

Your Aqua Insiders Report



December 2012

Aqua Exercise at the Event Centre

There are only 21 chances left to get fit with Aqua Exercise in December. The Tim Horton Event Centre's Christmas schedule is out and all Aqua Exercise classes will be **ending on Friday December 21st 2012.**

They will begin once again on Monday January 7th 2013.

With Christmas just around the corner it is the perfect time to amp up your day and make Aqua Exercise apart of your daily routine. Aqua Exercise pass booklets make a perfect gift for that special someone. Pass booklets can be used for any of the Aqua Exercise programs. Whether you are looking for a low intensity class designated to helping you build your mobility and flexibility or are looking for a fast passed to the point fitness class, the Event Center Pool has all you could ever need.

For information regarding prices or class types
call 705-272-5084 ext.32

As always Vanessa and Kayla are planning an Aqua Exercise Christmas Fun Day. Which will include fun relays, water toys, the water slide and of course a light luncheon.

The date is set for *Friday, December 14* Bring a friend and show them how fun the water really can be!

Muscle Group of the Month **Biceps and Triceps Brachii**

Your *biceps* and *triceps* are the two muscle groups of your upper arm. The bicep muscles are at the front of the upper arm, starting at the front of the shoulder and ending at the elbow. The triceps sit at the back of the arm. They start at the back, lower part of the shoulder and end at the elbow.

You need to balance biceps exercises with triceps exercises to maintain function in your arm and proper posture. Focusing on just one muscle group leads to an imbalance, which increases the potential for injury.

Work and Stretch

Biceps work: with elbows bent and high at the back perform a bicep curl focusing on the forward movement of the curl. Biceps stretch: with arms horizontal and straight bring both arms backwards.

Triceps work: same as biceps but focus on the kick back motion of the curl. Triceps stretch: flex the arm straight overhead, bend elbow and drop hand down the back.

Come Out and Experience a whole new way of exercising!

Muscle Stretch and Water Walk

Monday's and Thursday's - 10am to 11am
AquaFit

Tuesday's and Friday's - 10am to 11am
Thursday Evening 6pm - 7pm

Aqua Jogger

Monday's and Thursday's - 7pm to 8pm

Each Class is lead by a CALA Certified Leader

Vanessa Malherbe and Kayla Tousignant

For additional information about

Aqua Exercise in Cochrane call or visit

1-705-272-5084 ext.32

www.town.cochrane.on.ca

Or visit the official CALA website

www.calainc.org

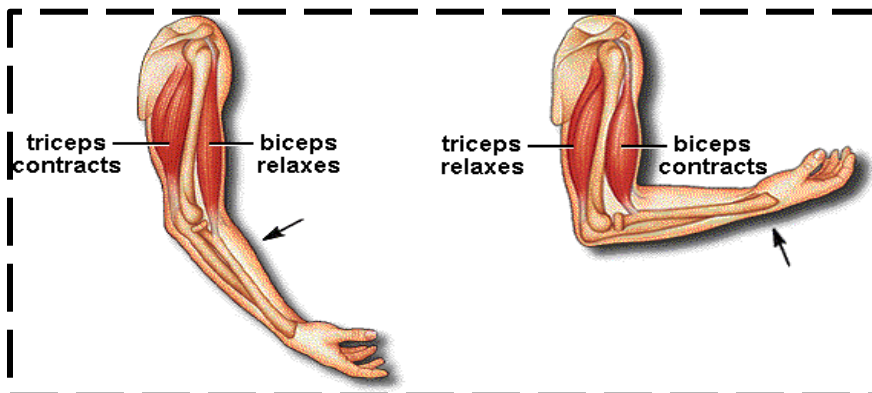
Tip of the Month and Fun Fact About Water

Tip 3: Stretching! It is important that you stretch after any type of exercise; whether in water or on land. Static stretches should be held for minimum of 15 seconds.

Fun Fact 2: There are 2 types of stretching!

Dynamic (warm-up): using BIG, easy movements to warm up and stretch all your muscles

Static (cool-down): holding a stretch for a given amount of time. Normally 15 to 30 seconds



Super Food of the Month

Add this super food to your diet and reap the rewards!

Salmon, is a healthier alternative to red meat and one of the best sources of omega-3 fatty acids, particularly EPA and DHA, which are nature's heart medicines. Just two servings of salmon each week may reduce your risk of dying from cardiovascular disease by 17 per cent and your risk of having a heart attack by 27 per cent. And the benefits appear to go beyond the heart. A Swedish study that followed more than 6000 men for 30 years found that those who ate moderate amounts of fatty fish dramatically cut their risk of prostate cancer – by a third. And researchers recently found that people who had the highest levels of omega-3 fatty acids in their blood were 53 per cent less likely to feel mildly or moderately depressed.

Buying right: Fresh salmon should look moist, shiny, bright and firm. It should smell sea-fresh, not overwhelmingly fishy. When fresh salmon is out of season it becomes expensive. Frozen salmon fillets or canned salmon are good alternatives. Canned salmon is a good choice because it contains more calcium due to its tender edible bones.

Sourced: <http://www.readersdigest.ca/food/healthy-food/health-benefits-salmon>

A FEW WORDS FROM... RACHEL WEEDA

I have attended Aqua Exercise for 3 years and I have benefited greatly from it. When I first started, the Aqua Exercise was a low intensity class that focused on walking and some toning. Over the years, as new instructors came the class grew into something very different. Today the instructors stand on deck as they lead us through a wide variety of moves. Some days they focus on cardiovascular moves, so we can get your heart pumping. Then other days they focus on our arms and legs for toning.

Aqua Exercise has improved my mobility and flexibility. With less strain on your joints and muscles you can perform moves you otherwise could not do on land. For example aggressive jacks and ski moves. Aqua Exercise has helped me lose weight and maintain a healthy and active life style. After every class you leave feeling healthy and happy.

I encourage anyone who has ever wanted to become active but felt it was too painful to do so. The Aqua Exercise is a great way to get started. There is no joint pain, it is fun and it always feels refreshing.

Salmon Casserole

Ingredients

- 1-10oz. cream of mushroom soup or cream of celery soup
- 2 beaten egg
- 1-10oz. tin salmon, bones and skin removed
- 1 onion chopped fine, ½ cup chopped celery or frozen or fresh peas
- 1 prepared pie crust or 1 ½ biscuit mix patted down thinly + ½ cup hot water
- 1 ½ cup shredded cheese

Method

In a large bowl mix soup, eggs, salmon, onions and celery. Set Aside. (for biscuit mix: combine dough, hot water and knead on floured surface) Grease plate or pan (large pie plate or 8x10 casserole dish) Press dough onto bottom and sides. Add salmon mixture, cover with cheese and garnish with parsley (optional) Bake at 350° for 50 minutes. Cool before serving. Great with salad or tomato relish.

Recipe Submitted By: Pauline Hopper

*If you have a healthy recipe that you would like to share with others
or are interested in being apart of our A Few Words From...column;*

Please talk to Vanessa Malherbe or Kayla Tousignant your CALA Certified Aqua Exercise Leaders.