

## Welcome to the first edition of Atii News!

This newsletter has been created as an avenue for Atii board members and fitness instructors/trainers to communicate information about the fitness centre and the services offered to members. This is also an opportunity for us to share health and wellness tips to make the experience at Atii as positive and meaningful as possible. Enjoy!

## History

The Atii Fitness Centre (AFC) was founded in 2003 by the Iqaluit Fitness Society (IFS), in order to provide Iqalummiut with a non-profit fitness centre offering a wide variety of fitness programs and equipment. The Centre opened its doors in July 2004 and has been successful in promoting active living in the community.

Iqalummiut are able, at a minimal cost, to access equipment and programs which allow them to maintain a healthier, more active lifestyle, preventing diabetes, and other chronic disease. In a member survey, 80% of respondents reported they had noticed an improvement in their health since becoming a member of the AFC. Over 90% of respondents felt that the AFC has been successful in creating a fitness centre that meets their fitness needs. AFC is not only a fitness facility but a community fitness centre which provides safe health and fitness programmes through proper fitness instruction whereby all age groups can benefit and thrive.

There are currently 27 volunteers and 16 volunteer board members that serve the AFC. All 9 group fitness instructors and 4 personal trainers are CanFit Pro certified & volunteer their services.

July 2009 marks our Fifth Anniversary: Stay Tuned for Celebration Events.

## Improvements

Atii Fitness Centre received \$68,355 from CLEY through *The Recreation Facilities Minor Capital* program. The expansion is now complete with increased storage for members, promotional products, and administration. With the front desk oriented to the entrance there is a more efficient flow of traffic for sign-in. The Board appreciates the members' patience during the construction period. The Board is also grateful for CLEY's continued support!

Lockers are now available as a part of the improvements to the centre. Lockers can be used on a daily basis. Just bring your own lock & remove it at the end of your session. Lockers can also be rented for 6 months at a time (nothing less) for \$60.

## Upcoming Fundraising Events

**BINGO** at the ARCTIC WINTER GAMES arena on **May 15, 2009**.  
 Doors Open at 6:00 pm. Bingo starts at 7pm  
 \$60 to play (10 games)  
 Jackpot \$5,000  
 Mini Jackpot of \$1,500  
 \$10,000 Total prizes  
 \$1,000 Nevada Pull tickets

**Second Annual JAIL & BAIL** at ATII is on **June 12, 2009**. Stay tuned for more information!

**Third Annual Healthy Living Awareness Run** is on **June 21, 2009**.  
 Events include 5 Km Fun Run & 10 Km Competitive Run  
 Prizes for 10km race include:  
 1st Place - \$300  
 2nd Place - \$200  
 3rd Place - \$100  
 Men's & women's categories!  
 Walk, run or jog to support and raise funds for Atii!

## Touch Pad Login system

Atii's touch pad system is a state of the art log-in system that works on the basis of an individual's biometrics. During the log-in process, the software uses an individual's finger points to recognize the member. The touch pad system is a secure system in that it deletes the finger points once the set-up has been completed. A significant benefit of this new log in system to the member includes no longer having to show a membership card in order to enter the fitness facility. The system is also environmentally friendly as it does not require the printing of hundreds of membership cards.

If you still would rather use a membership card, you may do so. The cost of printing an Atii membership card is \$10.

## Par-Q Update

The Physical Activity Questionnaire was designed to help identify individuals who may require medical advice before participating in an exercise program. Being more active is safe for most individuals however in some cases it is best to check with their doctor first.

The questionnaire includes 7 'yes' or 'no' questions. In the interest of members' safety, we must insist that anyone who answers 'yes' to any of these questions seek the advice of a medical professional and obtain a doctor's note in order to use the facility.

Because one's health can change in a short period of time, we will require members to complete and submit a new Par-Q form annually.

If your health changes so that you then answer 'yes' to any one of the questions, please seek advice from a medical professional before continuing your exercise program.

## Wellness Tip

Take breath breaks. Chronic stress depletes energy & creates inflammation that can lead to disease, but slow, deep breaths work to reduce heart rate, lower blood pressure, decrease stress hormones, relax your entire nervous system & deliver energy-boosting oxygen to cells. Inhale to count the of four, pause, then exhale to a count of six. You don't have to say "ohm"; use the imagery of the land around us & focus on your breath!

## Healthy Recipe

### Sunrise Smoothie Recipe

1 cup of orange juice  
 1 banana  
 1 cup of frozen berries  
 1 cup of low fat yogurt  
 2-3 tablespoons of protein powder (any flavour)

Blend ingredients and enjoy as a healthy breakfast option or a post work-out recovery drink!

## Individual Training Corner

Can-Fit-Pro certified personal trainers are now available to answer fitness related questions, give fitness centre orientations, suggest exercises and even help you out with a spot.

A schedule indicating their availabilities is posted on the bulletin board next to the office. The trainers are easily identifiable by their white sweat shirts! Feel free to ask all the fitness related questions you may have!

The Atii Fitness centre will also be offering individual training packages at an affordable rate. A selected personal trainer will customize a fitness program based on your unique needs, goals and schedule. Stay tuned for more information!

## Weight Training Tips

**Lift an appropriate amount of weight.** Start with a weight you can lift comfortably 12 - 15 times. For most people, a single set of 12 repetitions with the proper weight can build strength just as efficiently as can three sets of the same exercise. As you get stronger, gradually increase the amount of weight.

**Use proper form.** Learn to do each exercise correctly. The better your form, the better your results will be and the less likely you are to hurt yourself. If you're unable to maintain good form, decrease the weight or the number of repetitions. If you're not sure whether you're doing a particular exercise correctly, ask one of our personal trainer's for help.

**Breathe.** You may be tempted to hold your breath while you're lifting weights. Holding your breath can lead to unnecessary increases in blood pressure. Instead, breathe out on exertion and breathe in on the recovery.

**Seek balance.** Work all of your major muscles — abdominals, legs, chest, back, shoulders and arms. Strengthen the opposing muscles in a balanced way, such as the front of the shoulder and the back of the shoulder.

**Rest.** Avoid exercising the same muscles two days in a row. Work all of your major muscle groups at a single session two or three times a week, or plan daily sessions for specific muscle groups.

## Featured Resistance Training Exercise

### Barbell Squats

Muscles involved: glutes, hamstrings, hip abductors, quadriceps, lower back muscles and calves



Women's Health Magazine, November 2007

This exercise can be done with a barbell, dumbbells, resistance bands, medicine balls, or body bars. It is recommended that you learn and be comfortable with the proper technique using only your body weight before adding any other additional weight.

## Websites of Interest

[www.atiifitnesscentre.com](http://www.atiifitnesscentre.com)

[www.canfitpro.com](http://www.canfitpro.com)

[www.bodybreak.com](http://www.bodybreak.com)

[www.canadas-fitness.com](http://www.canadas-fitness.com)

[www.hc-sc.gc.ca/fn-an/index-eng.php](http://www.hc-sc.gc.ca/fn-an/index-eng.php)

[www.hc-sc.gc.ca/hl-vs/index-eng.php](http://www.hc-sc.gc.ca/hl-vs/index-eng.php)

## Group Fitness Corner

Group exercise programs have consistently shown better retention rates when compared with exercising on their own. Reasons for this include social support, overall enjoyment, increased sense of personal commitment to continue, and opportunity to compare progress and fitness levels with others. Group exercise may not be for everyone, but you should definitely consider giving it a try! (Anderson et al., 2008)

If you have never attended a group fitness class before, don't fret, we offer a wide variety of classes for all different fitness levels. Try classes such as Getting Started, Step 1, or Pilates to start off with and progress to higher impact classes such as Jump Rope & Muscle Conditioning, Bosu & Sculpt, Step 2 & 3 and Circuits to add variety. Our group fitness instructor specialists will be sure to assist and motivate you through many fun and challenging workouts! You will find our monthly schedule at the front desk or on our website.

### What to bring to class!

- Workout apparel and indoor running shoes
- Water bottle and towel
- A warm sweatshirt or work-out jacket
- For yoga and Pilates, bring a small blanket or layer your clothing to help keep muscles warm
- Enthusiasm and energy!



### Helpful Cues:

Stand with feet slightly wider than shoulder width apart. Hold barbell behind your head resting just above your shoulder blades (not on your neck).

Keep your back straight, chest up, and abs engaged.

While bending your knees, slowly lower your yourself as though you are sitting in a deep chair keeping your toes. Allow your torso to lean only slightly forward by bending at the hips, not rounding your back.

Be sure to sit back and keep your toes behind your knees. Lower yourself until your thighs are parallel with the floor (or as far as is comfortable for you)

Exhale on the way up squeezing your glutes and pushing through the heels of your feet.

Do not lock your knees at the top of the movement—keep a slight bend.

## Contributors

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### References:

Anderson, G., Bates, M., Cova, S., MacDonald, R. (Eds.). (2008). Foundations of Professional Personal Training. Canada: Human Kinetics

[www.revolutionhealth.com](http://www.revolutionhealth.com)