



Providing an optimum exercise experience for ALL members

Eating right for you!

July 2011 By: Janet Liguori

Fitness For LIFE: are our cars making us fat?

We were all born athletes. Yes that's right, ALL OF US; from professional athletes to evening walkers, we were built to move around and be physically active from birth to death. Today our modern suburban life and its "conveniences" e.i. the car, computers, cell phones, always indoors, has cut out the need to be active while performing daily tasks and errands. This has taken a toll on our mental, physical and emotional health. Luckily, there are many ways to get physical activity

We eat in the car, talk on the phone, it's gets us to where we are going fast. But have we every stopped to think, maybe this is not the way of life that is most healthy for us? We get in our cars, go to the grocery store, then the doctors, then pick up the kids etc. But what if everything was within a five minute walk? IF you would walk to pick up your kids, then visit the dentist down the street, then get your groceries for the next couple of days fresh and walk back home? This would be healthy on the walled and your heart. Less gas money, less pollution, more physical activity for you! Welll, not everything is within walking distance. But some things are. And it is important to dedicate time to walking or leaving the car in the driveway. Bike to work even!

Our car built society is affecting our health. For one we eat in the car. Is this the right setting to eat? Even a small snack can be digested poorly. For example, when we are driving we are in "slight fight or flight mode". In this setting blood flows away from the digestive system towards our brain and muscles – eating is not a good idea at this time. The food would sit there and rot, unable to be properly broken down due to restricted blood flow to our stomach.

NUTRITIONIST INFO:

Krista Cumming, Registered Nutritional Consulting Practitioner

Contact: 905-822-5240 ext 631 or kcumming@ontarioracquetclub.com

Gloria Atkinson, Registered Holistic Nutritionist

Contact: 905-822-5240 ext 276 or gatkinson@ontarioracquetclub.com

NUTRITION TIPS!

- #1 Eat more raw foods.
- #2 Avoid sugary carbohydrate loaded snack close to bedtime, or entirely!
- #3 Try vegetable juicing for breakfast
- #4 Eat steady small meals throughout the day

GOLDEN CHICKEN BROTH

Makes about 8 cups

Ingredients

Bones from 2 roasted chickens	1 carrot, halved
1 celery stalk, chopped	1 yellow onion, chopped
2 cloves garlic, crushed	1 bay leaf
1/2 teaspoon whole peppercorns	Handful parsley stems
10 cups water	

Method

Combine all ingredients in a large pot and bring to a simmer over medium heat. Reduce heat to medium low and simmer, uncovered, for 1 hour.

Strain and discard solids. Cool and refrigerate for up to 3 days or freeze up to 6 months.

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MORE LIFESTYLE TIPS!

- #1. Remove negative emotions through prayer, meditation, and positive thinking “Stress only becomes negative when you’re response is negative” – Dr. Mercola
- #2. Sleep in complete darkness and get 6-8 hrs a night: light disrupts the production of melatonin and serotonin during sleep.
- #3. Avoid loud alarm clock: waking abruptly is too much stress on the body.
- #4. Before bed: Read something relaxing, no thrillers or suspense novels, and avoid watching TV before and hour bed.