

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.

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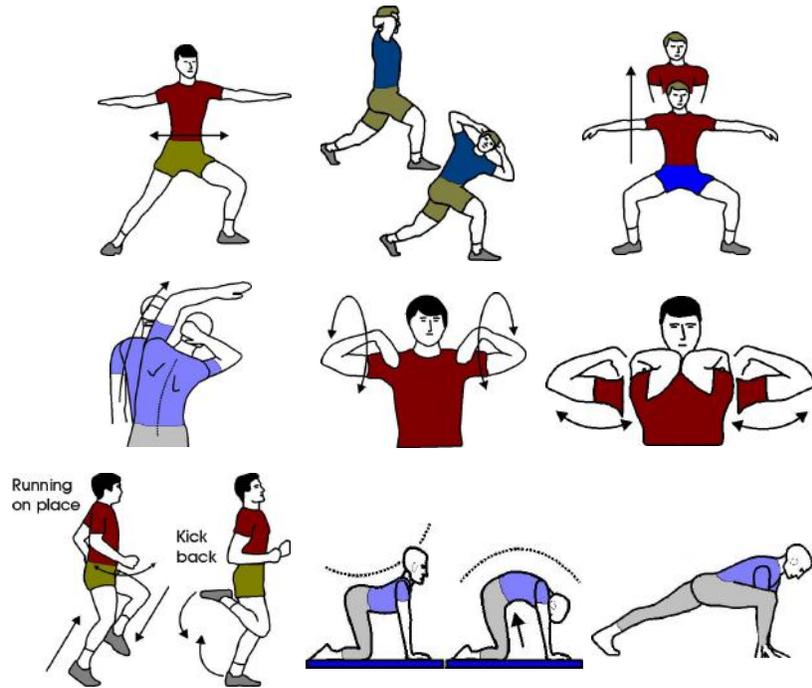


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Ensure to properly warm-up before every workout, as well as allow time to cool-down and stretch after each workout. Below are some examples of warm-up exercises and cool-down routines.

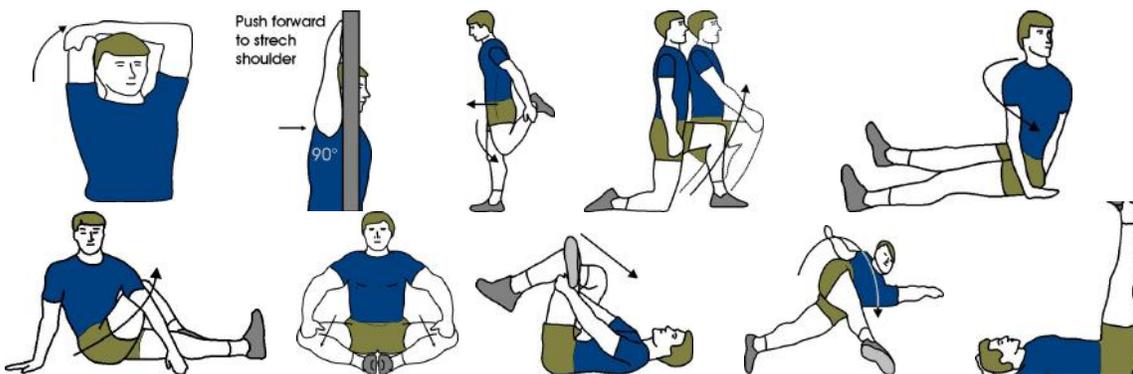
ACTIVE WARM-UP

- 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:



WORKOUT OF THE MONTH

700 BC DUMBBELL WORKOUT



A little history on the Dumbbell.

BY: Braden
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Halteres were an ancient type of weight training tool similar to our present day dumbbells, that date as far back as 700 BC. They were used by Greeks to improve physical fitness for war and to train for the ancient Olympic games. Halteres were made of stone or metal and described as a half circle with a finger hole cut through to grip, similar to a shield. According to the Greek surgeon Antyllus, the use of halteres in workouts consisted of the three main exercises:

- **Curls**- Similar to modern day Bicep Curls.
- **Lunges**- While lunging, halteres were held out front with both arms like a shoulder raise.
- **Deadlifts**- Similar to modern day deadlifts, using two halteres, bending at the hips, then straightening the back while lifting the halteres.

Gardiner, E. Norman (2002). Athletics in the Ancient World

The term "Dumbbell" originated in 18th century England, where a type of tool used to ring a church bell, was used to train. Using the tool without the bell noise implied the term "dumb" "bell".

Todd, Ph.D., Jan (1 April 1995). "From Milo to Milo: A History of Barbells, Dumbbells, and Indian Clubs"

Workout

This workout is inspired by the ancient Greek methods. Although it's not exactly how they trained 2000 years ago, the basics are similar. This workout requires dumbbells and bodyweight training. There are two separate circuits. Complete the 3 exercises in the circuit in a row for 3-4 rounds. Rest 30-60 seconds between each round with minimal rest between exercises.

Circuit 1

- **60s Jog/Sprint:** May use treadmill, go outside, or jog/run on the spot.
- **10-16 Greek Lunges:** Hold two light dumbbells straight forward at shoulder height, perform 10-16 back lunges. If shoulders feel strained, lower the dumbbells beside hips after each lunge.
- **15 Vertical Jumps:** Squat and jump straight up. Can do box jumps. Perform bodyweight squats for less impact.

Circuit 2

- **10-16 Deadlifts:** Hold two dumbbells in front of legs with palms facing toward legs. Hinge at hips and lower dumbbells toward floor with a slight bend in the knees, until a stretch is felt in hamstrings. Keep back flat. Stand back up.
- **10-16 Bicep Curls:** Hold dumbbells at hips. Curl dumbbells up toward shoulders.
- **30s Side Planks:** Assume a side plank with elbow below shoulder, either holding up by feet or one knee down. Straighten your body. Hold for 30s and then switch sides.

Quote-stravaganza!

BY: ROSS
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A little inspiration can go a long way. Enjoy the ensuing wisdom:

"KINDNESS CAN ONLY BE REPAID WITH KINDNESS. IT CAN'T BE REPAID WITH
EXPRESSIONS LIKE "THANK YOU" AND THEN FORGOTTEN"
- MALALA YOUSAFZAI

**"LEAD FROM THE BACK – AND LET
OTHERS BELIEVE THEY ARE IN FRONT"
– NELSON MANDELA**

"If I have to die, I want to combust in the middle of one of my classes"
- Richard Simmons

"The beginning is the most
important part of the work"
- Plato

***"The only way the magic works is by hard work
...but hard work can be fun"***
- **Jim Henson**

"Wave it high and
don't trip and fall"
- Hayley Wickenheiser

"YOU WILL HAVE BAD DAYS, BUT THEY WILL ALWAYS WAKE
YOU UP TO THE STUFF YOU WEREN'T PAYING ATTENTION TO"
- ROBIN WILLIAMS

"I was taught that the way of
progress is neither swift nor easy"
- Marie Curie

"Blessed are the cracked, for they shall let the light in"
- Groucho Marx

**"THINK OFF-CENTRE"
- GEORGE CARLIN**

"There are only two things to remember:
Number one - don't stop
Number two - keep going"
- Frank Zappa

"Learn the rules like a pro, so you
can break them like an artist"
- **Pablo Picasso**

"The cure for boredom is curiosity"
- Dorothy Parker

Sweet Potatoes for Breakfast, Lunch & Dinner

BY: BRIDGET

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SWEET POTATO TOAST WITH ALMOND BUTTER, BANANA AND TOASTED COCONUT CHIPS



INGREDIENTS

- 2 medium sweet potatoes (about 1 lb total)
- 1 Tbsp coconut oil, melted
- Fine salt
- 4 Tbsp almond butter
- 1 large banana, peeled and thinly sliced
- ¼ cup toasted coconut chips

TIPS AND SUBSTITUTIONS

You can make the toasts in advance and refrigerate them in an airtight container up to 4 days. Reheat in a toaster until warmed through.

SOURCE AND CREDITS

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Courtesy of Food Network Kitchen

DIRECTIONS

1. Preheat the oven to 450°F.
2. Slice off the 4 long sides of each of the sweet potatoes so the potatoes are squared off and sit flat on a cutting board. Slice the potatoes lengthwise into 1/2-inch-thick planks, about 5-inches-by-2-inches (you should get 3 planks per sweet potato). Combine the sweet potatoes, coconut oil and a pinch of salt in a medium bowl and toss gently to coat. Spread them out on a baking sheet and roast, flipping halfway through, until lightly browned and tender when pierced with a knife, about 15 minutes. Remove the sweet potato toasts to 2 plates.
3. Divide the almond butter among the toasts, then top each with sliced banana and sprinkle with toasted coconut. Serve immediately.

HEALTHY CHICKEN-AND-CHEESE-STUFFED SWEET POTATOES



INGREDIENTS

- 1 medium sweet potato, pierced all over with a fork
- ¼ cup shredded skinless cooked chicken breast (rotisserie or leftover)
- 3 Tbsp shredded milk Cheddar
- Kosher salt
- ½ small avocado
- 1 Tbsp salsa verde
- 1 scallion, sliced

SOURCE AND CREDITS

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Directions:

1. Microwave the sweet potato on high until tender (when you squeeze it with a clean dish towel, it should feel really soft), about 10 minutes. Let sit for a few minutes.
2. Cut the potato in half but not all the way through. Using the dish towel to hold the potato in place, scoop out the flesh into a small bowl. Add the chicken, Cheddar and a pinch salt and mash everything together with a fork. Fill the potato skins with the mixture.
3. Cut the avocado into small pieces. Drizzle the stuffed potato with the salsa verde and top with the avocado and scallion.

Vegan Grain-Free Sweet Potato Gnocchi with High-Protein Pesto

Ingredients:

Gnocchi:

- 2 sweet potatoes (1 ½ lbs)
- 1 ½ cups chickpea flour + dusting
- ½ cup almond flour
- ¼ cup brown rice flour
- ¾ tsp sea salt

Pesto:

- 2 cups basil
- ½ cup cannellini or navy beans
- ¼ cup toasted walnuts
- 1 garlic clove
- 1 Tbsp lemon juice
- ½ tsp sea salt
- ½ cup extra virgin olive oil
- Water to thin out



Green, Tamara, and Sarah Grossman. "Internet Article." Vegan Grain-Free Sweet Potato Gnocchi with High-Protein Pesto, Food Network, 11 Apr. 2019, 1:00, www.foodnetwork.ca/healthy-eating/blog/vegan-grain-free-gnocchi-high-protein-pesto/.

Directions:

Gnocchi:

1. Preheat the oven to 400 degrees Fahrenheit
2. Puncture around the skin of the sweet potatoes with a fork, place on a baking sheet lined with parchment paper and roast in the oven for 40 minutes.
3. Allow the sweet potatoes to cool slightly, then discard the skin and scoop the inside of the sweet potatoes into a bowl. Add 2 cups of chickpea flour, almond flour, brown rice flour and sea salt. Combine all ingredients together with your hands into a ball.
4. Flour your working surface and place the ball on top, begin to knead it well for about 3 minutes, form it back into a ball and cut it into 4 even pieces.
5. Roll each quarter of dough into a long log, then cut it into 1 inch pieces. Repeat with each piece of dough.
6. If you like, you can roll the gnocchi on the back tines of a fork to create those grooves. (Optional)
7. Place a large pot of water on the stove, salt it and allow it to come to a boil.
8. Once boiling, add a few pieces of gnocchi with a slotted spoon, careful not to overcrowd. Once they float to the top, take them out with a slotted spoon and place on a plate or colander. If the gnocchis stick together in the water, stir the water.

Pesto:

1. Combine all pesto ingredients in a food processor or blender.
2. Blitz until you have a creamy consistency.

Assembly:

1. Once all the gnocchi is cooked, heat a skillet over medium heat and add a good glug of extra-virgin olive oil. Toss the gnocchi in the oil so that they lightly brown. Once browned, place in a large bowl with the protein-packed pesto.
2. Scoop out a serving, and enjoy.

