



Providing an optimum exercise experience for ALL members

# All the FIT that's news to print

May 2011

May Is Lung Month

## OMG! EXERCISE DOES NOTHING . . . . to improve Lung Health ! !

The lungs are an incredible expanse of tissue about the size of a tennis court when laid out flat. They trade oxygen for carbon dioxide ridding the body of waste gas and bringing it new fuel. The function is absolutely critical to life. Amazingly, regardless of how hard you work out, you will not create more lung tissue nor will you increase the amount of gas that can be exchanged during a breath.

If your exercise regimen does not affect lung health for better or worse, what does?

The Canadian Lung Association lists 34 different medical conditions of the lungs from colds to cancers. They all diminish or halt the lungs' efficient function. The symptoms at least in the early stages are very similar but the effects of the different illnesses vary widely in seriousness and scope. So, if you are experiencing respiratory distress now, *it is not time for self-diagnosis*. See your doctor.

If you have healthy lungs now, everything you can do to maintain their health is preventative. Lungs deteriorate for only 2 reasons – infection or reaction to foreign substances – smoke, pollution etc.

Here's what you can do:

- Don't Smoke
- If you smoke, STOP. Your lungs will start to heal almost immediately!
- Avoid second-hand smoke
- Wash hands thoroughly and frequently particularly during flu season
- Cover (sleeve) coughs and sneezes
- Throw out used tissues immediately after use.
- Fight air pollution.
- Be aware of indoor air pollution – poor ventilation in work areas, garages, etc.
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**Three million** Canadians suffer from asthma, chronic obstructive pulmonary disease (COPD), lung cancer, TB and cystic fibrosis (only five of the thirty-four lung conditions). That's almost ten percent of the population! The prevention list (above) is not onerous. Surely we can do better.

### **No Breath is Death**

PS. ....about exercise: While it doesn't affect the lungs, it certainly impacts all the rest of the cardiovascular system. It affects the way in which the oxygenated blood is transported throughout the body. This includes the efficiency of gas exchange in muscles, the health of the blood vessels, the strength of the heart to keep the blood circulating to the lungs and the rest of the body.

Wouldn't it be a shame to save your lungs for a body that couldn't use their product?

**By: Paul Meldrum, Fitness Specialist and Personal Trainer**

## Fitness Fun Camps

ORC offers fun filled, action packed and safe Fitness Summer Camps. Daily activities include cooperative games, team sports (soccer, frisbee, volleyball) on-site water games, health and nutrition activities and exercises (coordination, agility, balance, core, cardio).

### Ages 3-5yrs (half day 12pm to 4:30pm)

We will help your child learn fundamental movements and link them together into play. Physical activity is essential for healthy child development and enhances development of brain function, coordination, social skills, gross motor skills, emotions and imagination.

Member \$135

Non-Member \$150

Short weeks: Member \$108

Non-member \$120

### Ages 6-8yrs (full day 9am to 4:30pm) or Ages 9-13yrs (full day 9am to 4:30pm)

Your child will learn fundamental movement skills and build overall motor skills. Skill development in the **FUN**damentals stage will be well-structured, positive, and FUN! No periodization takes place; however, all programs are structured and monitored. **Includes SWIMMING—every day!**

Member \$200

Non-Member \$230

Short weeks: Member \$160

Non-member \$184

## Teen Fitness Camp

### Ages 12-16 yrs (half day) 9am to 12:30pm

Get a great workout and Learn how to use all the exercise equipment. Everyday will focus on a different stream of fitness: Strength, Flexibility and Cardio vascular. Get a trainer designed and monitored workout! The Teen Fitness Camp will encompass; all cardio equipment, weight machines, fitness accessories, body weight exercises, and circuit training. If your teen is under the gym usage age, once they complete a week of Teen Fitness Camp, they will have access to ORC to workout. Teen Fitness Camp ages 12-16yrs

Member \$113

Non-Member \$135

Short weeks: Member \$90

Non-member \$108

## Sports Performance Academy Camp

### Ages 10-16yrs (half day) 8:30am to 12pm

The goal of SPA camp is to give all athletes the tools to reach their full potential in sport and life. Whatever your sport, SPA Camp will help you become a great athlete.

Your young athlete will see results in the SPA camp with the following activities:

- Fitness Testing
- Endurance workouts
- Agility, Balance and Coordination drills
- Strength training (body weight)
- Power exercises
- Speed programs

Member \$140

Non-Member \$175

Short weeks: Member \$112

Non-member \$140

## PUSH UPS

There are so many different ways to do push ups – here are Some ideas:

- From your toes
- From your knees
- Using a BOSU flat side up with your hands
- Using the balance boards with your hands on the board
- Using the balance board with your feet on the board
- Toes on a medicine ball
- One hand on top of a medicine ball – then switch to the other hand
- Holding on to Dumbbells and row the dumbbells after one push up
- Push up then do a chin up – repeat
- Feet on a stability ball
- Hands on a bench
- The list goes on... be creative

