.R. Tolkien

"ONE SHOULDN'T TAKE LIFE SO SERIOUSLY. NO ONE GETS OUT ALIVE ANYWAY."
- JIM MORRISON

"The greatest wealth is to live content with little."
- Plato

"We've added years to life, not life to years."
- George Carlin

Homemade Pancakes

To prepare your breakfast spread for stampede, here is a beautiful pancake recipe that will beat any pancakes from any stampede breakfast you've been too.

The recipe makes quality not quantity.

Prep/Cooking time: 15 minutes.

Dry Ingredients

- Flour: 1 1/2 cups
- Sugar: 1 tbsp
- Baking Powder: 1 tbsp
- Salt: 1/2 tsp

Wet Ingredients

- Egg: 1
- Cooking Oil: 2 tbsp
- Milk: 1 1/2 cups



Directions

Combine the dry ingredients into a large bowl and mix together with a hand beater. In a separate smaller bowl, beat 1 egg, then add the wet ingredients and mix thoroughly.

Slowly add the wet mixture into the larger bowl with the dry ingredients and mix together, beating for 5 minutes or until mixture is smooth and no flour is showing. If the mixture is too thick, add a bit more milk.

Spray a griddle or frying pan with cooking spray or oil and heat on medium high. Once hot, use a ladle to scoop the pancake mixture onto the frying pan, you choose how big or small you want to make the pancakes. Note they will expand a bit upon cooking. Cook until browned on each side. For added taste you can stir in chocolate chips, blueberries or anything your heart desires.