



WESTSIDE GYM



state of the art equipment • broadcast vision fitness cinema • spinning

Avoid The Hassles, Enjoy The Freedom

Conveniently located at Broadway and Blenheim, Westside Gym takes pride in providing its members with a hassle-free workout zone. Spacious and generously equipped, Westside Gym offers free underground parking, Broadcast Television, a wide variety of equipment to suit the needs of all members, and friendly, knowledgeable staff who will help you get the most benefit from your workouts. We offer a free facility orientation to new members and a free consultation with one of our certified personal trainers.

Here at Westside Gym, we know spinning! Workout on our new, top of the line Schwinn spinning bikes seven days a week. With instructors who have experience on Canada's National Cycling team, the women's Tour de France, and the National Mounting Bike Team, we are able to provide spinning classes for everyone, from those interested in general fitness to more advanced cyclists and triathletes. In addition to spinning, we offer a variety of other group exercise classes, including Circuit Training and Release & Mobilize.

Still not sure if Westside Gym is for you? Ask about our one-week free trial membership that includes unlimited access to the gym and all of our classes. Come see us today!



3313 w. broadway, vancouver • 604.224.2639 [body] • www.westsidegym.ca

the fitness file™

QUARTERLY NEWSLETTER : FALL 2008



Body & Soul health and fitness

personal training • yoga and pilates • massage • chiropractics and rehabilitation • outstanding amenities

Join Us For Our Second Annual Fall Fair!

Saturday, September 13, 11am - 3pm

DEMONSTRATIONS • INFORMATION • FOOD • PRIZES

After a very successful Fall Fair last year we are again collaborating with other companies interested in health and fitness in order to show you some great ways to enrich your life. Enjoy a bit of hospitality while you check out our facility and all the great information booths. Have a free Thai, Chair or Shiatsu massage. Our resident chiropractor, Dr. Aaron Case, will be on hand to share his knowledge and Personal Trainers will give demonstrations on Yoga, Pilates, Nordic Walking, Gymsticks and more!

And if that's not interesting enough...then eat! Stong's is generously donating burgers, hot dogs, veggie burgers and more for our charity BBQ. All proceeds will go to the Special Olympics BC Vancouver Chapter.

EVENT SPECIAL PRICING!!
10 Personal Training sessions for \$500 +gst
(regular price \$650)

• LadySport is a fixture on Vancouver's Westside and has provided fashionable and functional exercise clothing for women for many years. They have fitted more marathoners with the right shoes than we can think of.

• The mobile Bodycomp Imaging technology will be on site to perform body composition analysis. This technology accurately measures fat, muscle and bone mass and helps assess the impact of your fitness routine and lifestyle over time.

• If you enjoy active vacations or pampering vacations or both, North South Travel will be here to advise you on fabulous spa get-aways.

• Rocky Mountain Soap Company will be showcasing its line of 100% natural bath and body products, made with the most nurturing and therapeutic ingredients nature has to offer.

• Solarice (previously known as SpaEthos) will show how and where you can get pampered for an hour or maybe a day in our busy city.

• Arthur's Fresh Company will refresh you with delicious smoothies. Arthur's Fresh makes it easy for people to do themselves some good with fresh, tasty, completely natural concoctions made with only the freshest, highest quality ingredients

This event is made possible with the help of our suppliers: Chung Chun International, Green Earth Organics, Fitness Town, Relaxus and more. Make sure to enter to win one of several fabulous door prizes donated by our sponsors!

t h e c o r n e r s t o n e o f c h a n g e

3785 w.10th ave. vancouver • 604.224.2639 [body] • www.bodysoul.ca



Profile: Margaret Benson



Margaret's story is too amazing to fit in this small publication. Margaret bought 5 Personal Training Sessions Body & Soul donated to an auction raising funds for the World Transplant Games in 2007 in Thailand. Not only did Margaret support the games by bidding at the auction, she also participated and won a Gold medal. She participated in the Vancouver Half Marathon earlier this year and in August went to Windsor, Ontario to participate in the World Transplant Games. She has been a regular client of Body & Soul's ever since! If you are interested in reading more about Margaret's "Dreams do come true", please visit our website at www.bodysoul.ca and click on the "Inspirational Stories" link.



Health Assessment

By Spencer Holowachuk, BHK
Head Trainer & Exercise Physiologist

Having goals is not only important at work and in social relationships, but also in your health and exercise program. Whether you are an elite athlete or someone just beginning an active lifestyle, goals are important to help direct your training and will lead to quicker results. Too often people stick with the same exercise routine and never progress past their current fitness level. For instance, a person interested in weight loss may use an elliptical trainer (or any other piece of cardiovascular equipment) for 30 minutes followed by a few sit-ups, twice a week. On a positive note, this person is exercising and expending energy; however, this exercise program lacks a major component that is crucial to weight loss: exercise progression. Exercising at the same intensity, duration and mode (type of exercise) each week creates a plateau in your fitness level. Once the body is accustomed to handling a certain workload, the benefits reaped from that exercise are greatly diminished. To prevent this decline, the body must be continually worked beyond its current capacity. **cont'd on right**

Why Is It So Difficult To Exercise?

We know that there are several health parameters that we can affect positively through exercise including blood pressure, resting heart rate, body fat, muscle strength/flexibility and bone density. We also know that people who exercise generally have a better quality of life. If we know all this, why aren't we exercising more?

The main reason is lack of motivation due to inadequate feedback.

So, let's look at 3 ways to monitor your exercise in order to keep you motivated in the long term.

1. Get a Before and After (pre/post) Health Assessment. Another option is to go through a more comprehensive health assessment through a Personal Trainer or other source to know how and when you are progressing. Examples of pre/post testing may include strength and flexibility, heart rate, body fat, and/or cardiovascular (VO2 max assessment).

2. Enter a Race. Some people enter running/walking events as a short/medium term goal to keep them in better shape than they would be otherwise. As an added health bonus, when training for a race and pursuing a Personal Best (PB),

people tend to automatically make better health choices including training, sleep, nutrition and injury prevention throughout the day/week.

3. Record your Mood and Productivity Changes. Another simple and immediate way of monitoring your success is to keep track of how you feel (1-10 rating scale) before and after each exercise session (i.e. productivity, optimism and outlook on life) in a journal.

No matter how you feel before your exercise session, I can (almost) guarantee success and happiness after exercise for at least another 24 hours (unless you lock yourself out of your house or are late for work as a result). Just choose some of the feedback methods suggested above and the numerous long term health benefits from exercise are sure to follow.

Dr. Aaron Case, BSc, DC, focuses on treatments of old and new injuries, gait analysis and rehabilitation. Dr. Case's goal as a Chiropractor is also to enhance his patients' performance, correct postures and empower patients with advice to remain healthy.

Fitness Tip: Stretching Safely

By Angela Longstaffe, CEO and Co-Owner

Stretching is a key part of your exercise program. Stretching before your workout — especially if you have tight or injured muscles — can prepare your body to exercise. Stretching after your workout promotes better range of motion of your joints. Stretching also improves your flexibility, balance and coordination.

When you're stretching, keep it gentle. Breathe freely as you hold each stretch. Try not to hold your breath. Don't bounce or hold a painful stretch. Expect to feel tension while you're stretching. If you feel pain, you've gone too far.

How do you know when to progress your training?

- Pump up the intensity or duration once the exercise becomes easy/moderate
- Alternatively, seek advice, i.e. a personal trainer can monitor exercise intensity and prescribe more advanced exercises when necessary

How do you gauge your improvement?

- Perform an initial fitness assessment with specific parameters before training
- £ re-administer the assessment post training to track progress toward your goals

Fitness assessments are important to determine the correct exercise prescription for an individual. Without a basic understanding of a person's current fitness level it is difficult to match an appropriate exercise plan to safely and effectively meet the individual's goals. Other benefits of a fitness assessment include:

- Objective evaluation of fitness
- Locates areas of fitness requiring improvement
- Instills motivation to change
- Guides goal making process
- Supports safe & effective exercise prescription

Body & Soul is proud to unveil its new and advanced fitness assessment. The fitness assessment addresses a variety of health and fitness measures to give a comprehensive report to the client. Included in the assessment are daily health related issues such as blood pressure, heart rate, posture and body composition. Performance variables are also evaluated and grouped into three major categories: cardiovascular capacity, musculoskeletal fitness and flexibility. Depending on your goals and activity level a fitness protocol will be chosen to give you a relevant and inclusive fitness report. In addition, your results can be compared to age-related norms to see where you fall on the fitness continuum for your age. Not only will this report identify areas of weakness in your fitness, it will also help you set realistic and attainable goals.

Perhaps the most useful feature of Body & Soul's new fitness assessment is that the software will store your data and can compare your future assessments to show which fitness components have improved and by how much. This feature functions as a 'check-up' to make sure your health and fitness are progressing and also helps direct exercise program changes if needed to assist you in reaching your fitness goals. For more information on this useful tool please visit Body & Soul for further fitness assessment details.

