

THE FITNESS CENTRE

MONTHLY

RESOURCES



Warm-up/Cool-down

PAGE 3



Workout of the Month:
Hang Ten- Time to Hit the Surf

PAGE 4



Wellness:
Mindfulness Bingo

PAGE 6



Nutrition:
Primavera Stuffed Chicken

PAGE 7

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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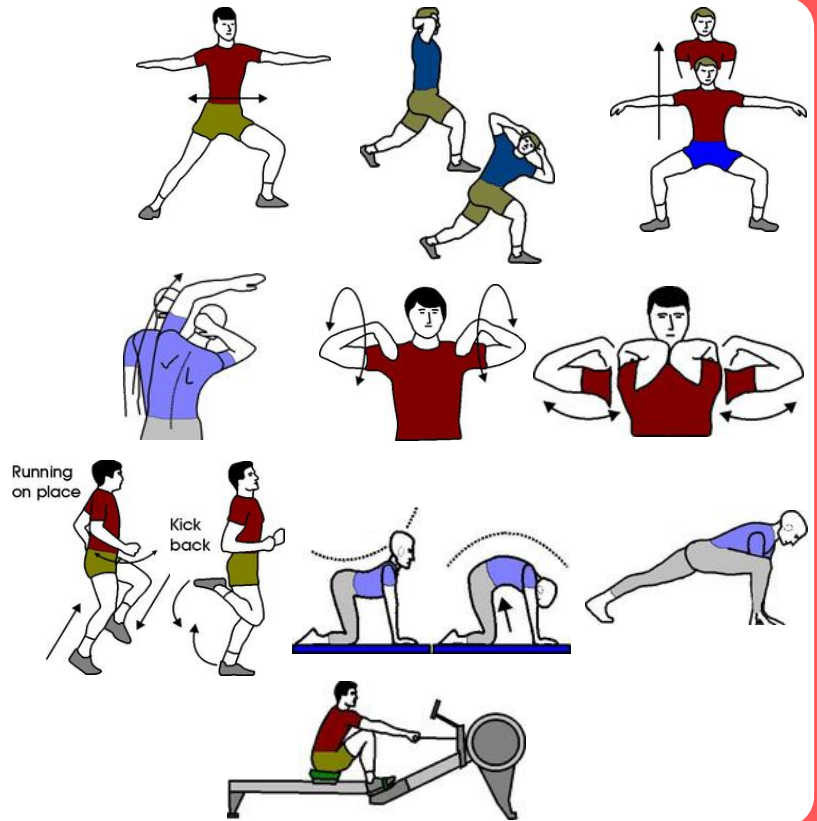


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Ensure to properly warm-up before every workout, as well as allow time to cool-down and stretch after each workout. Below are some examples of warm-up exercises and cool-down routines.

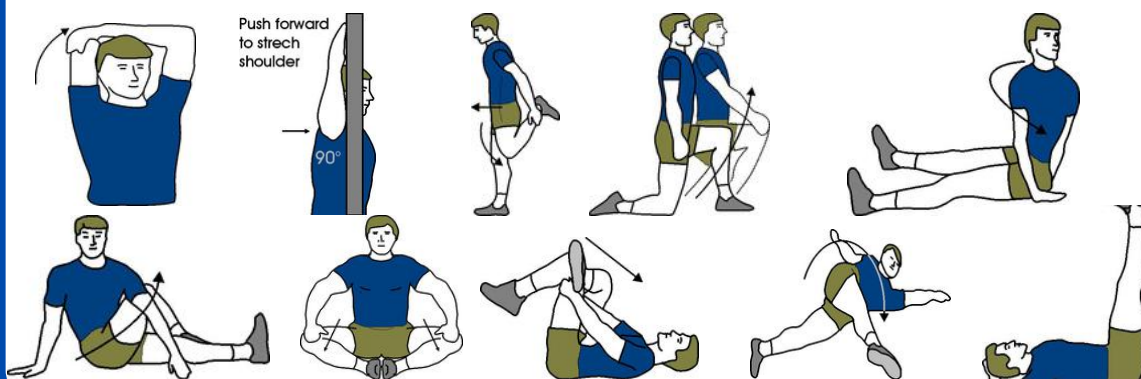
ACTIVE WARM-UP

- 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:



Hang Ten - Time to hit the surf!

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Summer's coming, and what could be better than a summer spent at the beach and catching a few waves? Given our landlocked status, Alberta's not exactly known as a surfing hotspot, but with travel restrictions easing a trip to the beach is in the grasp of many. Wanna give surfing a shot? Read on, Big Kahuna!

Surfing requires a combination of strength, balance and endurance. Strength to propel your board and body into the water, balance to remain on the board while riding the wave, and endurance to get you back to shore and out to the waves again. Total body fitness is a necessity - upper body fitness (chest, upper back, arm and shoulder muscles) is vital for paddling into open water, and pushing yourself up on to your feet on the board; strong leg muscles are also important, as they will help you to squat and maneuvering in the water. Finally, a stable core for balance and spinal support and to protect the back from injury.



5 exercises for surf training

1. Twisting burpees

Burpees include the explosive action of jumping up on your board. The push-up and the jump are included, and the twist challenges both core and balance.

In a squatting position, place your hands on the ground in front of you. Lean forwards onto your hands, then jump both feet backwards together into a push up position. Perform a push-up, then jump feet forwards so they are near your hands again. Explosively leap in the air and raise your arms above your head while twisting, completing a 180-degree turn. When you land (facing the opposite way), repeat the action.

*If combining the push-up and the jump are difficult at first, just focus on the jump up and perform the push-up in a separate action. Work into combining the two.

2. Walking lunges

Lunges cover all of the lower-body bases: buttocks, hamstrings, thighs and hip muscles are all engaged, while the walking element improves both agility and balance.

Starting with your feet together, take a large step forward with your right leg. As the right foot lands, lower your left knee towards the ground and perform a lunge. Focus on lowering yourself down, and not forwards (do not extend right knee over the toes). Push up and forward with your legs, bringing the left foot off the ground. Place it all the way in front so you take a large step forward. Drop into a lunge again and repeat steps.

3. Straight arm pullovers

This exercise uses the same action as paddling, and strengthens/maintains flexibility in the arms, upper back, chest and rear shoulder.

Using a light-to-moderate weight, lie face-up on a bench or fitness ball, holding a kettlebell, dumbbell or weight plate above your head. With arms straight, slowly take the weight back in an arc away from your body until you feel a stretch in your shoulders. With a soft bend at the elbow, pull the weight back over your head to the starting position. Repeat.

4. Single foot planks

The plank engages all the muscles of the core that support your spine and introduces instability to improve balance.

Lie face down resting on your forearms with feet shoulder width apart. Raise your body off the ground, keeping the torso straight and rigid. Lift one leg up to the height of your shoulders (do not rest it on your other foot). Keep the core engaged and hold for as you can. Make sure to perform a set on each foot.

5. Superman stretch

This exercises targets the group of muscles running down the length of your back, and replicates the position you hold on a surfboard while paddling.

How to

1. Lie face down with arms outstretched in front of you. Focus on using the back muscles as you slowly lift both arms and legs approx. 15-centimetres from the floor. Keep legs and arms straight and hold for approx. 30 seconds. Lower your limbs back to the ground with control and repeat.

Balance

Balance is taken for granted since we spend our days on stable surfaces, so it is an important of surf training (and it's not bad for daily life, either!) Balance training will result not only in faster reaction time, but will also help stabilize the joints and prevent injury. Single leg exercises are particularly beneficial.

- Single-Leg Balance Drills such as hopping, closed eye balance or upper body rotations are all simple and basic exercises.
- Exercises standing on a balance board or Bosu ball
- Single-Leg Exercises
- Split Squats
- Lunges

Core Training

The core is comprised of many muscles in your trunk which help stabilize and transmit movement and power throughout the body. Remember to train the core in integrated instead of isolated movements. Using equipment such as medicine balls, cables and fitness balls are excellent for core integration, and can be inserted into your usual weight routines. Some helpful exercises include:

- Fitness ball jackknife
- Medicine ball or cable chops
- Fitness ball rollouts

Endurance,

Endurance can be developed by both weight training (low weight /high repetition) or by cardio exercise (30+ minutes/session),. Any type of cardio will do – certain exercises are more beneficial than others (rowing and elliptical machines, which use the entire body) - but as always, the one you like to do best is the correct one for you.

Works cited/continued reading:

<https://www.blackmores.com.au/energy/how-to-get-fit-for-surfing>

<https://www.booksurfcamps.com/news/best-surfing-exercises>

<https://www.surfertoday.com/surf-training>

<https://surfexpedition.com/get-fit-for-surfing-10-exercises-that-make-learning-to-surf-way-easier/>

Mindfulness BINGO

Mindfulness BINGO is a challenge that can be as long or as short as you would like. Work together with your kids or family members to try and accomplish this bingo card as a team! Click on the underlined words for a link to information on the task. Put a sticker, stamp or draw a checkmark on the boxes you complete.

Morning Gratitude: write down 5 things you are grateful for	Make your favorite breakfast and really enjoy the flavors	Complete a 15 minute stretch break	Complete 10 rounds of <u>box breathing</u>	Take an afternoon off work to do something you love
Take a bath, spice it up using bathbombs or bubble bath & candles	Try a short morning Yoga session first thing when you wake up.	Evening Reflection: Write down 5 great things that happened today	Create a vision board	Listen to one of the Health Hub mindfulness sessions
Read a book, cover to cover	Write down 5 goals you want to achieve by the end of 2022	FREE	Go on a nature walk and tune into the beauty around you	Print and physically color <u>this picture</u>
Try a 15 minute stretch break on the Health Hub	Complete a random act of kindness and write it down	Choose a mantra and repeat it every hour today	Book a massage and get pampered	1 day social media free
Take 5 minutes in your work day to close your eyes and sit quiet	Write a list of all the positive events in your life during 2022	Clean out your closet and give away old clothes	Make a <u>new meal</u> using healthy ingredients	Play with a furry friend

Primavera Stuffed Chicken with Mushroom and Spinach Sauté

Ingredients

For Chicken:

4 boneless chicken breasts
 1 zucchini, halved and thinly sliced into half-moons
 3 medium tomatoes, halved and thinly sliced into half-moons
 2 yellow bell peppers, thinly sliced
 1/2 red onion, thinly sliced
 2 tbsp. extra-virgin olive oil
 1 tsp. Italian seasoning
 Kosher salt
 Freshly ground black pepper
 1 cup shredded mozzarella
 Freshly chopped parsley, for garnish

For Sauté:

2 tsp olive oil
 2 cups sliced mushrooms
 2 garlic cloves, minced
 5-6oz fresh baby spinach
 salt and pepper as needed



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Directions

1. Preheat oven to 400° and prep ingredients for chicken.
2. Make slits in each chicken breast, being careful not to cut through completely, and stuff with zucchini, tomatoes, bell peppers, and red onion.
3. Drizzle with oil and season with Italian seasoning, salt, and pepper. Sprinkle with mozzarella.
4. Bake until chicken is cooked through and no longer pink inside (25 minutes).
5. While chicken is baking, prep ingredients for the sauté
6. Heat olive oil in a large skillet over medium-high heat.
7. Add mushrooms; sauté until tender (about 2 minutes).
8. Add garlic; cook 1 minute longer.
9. Add spinach in batches; cook and stir until wilted (1 minute).
10. Season with salt and pepper.
11. After chicken has cooked, garnish with parsley and serve with sauté.



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