



“Nobody has even measured, not even poet, how much the human heart can hold.” Zelda Fitzgerald

Exercise of the Month

February is Heart Month! An excellent way to get your heart pumping is to “Climb the Ladder”. Choose the cardio equipment or exercise of your choice and follow the ladder continued below.



- 1 Minute of Moderate Intensity followed by 1 Minute of High Intensity.
- 1 Minute of Moderate Intensity followed by 2 Minutes of High Intensity.
- 1 Minute of Moderate Intensity followed by 3 Minutes of High Intensity.

See the pattern? Keep it going for as many minutes as you like, and when you have reached the “top”, come back down. You can change your intensity by increasing speed, incline or resistance.

FITNESS FACT OF THE MONTH

It has been proven that the most elite distance runners have a stride rate of about 180 strides per minute. To check your stride rate, time yourself for 60 seconds as you count your strides. For ease, count each time your right foot hits the ground and multiply by two. With the right training, you can develop a faster stride rate, which translates to faster times. Something to try is to find a very gentle downhill on grass or dirt that is 50 to 100 meters long. After warming up, begin at the top of the slight slope and allow gravity to ease you into controlled acceleration as you descend. The downhill slope naturally helps you increase your turnover. Jog back to the starting point. Good Luck with training

What's Happening at the Gym?

Physio Tip of the Month

Snow shovelling season is upon us. Most people recognize that shovelling snow is very hard work, and can put severe stress on your heart. However, fewer people recognize the stress and strain that it places on the lower back. Snow shovelling,

especially if the snow is wet, is like picking up heavy weights. One full shovel load of wet snow can weigh as much as 25 pounds!

Take the Following tips into consideration when tackling the driveway or sidewalk:

- **Choose a shovel that's right for you** – The best type of shovel is an ergonomically designed one. These shovels have curved handles that reduce the strain put on your back when shovelling. They make a huge difference!

- **Lift the snow properly.** Squat with your legs apart, knees bent and back straight. Lift with your legs. Do not bend at the waist.

- **Step in the direction in which you are throwing the snow.**

- **Take frequent breaks** when shovelling. Stand up straight and walk around periodically to extend the low back.

- **If you have a health problem or are not in good shape, do not even consider snow shovelling.**

Recipe Of The Month

Stir-Fried Bok-Choy with Tofu



Stir Fry is a healthy way to cook vegetables so they retain their flavour, crunchy texture and nutrients. Bok Choy is high in vitamin C, folic acid, and beta-carotene and it contains plenty of fibre and nitrogen compounds, both of which have shown to help

reduce the risk of various cancers. Tofu on the other hand, is rich in both high quality protein and B-vitamins.

INGREDIENTS:

- 8 large bok choy stalks
- 1 package (14 ounces) firm tofu
- 2 tablespoons cornstarch
- 3 shallots
- 2 tablespoons olive oil
- 2 tablespoons oyster sauce
- Salt & Pepper to taste

DIRECTIONS:

1. Remove leaves from bok choy stems. Cut leaves into 2-inch pieces; cut stems into 1/4-inch diagonal slices (do not combine leaves and stems). Cut tofu into 1/4-inch slices. Coat tofu with cornstarch. Cut shallots into thin slices.
2. Heat wok or 12-inch skillet over high heat. Add 2 tablespoons olive oil; rotate wok to coat side. Add 2 pieces tofu; cook 1 minute, turning once. Repeat with remaining tofu, removing tofu as necessary. Return tofu to wok. Add oyster sauce; toss until tofu is evenly coated. Remove tofu from wok.
3. From the same pan. Add shallots; stir-fry 30 seconds. Add bok choy stems; stir-fry 1 minute. Sprinkle salt and pepper according to your desired taste. Add tofu and bok choy leaves; cover and cook 1 minute.

*Serve over hot cooked rice or noodles with crusty rolls and orange wedges. Green tea goes well with this stir fry. Try chopping a medium head of Chinese (napa) cabbage to use in place of the bok choy and 6 green onion bulbs sliced thin in place of shallots.

