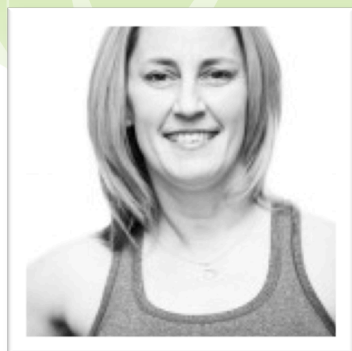


LEE - ANNE SIMPSON FALL 2017

the

FUEL

Fitness & Wellness Newsletter



REFER A FRIEND

\$20 Referral Bonus for each person you refer that joins in any program offered.

A NOTE FROM LEE-ANNE

Hi everyone! Welcome to Fall and the FUEL, Virtual Training and Fitness NEWS for this season!

First off, thank you for participating in all of the programs and training I provide, I truly enjoy working with each and every one of you providing fitness, nutrition and wellness coaching. Since a very young age, it has been my passion to help people strive to be as healthy as possible and with your support I have been able to share this passion and excitement!

In the past year or so I began offering Virtual Training to be able to provide training and wellness coaching to people in their homes, during travel or away from an in-house facility. It was always my hope to be able to offer this service to those requiring the convenience, accountability and affordability of a "live" trainer no matter where they may be. Some have even added on Virtual Training for those times when they can't make it into the studio for their regular workouts and others have added the service to their Employee Wellness programs at work. No matter how it has been utilized, I am pleased to say it has been a fantastic experience and one I hope to continue to offer for many more years.

Currently I am working on adding Virtual programs such as Meditation, Nutrition and Wellness Coaching and it is my hope to increase participation to reduce the cost for all of these programs in the upcoming months. Through your support I believe this can happen. As mentioned in the past, if you refer someone to a program, VT or in the studio, I would like to thank you with a \$20 Referral Bonus for those that join. There is no other way for me to thank you enough for your support. It means so much to me!

Thank you in advance for all your support and cheers to Fall 2017!



Save the Date!

**FREE Virtual On-line
Candlelight Meditation**

Mon Oct 16 8:30-9:00 pm

No experience necessary.
Everyone is welcome,
children, men and women.
Guided Virtual Meditation
teaching stress reduction and
relaxation. Sign up is
required for links to be sent.



Secret to Self Motivation

If you know me, you know I love motivational videos, lectures, podcasts and books. Recently a friend of mine shared this one and it is amazing!

It's one of the best 20 minute speeches I have ever listened to.

I hope you will take a moment to watch it and have a listen!

<https://youtu.be/2Lz0VOltZKA>

Quick Simple & Delicious Salad Dressing

5 tbsps Olive Oil

1 tbsp each Natural Maple Syrup, Balsamic Vinegar

Salt & Pepper

Optional: 1 tbsp Taziki to make it a creamier dressing.



Shoes...It's Time!

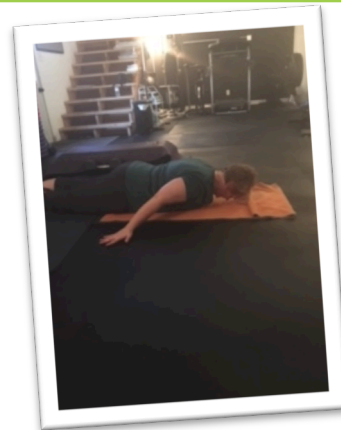
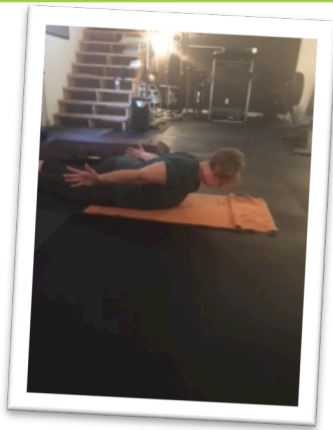
One of the most important tools in your workout is yours shoes. Each quarter to half a year, be sure to change your shoes. Due to the rubber support of the shoe (used or not) it dries and when you workout in them the support is broken down causing back and/or knee pain as well as instability of joints and ligaments. You do not have to spend a lot of money (between \$80-100 is reasonable) but avoid sale items as these are usually last year models and have sat on the shelf for a while causing the rubber to dry out and breakdown when used. Cross trainers are a good choice and looking for proper support for high arches,

heel spurs or other foot issues is just as important. Happy shopping!

Smile!!!!!!!!!!!!!!

They say a smile goes a long way and it does, especially while training. Sometimes we forget to breath regularly during a workout as we are trying to perform the proper moves, get through an exercise, count, balance and so many other things. While this is all happening we sometimes forget to breath and for many this can become a real problem. By smiling during a workout you not only breath better but you change how your body responds to the exercise. Smile right now, you will notice how great you feel and you will instantly breath better. Enjoy!





Exercise Move Of The Month COBRA

This exercise is an excellent compliment to any workout routine and has proven to not only strengthen the back muscles but it also helps strengthen the core.

The back and abdominals are opposing muscles and when trained in unison they assist each other. If you experience a bad back it usually due to a weak core and if your core is weak you usually have weaker back muscles.

It is important to balance training of opposing muscles groups (Biceps & Triceps, Chest & Scapula, Quads & Hamstrings are other opposing muscles in the body) to maintain balance and stability.

Cobra

Lying face down and palms on the floor, elevate the shoulders off the ground and inhale as you lift up, at the end of the lift, squeeze the shoulders back and externally rotate the palm with the thumbs up (like a hitch hiker) and breath out slowly as you hold the shoulders up.

Lower back to the ground and rest briefly or as long as you need and repeat.

Perform 5-10 daily or as needed.

Move slowly into “Child’s Pose” after the Cobra sequence for a gentle release of the back.



Halloween Treats

Halloween is just around the corner. Try this healthy alternative at a party or event. Maybe hand them out to parents or kids during trick-or-treat night. Yummy, healthy alternative!

Winter Injury Prevention

Ski Season, Shoveling, Tubing & Tobogganing all awesome but be careful

It's a love hate relationship some of us have with winter and for some resorting to outdoor activities is a huge help. For all of us we have the chores of shoveling or clearing walk ways and cars from heavy snow. Whether it's a winter activity or a chore, be aware of how the body responds to the season. Be sure to take time to stretch before and after all activities to stay injury free.



Stretches

Hip Release

Rock knees side to side for approximately 10-20 secs.



Low Lunge

Perform this Low Lunge 1-2 times per side holding the stretch for 20-30 secs each side.



Forward Fold

Leaning forward to hold feet or shins, release the head and keep the legs as straight as possible to release the hamstrings helping the back muscles relax. Drop the hips and straighten between 5-10 times at a slow pace.



Mindful or Mind Full?

Techniques to help reduce daily distractions.

It's a busy technology-dominated world-and most of us are continually spinning, twisting and turning in an effort to "get things done" and "produce". We work, we raise families, we have countless responsibilities. The truth is, this is distracted living, and it raises stress levels, lowers productivity, interferes with our ability to focus and comprises the mind-body connection. When we fail to cultivate a sense of contentment and joy, which is counterproductive to what we are trying to achieve.

Behaviour Change

Although regular exercise and healthy eating is imperative to a healthy lifestyle, the changes do not actually take place during the workout or while eating, they happen as we live a mindful lifestyle and not full mind.

Balance Between Physical and Psychological Strength

How can you integrate holistic opportunities for skill development beyond your workouts? For example if you train 3 x's a week think about what you do on your non-training days. You will likely think you should incorporate some type of physical activity to compliment the work done on the training days. Such activity might include flexibility regimen core training, active rest or some other unsupervised

form of movement. This is an excellent way to help reach fitness goals but what about achieving balance-lifestyle balance. This would include proper and consistent stress management and mindfulness practices thoughtfully designed to strengthen mind-body connection. Establishing and then reinforcing this connection allow you to become centred, confident and capable of maintaining healthy lifestyle practices and is developing, without being derailed by the inevitable daily distractions or upsets.

Incorporating Mindfulness Practices

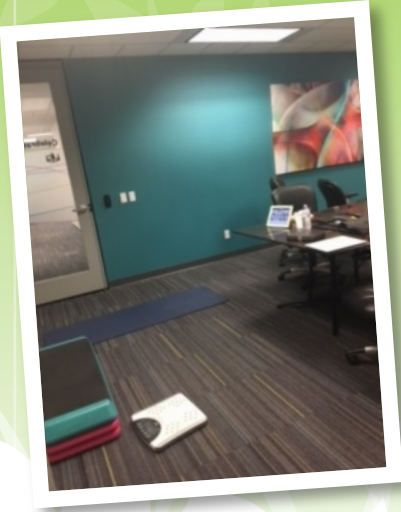
Incorporating "psychological wellness" into a fitness program helps you stay on track and better manage threats or relapses down the road. The definition of mindfulness has been described as "present-moment, non-judgmental awareness of one's physical and psychological experience. In other words, mindfulness is related to a mental state in which the focus is on the present moment and the acceptance of all facets of an experience or an event. When we are mindful, we are aware of our own bodily sensations, emotions, feelings and thoughts.

For further information or to try a mindfulness practice, join the FREE Virtual Candlelight Class on Mon Oct 16 at 8:30 pm-9:00 pm.

Mindfulness Techniques:		
Technique or Tool	Suggested Use	Resource For Practice
Mindful meditation	Before bed or before stressful event	www.minful.org/meditation/minfulness-getting-started/
Breathing exercises	In the shower, before work or bed	www.mindful.org/a-five-minute-breathing-meditation/
yoga	At the end of a workout or on non-training days	www.yogajournal.com
Guided imagery exercises	Before an event or a workout	www.dartmouth.edu/-healthed/relax/downloads.html
Daily gratitude journaling	As a daily practice or as a reflection at day's end	www.huffingtonpost.com/2014/11/25/everyday-gratitude-practices_n_6212270.html
Cognitive restructuring/Observation lessons	Daily practice on a specific topic	www.psychologytoday.com/blog/in-practice/201301/cognitive-restructuring

Thank You BGIS

Recently Virtual Training teamed up with BGIS and offered a Virtual Wellness Employee Pilot program and the results were outstanding. Overall happiness had increased, inches and body fat percentages went down and there was an increase in lean muscle for each participant. It was a pleasure working with each and every one of the participants and an amazing experience to learn from. If you or anyone you know would like to offer a Virtual Employee Wellness program, please let me know. I would be happy to create a program tailored to suit the needs of the organization!



To register or sign up for any of the programs offered or for further information please contact Lee-Anne Simpson at the following:

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