



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

Stay Fit Through The Summer Season

A little exercise is better than none. If you can only sneak in 20 minutes or half an hour here and there, Westside Gym is the answer. We are a small boutique-style Gym with enough equipment to have no waiting periods. Our enthusiastic, knowledgeable and friendly staff is happy to assist you with an exercise program you can stick to. While it is nice to exercise outdoors in the summer, use our special offer over the summer to get into the habit of exercise. It is said that it takes 3 weeks to change or develop a habit – think what you can do over a 4 month period!

Summer Savings

- *May 1st – August 15th, receive our “student membership” price: 4 mths for \$35/each*
- *May 1st – August 15th: Drop-in rate is \$10 on weekdays, \$5 on weekends*
- *Offpeak Hours: Train for 4 months @ \$25/mth, between 9am and 5pm, 7 days a week!*

Profile: Stefan Matusik



I have been a member at Westside Gym for 3 years and continually look forward to incorporating my daily workouts into my busy lifestyle. The friendly staff has been more than helpful fielding my questions and assisting me to reach my personal goals. With the combination of the high-energy spin classes and the committed personal trainers, I managed to reach my desired weight loss of 45 pounds. Since then I have used the facilities to further my goals in weight training and pursue the challenges of new exercises. I enjoy never having to wait to use any equipment, allowing me to perform circuit training between sets. The daily workouts keep my energy levels high and motivate me to be my best for my summer sports. Life is about balance and I believe a healthy lifestyle is one important aspect of that.



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

Anti-Aging... Challenging The Sands Of Time

The Fountain of Youth; has it been found? Likely not, but there are numerous things you can do to age in a healthy and graceful way. Anti-aging addresses how to prevent, slow, or reverse the effects of aging and helps people live longer, healthier, happier lives. It includes scientific research and applications in genetic engineering and other medical advances like finding treatments and cures for Alzheimer's disease. It includes anti-aging psychology including coping skills for resiliently handling change, stress, and aging. Anti-aging includes nutrition, physical fitness, skin care, and hormone replacements. Alternative medicine and holistic approaches have typically been the incubators for approaches initially shunned by traditional medicine. The following articles illustrate some methods Body & Soul believes can help you stay well and extend the vitality of life...

Anti-Aging & Personal Training

Have you seen the recent commercials sponsored by the Dove soap company? They have taken a novel approach to anti-aging and instead talk about pro-aging and portray “real” people- young and old, black and white, wrinkled and less wrinkled, big and small. It's about time. This mindset is increasingly being felt in the fitness industry and no more so than in the growing field of Personal Training. I believe this shift will only continue as people continue to live longer and with the rising rate of obesity in children. Did you know that this generation of children will be the first to live less than their parents' generation? Along our existing generation of an aging population, the current generation of inactive children will be requiring more health care and be looking for future trainers to help with the health problems they will face.

continued inside

S P E C I A L

May 1st – August 15th
Get 10 Personal Training Sessions for
\$500_{+ GST} (one time only)

the cornerstone of change



Anti-aging & Personal Training cont'd

The average age of Body & Soul clientele is between 35-55 years old with a significant number in the 55+ category. Currently, our oldest client is 86 years old and after 10 years working with trainers at Body & Soul enjoys an active lifestyle of golfing, travel, playing with grandchildren and training twice a week with a personal trainer. Training with a doctors' clearance and under supervision is important at any age to prevent injury, learn correct and safe techniques, monitor and progress with a changing and adapted routine, as well as to provide motivation and accountability.

Like with weight loss, there is no magic pill to stop aging but we can work with it to age gracefully with confidence, dignity and sound health rather than fight it.

There are thousands of scientific studies backing up what we already know- incorporating exercise and a healthy diet in to your lifestyle- regardless of your age, is beneficial.

Qigong For Staying Young

Qigong is the cultivation of the vital energy the Chinese call qi, the force that animates every living being. It is estimated that 200 million people worldwide practice qigong (Chinese yoga) or tai chi every day. In addition to having the power to cure their own diseases they have more energy, maintain their youth, think more clearly, decrease stress, access inner peace, get more done with less effort because they are in the flow, and have more fun.

From a physical/energetic point of view qigong; generates and increases energy, builds, maintains and enhances health, rejuvenates the body, builds endurance and strength, makes the body flexible,

Stephanie Lafazanos, a Kinesiologist, Holistic Practitioner and student of Medical Intuition provides Thai, Classic Swedish, Deep Tissue/Sports Massage and QiGong classes at Body & Soul Health and Fitness.

Some important benefits are:

- Increased energy and confidence
- Increased bone density
- Increased balance, coordination and agility (hip breaks from falls, in some cases leading to death are a significant problem for some older adults)
- Improved posture
- Decrease in depression
- Provides mental and social stimulation

Whether you are 26, 66, or 86, it is never too late to begin an exercise program and start on the road to slowing or preventing some of the effects of aging and lifestyle. Aging should not be seen or experienced as a burden or an ailment but as an enjoyable and vibrant phase of life. As Oliver Wendell Holmes once said, "people do not quit playing because they grow old; they grow old because they quit playing."

**Marla Brillinger
Co-Owner and Personal Trainer
Body & Soul/Westside Gym**

heals disease, stimulates all systems of the body, especially blood circulation and digestion, relaxes the body, nerves, muscles and organs, releases blockages in the physical/energetic system, balances temperature, yin/yang, transforms sexual energy, refines, upgrades and mobilizes energy, recycles "garbage" into useful neutral energy.

Qigong also effects mental and soul development in ways that also keep us young, for example it calms the mind and emotions and clarifies thinking. *(From talks by Christer Ekstrom, Senior Universal Tao Instructor)*

The Secret To Anti-Aging Is You!

What YOU do is the most powerful age-delaying factor that helps prevent early degeneration and disease. It is not what someone else (Medical Doctor, Chiropractor, etc.) does to or for you. However, preventative check-ups are important to detect early deviations from good health.

Since the biggest difference to your health is what YOU do, try or continue with the following suggestions that have been extensively researched and proven to successfully help one age gracefully:

- Exercise regularly/daily
- Eat plenty of fruits and vegetables and other whole foods
- Work towards improving relationships
- Take [some] responsibility for your life
- Pursue several options [if necessary] for pain removal to continue being active
- Stay "tuned-up" without appropriate treatments when necessary

When we challenge our bodies [running, yoga, skiing, tennis, walking, gardening,

etc.], old or new scar tissue [from injury or overuse] will result in pain or irritation. Often, we see this pain or irritation as being caused by the new activity and consequently, we give up the new activity. When we drop the activity we are also dropping its massive anti-aging benefits.

Instead of stopping the activity, one should be aware that this pain or irritation may be temporary. For example, when I treat the scar tissue around my patient's knee to restore proper muscle function, the pain and irritation is often eliminated. This allows the patient to continue with the real anti-aging secret – movement and exercise!

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.

Mr. Sandman...

Sleep is just as important to health as fitness and diet. What to do when you struggle to fall asleep: Picture yourself in a pleasant, relaxing scene such as being near a waterfall, at a beach, on a walk during sunset, alone or in nice company. Go back to that picture when your mind starts to stray. Participants in an Oxford

study who tried that fell asleep 20 minutes faster. Researchers speculate that such visualization uses up more brain space [tiring it] and is easy to stick to.

**Angela Longstaffe
CEO and Co-Owner
Body & Soul/Westside Gym**

You Are What You Eat

Is there such a thing as a food that will turn back the hands of time? While some would like us to believe this is the case, the reality is that one does not exist. However, there are a number of delicious foods that you can incorporate into your diet that can help to prevent disease and premature aging. These foods contain compounds called "antioxidants" that bind to "free radicals" preventing them from damaging healthy cells. The "free radical theory of aging" suggests that people age because cells accumulate free radical damage with time. Free radicals can be formed from metabolism, stress, infection, pollution, cigarette smoke, radiation, herbicides etc.

The more we are exposed to free radicals without the protection of antioxidants the higher the risk of premature aging and diseases such as cancer and heart disease. So by eating a variety of antioxidant rich foods you can increase your protection against the damaging effects of free radicals. The following are a list of some of the foods that are rich in antioxidants that you can add to your everyday meals:

1. **Berries:** Blackberries, Blueberries, Grapes, Prunes

These deep purple fruits contain phytochemicals known as flavonoids which are powerful antioxidants. Anthocyanins, the blue red pigment found in these berries help to neutralize free radical damage to the collagen matrix of cells and tissues.

2. Cruciferous Vegetables: Cabbage, Cauliflower, Broccoli, Kale, Turnip, Brussel Sprouts
All of these veggies contain compounds that block enzymes involved in the initial stages of cancer development and help to detoxify carcinogens. Try to eat ~1/2 cup per day or at least 3x per week.

3. **Spices:** Tumeric

Add more spice to your dishes with Tumeric and you gain many health benefits. Curcumin, the active ingredient, may ease aches and inflammation and the antioxidant actions enable it to protect cells from free radicals damage.

4. **Dark Chocolate:** Everyone's favorite!

Everyone's favorite food! This food is emerging as a health food if eaten in moderation. It has been studied for its effect on lowering blood pressure and cholesterol. Choose dark chocolate (>70% cocoa) to reap the benefits and keep to a square or two per day.

5. **Tomato Sauce**

Tomatoes have hit the spotlight due to their high content of the antioxidant lycopene. With its high antioxidant properties and versatile flavor it can be easily added to many dishes.

The bottom line is that while aging is inevitable, we can decrease the signs of aging by eating a variety of colorful foods at every meal. Try to aim for at least 4 colors per meal to maximize the nutrient content and antioxidants in your day.

Example of an Antioxidant Rich Meal:

Grilled Salmon with lemon and dill, Tumeric wild rice pilaf with crushed walnuts and scallions, sautéed broccoli, carrots and peppers in garlic and olive oil, and 3 dark chocolate dipped strawberries for dessert.

Sinead Feeney, B.Sc., RD (registered dietitian) focuses on nutritional counselling to help people improve their health and overcome problems in a variety of areas. Her services are now available through Body & Soul, please call us for details and/or to book an appointment.