



Visit Our New Website!!
www.westsidegym.ca

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

Spinning

Another solution for getting a great workout in a short amount of time is to participate in one of Westside Gym's Spinning Classes. A high-intensity exercise that involves using a stationary bike in a classroom setting, participants set goals based on their heart rate, using a heart rate monitor. Westside Gym now has heart rate monitors for all participants in the class in order to enhance training and allow for individuals to monitor intensity and improvement. They allow you to get the most out of your training and to use your time efficiently providing beneficial and motivational information.

A typical class involves a single instructor at the front who leads participants through a 45 minute ride working the aerobic and anaerobic energy systems. Routines are designed to simulate terrain and situations encountered in actual bicycle rides, including hill climbs, sprints and interval training. The instructor uses music and enthusiastic coaching to motivate the students to work at an

appropriate intensity. The benefit of using spin bikes is that each participant is able to work within their own range. You do not need to be an experienced and fit rider; classes are designed to challenge all levels of fitness. With instructors that bring a vast background from Canada's National Cycling team, women's Tour de France, and from the National Mounting Bike Team we are able to provide classes that appeal to the general population and to athletes including cyclists and triathletes.

Westside Gym uses new Schwinn Spinning Bikes with features including a mechanical device to modify the difficulty of pedaling, specially-shaped handlebars, and multiple adjustment points to fit the bicycle to a range of riders. The pedals are equipped with toe straps to hold the foot to the pedal, as well as SPD and Look pedals enabling powerful strokes.

Circuit Training

Circuit Training is another option to add variety and motivation during the summer months. CT is a form of group exercise that combines both strength and endurance. A number of stations are positioned around the facility consecutively and participants are assigned to each station, rotating with little or no rest, performing 30 seconds to 1 minute of work until all exercises have been completed or a certain time requirement achieved. The

circuit often is made up of 9 to 12 stations involving exercise machines, dumbbells, calisthenics or any combination. 30 second to 3 minute aerobics stations are often placed randomly throughout the workout in order to keep the heart rate up. Combining strength training and aerobic training improves cardiovascular endurance during the workout.

As the nice weather approaches no one wants to be inside training BUT with Westside Gym's outdoor Circuit Training you will be able to maintain the strength you have worked so hard for while enjoying the sun! Twice a week you can come get a great motivating workout in sunny Kitsilano. This class will incorporate body weight exercises, toner work, along with a cardiovascular component to provide a full body workout.



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

Here Comes The Sun...

The lazy days of summer are almost here which means it's time to start thinking about flip-flops, shorts and yes...the dreaded bathing suit!! When the sun comes out we all know how easy it is to enjoy our beautiful city and forget about regular workout routines that have been so diligently established through the winter months. In this issue of The Fitness File, we'll discuss the Westside's best kept secret — a place where you can maintain your hard earned conditioning with short, time saving summer workouts. Are you a runner? Then don't miss Dr. Aaron Case's article on DVD Gait Analysis, a great way to improve your running efficiency and avoid inconvenient, time consuming injuries. Or Nordic Walking might be just the thing you need to add a new dimension to your outdoor exercise. Finally...you don't really think Personal Training is just for the elite do you? It's something everyone can, and maybe should, consider in order to introduce regular fitness into their lives.

Westside Gym



For the last 7 years, Westside Gym has been one of the best-kept secrets on Vancouver's west side. A boutique-style neighborhood gym with friendly, knowledgeable staff, state-of-the-art equipment and broadcast vision, at Westside Gym there is no signing up or waiting for equipment. We provide constant interaction between the staff and members to ensure your safety and provide you with friendly advice. We take pride in our genuine interest and care towards all individuals, and offer a friendly, no pressure, relaxing training environment.

Stay fit this summer! We know its hard to stay indoors to train when the weather is nice so we have devised quick, intensive workouts to keep you feeling great through the summer months. **From June to September we are offering 1/2 hour sessions for only \$20 and 1 hour sessions for \$40!**

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TapBra
Bra Fitting Clinics at Body & Soul!
June 22 & 23, 7am - 6pm

Summer Special at Body & Soul

Buy 10 Personal Training sessions for \$650 + Gst and receive another 2 sessions free.

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



Profile: Janice Stevens



I started training at Body & Soul in 2002 shortly after the birth of my second child. Having been away from any regular work out routine since becoming a mom, I began to realize that if I didn't "schedule" a work-out into my busy days - they simply weren't going to happen. I have gone beyond my original fitness goal of losing pregnancy weight and have gained muscle mass and increased my cardio fitness as well. The past three years I have joined the Body & Soul Team in the Run for the Cure and last year ran 10K in the Vancouver Sun Run. The trainers are supportive but still manage to keep my workouts challenging and fun!

Nutrition Tip: Omega-3 Fatty Acids



These are most commonly found in fatty fish-like mackerel, albacore tuna and salmon, and can reduce your risk of cardiovascular disease, according to the American Heart Association. Don't like the taste of fish? No problem. Now manufacturers are adding omega-3s to foods such as pasta, eggs, cereal and butter substitutes.

Profile: Anne Rogers



Over three years ago I injured my spine and stopped most activities because of pain issues. Last summer I was referred to Body and Soul by a friend and have had very good results - starting with Dr Aaron Case who helped the pain issues with chiropractic - and Joanna Keys who augmented Dr Cases' treatments with massage therapy. Scar tissue has gradually disappeared as a result and my back is much more flexible. At the same time my fitness level was at an all time "low" and I embarked on a fitness regime with personal training. As a result, my back condition is much improved as has my fitness level. I aim to continue with all three modes of treatment/fitness to maintain and improve my body (and soul!)

Nordic Walking

Nordic walking evolved from an off-season ski-training activity known as ski walking to become a way of exercising year-round. Ski walking with poles has been practiced for decades as dry-land training for competitive Nordic skiers. Trekking poles have helped backpackers reduce the stress to their knees and backs. Today over 6 million Europeans are practicing Nordic Walking. Nordic Walking combines the positive training effects of walking combined with the total-body exercise advantages of cross-country skiing. The result is a total body workout that burns up to twenty percent more calories without a change in perceived exertion

or having to walk faster, due to the incorporation of many large core, and other upper body muscles which work against resistance with each stride. Some of the benefits of Nordic Walking:

- increased overall strength and endurance in the arms
- burning more calories than in plain walking or running
- improved balance and stability when using poles
- less stress on the shins, knees, hips and back

Nordic Walking poles of correct size for beginners should put the individual's elbow at 90 degrees when strapped in and standing tall.

DVD Gait Analysis

DVD analysis of Running, Jogging or Walking Technique for Injury Prevention or Performance Enhancement. Since the 1970s, video has been used in gait analysis for people with pathological conditions, and leading hospitals worldwide have gait labs which are used to design treatment plans monitor follow-ups. With recent advancements in digital technology and performance enhancement research, DVD gait analysis has recently expanded to the study of locomotion (running, jogging, walking) in healthy people, benefiting anyone from high level athletes and marathon runners to recreational strollers. Muscles, tendons, and ligaments, stabilize our arms and legs (bones) by acting like strings on a wooden doll. When these strings are too loose, too tight, overactive, or under active, the position and motion of the bones to which they attach is changed. When limita-

tions are identified through DVD analysis, specific changes in running technique, strength and flexibility can make a significant difference in the mechanics and motion of the legs (hip/torso/arms also) during locomotion. Using a DVD camera, Dr. Aaron Case (marathoner and Chiropractor) records patients running, jogging or walking and breaks down the motion at each joint, frame by frame, before designing a personalized stretching and strengthening program. He also recommending modifications in technique to improve performance and prevent injury. Dr. Case then reviews all of his findings with the patient on the computer (during a follow-up session) to make the link between his recommendations (technique, stretches, strengthening) and the DVD analysis of the patient. The patient receives a CD copy to go over on their own or for further analysis at a later date.

Personal Training For Health & Wellness

Ever wonder why people work with personal trainers? Are trainers only for Hollywood stars or the very wealthy?

The reasons people choose personal training are varied and depend on individual needs. Some people have physically demanding jobs and need to stay in top form to be able to work. Others may have jobs where they stay in one position for long periods and have postural imbalances that need correcting to maintain health and avoid injury. For these groups of people, personal training is an investment in their career- allowing them the physical wherewithal to perform the work they love for longer and with less or no pain.

Many people use a personal trainer for motivation. While so many folks have the best intentions of working out regularly, they find that unless they have a booked appointment with a trainer, they just don't seem to make it to their workouts often enough to reap benefits such as improved productivity, sleep, stamina, posture, and strength. Some clients have health issues that require regular exercise in order to keep their conditions from worsening. Meeting with a trainer frequently ensures they get the exercise they need.

Several clients are training for sports such as soccer, skiing, snowboarding, hiking, boxing, and golf. Some have events they are working toward like the Sun Run, Vancouver Marathon, or Iron Man.

Older adult clients (we have some in their 80's) often need to focus on balance, coordination, and maintenance of range of motion. These activities can help prevent falls and increase the length of time independent living can be maintained. Other reasons people might want a trainer are to lose some weight or start exercising again after recovery from injury. It's important to talk with one's doctor before starting an exercise program.

Most clients love the mental stimulation and challenge provided by a personal trainer. Body & Soul trainers are known for their creativity and ability to keep workouts fresh and stimulating. Above all, when clients come for personal training at Body & Soul, it is a time for the focus to be on them and their wellness.

Health and wellness are an investment; there is nothing more important than a healthy body and spirit. Quality of life is number one. Body & Soul clients recognize this and choose health every time they work out with a personal trainer.

