

THE FITNESS CENTRE

MONTHLY

RESOURCES



Warm-up/Cool-down

PAGE 3



Workout of the Month:
6x6 Strength Workout

PAGE 4



Wellness:
Breathing Techniques

PAGE 6



Nutrition:
The Backyard Gourmet

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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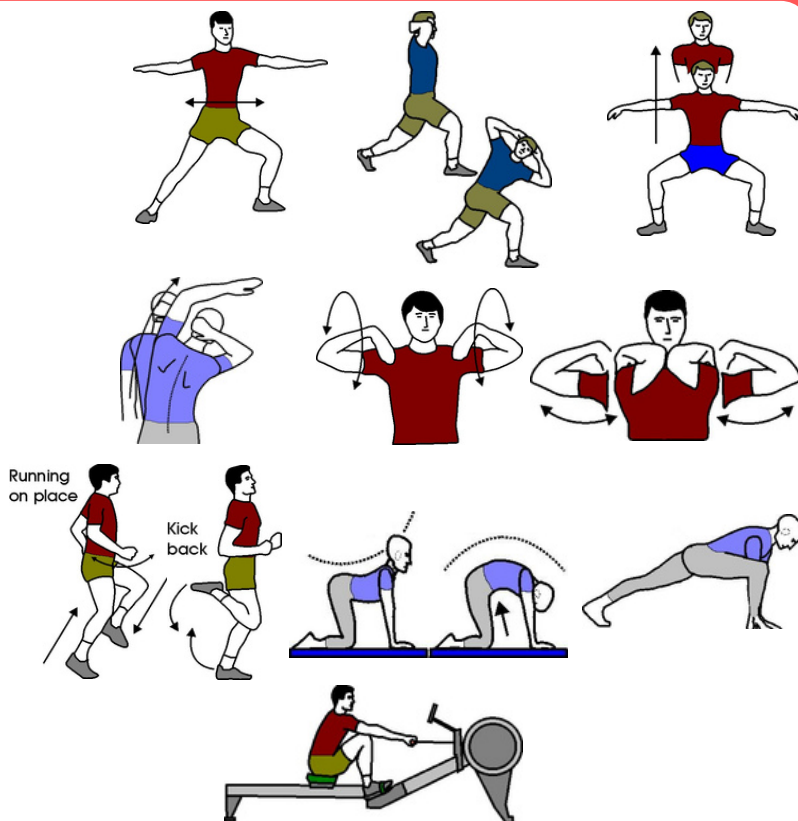


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Ensure to properly warm-up before every workout, as well as allow time to cool-down and stretch after each workout. Below are some examples of warm-up exercises and cool-down routines.

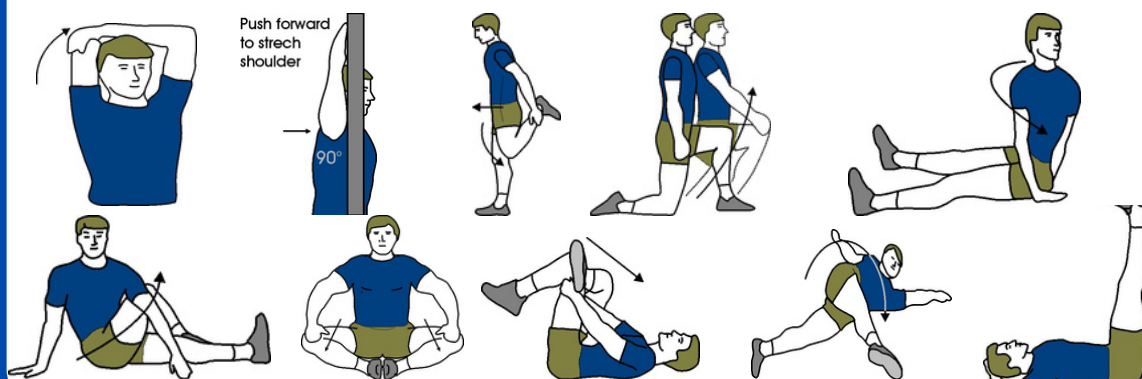
ACTIVE WARM-UP

- 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:

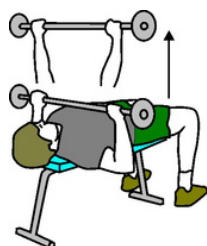


6 x 6

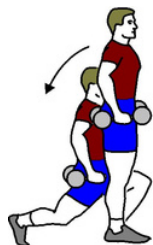
BY: BRADEN WENAAS
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Strength Workout

Looking to build strength? Here is a traditional strength style workout to strengthen your muscles. This is a basic full-body workout with standard strength exercises. Nothing fancy. The workout requires heavier weights that allows for 6 reps done for 6 sets for a total of 36 reps per exercise. It is important to only complete if you are comfortable lifting heavy, experienced, and utilize good form and technique. You can take longer rest periods of 2+ minutes in between sets. Complete the 5 strength exercises in the workout. Do one exercise at a time completing all 6 sets, then move onto the next exercise on the list:



1. Barbell Bench Press: Ensure to warm-up the chest by doing ten warm-up reps with just the barbell or light weight. Add on plates and lock with barbell lock collars. Lay flat so the barbell on catches is positioned below chin. Engage core and lift barbell up and move to position straight above chest. Slowly lower to chest while breathing in, at bottom exhale to lift back up to starting position.



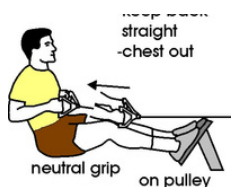
2. Dumbbell Lunges: Holding two dumbbells at side of body with palms facing in, slowly take a step backward far enough so back knee is below hip or a bit further behind. Lower into lunge so knee is 5 inches or so off the floor. Exhale to lift back up to full stand. Repeat on other leg.



3. Cable Lat Pulldown: Using a flat bar on a cable pull down, grab handle with an overhand grip. Sit down and lock legs in leg brace if available. Set shoulders down and back away from ears. Exhale pulling the bar down towards the chest just below the chin, leaning back slightly. Slowly lower the weight bringing the bar back up just before the arms are fully straight, ensure to keep a slight bend in elbows, then repeat pulling bar back down.



4. Dumbbell Goblet Squat: Using one dumbbell or a kettlebell, grab the dumbbell by the end cupping it with both hands, or holding the kettlebell by the handle with cupping with both hands. Start standing with feet wider than shoulder width with toes pointed slightly outward. Inhale lowering into a squat keeping ensuring low back doesn't round, and pushing the knees apart. Lower until legs are close to parallel to floor or until a good stretch is felt in hamstrings. Exhale lifting back up to full stand.



5. Cable Seated Row: Using a cable machine, clip on a v-handle or two single handles. Position cable pulley so it is belly button height. Brace legs and lean slightly back engaging back to lift the weight. Keep arms slightly bent. Exhale squeezing upper back muscles to row the handle towards your stomach. Inhale relax to slowly lower weight back to start position. Try to limit swaying the torso while lifting.

Breathing Techniques For Stress Relief

For relieving both stress and anxiety, breathing techniques can be used at just about any time and any place. Here are some examples of breathing techniques:

Pursed Lip Breathing

1. Relax your neck and shoulders.
2. Keeping your mouth closed, inhale slowly through your nose for 2 counts.
3. Pucker or purse your lips as though you were going to whistle.
4. Exhale slowly by blowing air through your pursed lips for a count of 4.



<https://www.healthline.com/health/pursed-lip-breathing>

Diaphragmatic Breathing

1. Lie on your back with your knees slightly bent and your head on a pillow.
2. Place one hand on your upper chest and one hand below your rib cage, allowing you to feel the movement of your diaphragm.
3. Slowly inhale through your nose, feeling your stomach pressing into your hand.
4. Keep your other hand as still as possible.
5. Exhale using pursed lips as you tighten your stomach muscles, keeping your upper hand completely still.



<https://www.insider.com/guides/health/mental-health/diaphragmatic-breathing>

Alternate Nostril Breathing

1. Choose a comfortable seated position.
2. Lift up your right hand toward your nose, pressing your first and middle fingers down toward your palm and leaving your other fingers extended.
3. After an exhale, use your right thumb to gently close your right nostril.
4. Inhale through your left nostril and then close your left nostril with your right ring finger.
5. Release your thumb and exhale out through your right nostril.
6. Inhale through your right nostril and then close this nostril.
7. Release your ring finger to open your left nostril and exhale through this side.
8. This is one cycle.
9. Continue this breathing pattern for up to 5 minutes.



<https://healthyzen.com/alternate-nostril-breathing/>

The Backyard Gourmet: Non-traditional Garden Goodies

I'm going to make an obvious statement: food prices are currently insane. Between labor issues, inflation, supply chain problems and climate change, the cost of food has become ridiculous to most households. With grocery budgets becoming stretched, it's becoming more and more important to seek cheaper alternatives. Luckily there are healthy options located in our backyards – literally! There's stuff growing in your garden besides your vegetable plot. Namely, things like purslane, nettles, dandelions and other non-traditional foodstuffs which your grandparents ate during the Great Depression that are chock-full of nutritional value!

Purslane:

Known by names like pigweed, little hogweed, fatweed and portulaca, purslane is a green, leafy vegetable that can be eaten raw or cooked. An annual succulent plant, purslane is about 93% water. With red stems and small, green leaves (five in total), it has a slightly sour or salty taste, like spinach and watercress. It grows all over the planet in a wide range of environments, including Southern Alberta. In fact, purslane thrives in harsh conditions like nutrient-poor soil and in drought conditions. It even grows in lawns, gardens and the cracks in your sidewalk! According to the United States Department of Agriculture, a 100 gram serving of purslane contains the following nutrients:

- Vitamin A (from beta-carotene): 26% of the DV.
- Vitamin C: 35% of the DV.
- Magnesium: 17% of the DV.
- Manganese: 15% of the DV.
- Potassium: 14% of the DV.
- Iron: 11% of the DV.
- Calcium: 7% of the RDI.
- It also contains small amounts of vitamins B1, B2, B3, folate, copper and phosphorus.

Purslane Salad

(courtesy of www.izzycooking.com/purslane/)

- 4 cups purslane
- 1 tbsp olive oil
- 3 cloves of garlic
- 1 green onion
- 1 tbsp soy sauce
- 1 tbsp oyster sauce or char sui sauce
- 1 tsp sugar
- Salt and pepper (to taste)
- Chili pepper (optional)



Wash purslane stems thoroughly, breaking larger stems into smaller pieces.

In a pot of salted boiling water, add purslane. Cook for 1 minute. Remove purslane to a large bowl when finished.

In a skillet, heat oil at medium heat. When hot, add garlic, green onions, optional red chili peppers, sugar, soy sauce, and oyster/char sui sauce. Stir-fry for 1 minute. Add the garlic mixture to the purslane. Toss the salad and enjoy.

Dandelions

If you have a lawn, you have dandelions. Although some of the health benefits of dandelion are still under research, it is known that Vitamins A, C and K, and provide good doses of calcium, iron and magnesium. Dandelions are also high in antioxidants. Dandelions are available commercially in many forms. Although the dandelion grows wild and free and the City of Calgary has not sprayed for them in years, it's important to make sure that any wild dandelions you eat are free of pesticides.

Dandelion leaves are slightly bitter tasting and have a peppery element like arugula. They are a nice addition to any green salad, with a sweet vinaigrette dressing helping to blunt any bitterness. The leaves can also be cooked to remove bitterness - soak leaves in cold, salted water for 10 or 15 minutes, then cook them in boiling water until tender and sautéed with olive oil, onion or garlic.



Dandelion syrup (courtesy of www.almanac.com/cooking)

Dandelion flowers (about 60)
1-1/2 cup water
1 cup sugar
1/4 cup brown sugar (or 1/4 cup honey)
1/2 lemon, juice and zest

Snip dandelion blossoms from the green base into a container, rinse the flowers and pat dry.

Add flower heads and water to a pot. Bring to a boil for 30 seconds to a minute. Remove pan from heat and steep for about eight hours.

When steeped, strain the liquid through a strainer into another bowl. Discard flowers and return strained liquid to the pot. Add sugar, lemon zest, and juice and simmer for one hour.

Allow the syrup to cool. Add sugar and lemon juice to taste.

Transfer to a sterile glass jar or container and leave to cool completely..

Syrup will keep for one month in refrigerator.