

Your Aqua Insiders Report

Cochrane, Ontario

November 2012

Aqua Exercise at the Event Center

Vanessa and Kayla would like to thank all those who have come out and supported our Monday and Thursday night Aqua Jogger program. On average we range from 6 to 9 participants and we still have room to spare. So ladies and gentleman come on out and experience a run like never before. Aqua jogger permits the runner to increase weekly 'mileage' and eliminate the increased risk associated with repetitive impact during land based running. Many runners now use Aqua Jogging as a form of "active recovery" between two land based workouts.

November Special

Thursday Night Aqua Fitness 2-4-1

For the month of November come participant in our Thursday Night Aqua Fitness Class at the special price of 2-4-1.

Regular cost is \$6.00 person.

Bring a friend for free or pay \$3.00 each.

Note you cannot bring the same friend twice.

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

Muscle Group of the Month **Anterior and Posterior Deltoids**

The *Deltoid* is a three-headed muscle that caps the shoulder. The three heads of the Deltoid are the *Anterior*, *Lateral (medial fibres)* and *Posterior*. All three Deltoid heads attach to the humerus. The Anterior and Lateral heads originate on the collarbone, while the Posterior head originates on the scapula.

The Anterior Deltoid contributes to many Pectoral-related movement, e.g. ski arms and reverse breast arms. The Lateral Deltoid is most active in dedicated lateral movements. E.g. upward phase of jack arms. The Posterior Deltoid is often activated in back exercises that involve the Teres Major and Rhomboid muscles. E.g the backwards phase of ski arms and bow and arrow arms.

To stretch: Anterior Deltoid - place arm on wall so that your arm is behind you. Lateral Deltoid - bring arm across body and hold it firm with other arm. Posterior Deltoids - chest hug.

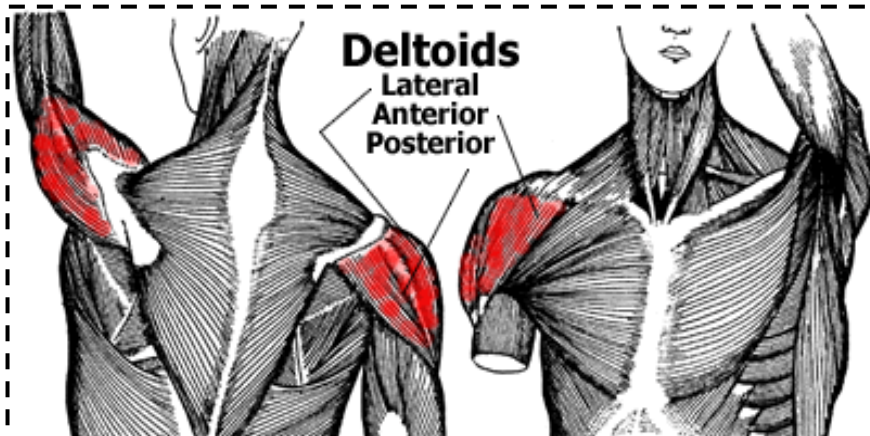
Tip of the Month and Fun Fact About Water

Tip 2: Monitor your heart rate! 2 easy ways.

① check your pulse and ② Try the Talk Test
Talk Test: Can you maintain the speed and effort of your workout and carry on a conversation?

If so you should increase your workout so conversation is difficult and limited.

Fun Fact 2: Due to the water's hydrostatic pressure, your heart rate will be 10 beats lower than your land based heart rate. When checking pulse during Aqua Exercise remember to add **10 BpM** to your heart rate.



Super Food of the Month

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

Zucchini, is a very low calorie vegetable that is used during weight reduction and cholesterol control programs. Zucchini provide only 17 calories per 100g. Contains no saturated fats or cholesterol. Its peel is good source of dietary fiber that helps reduce constipation and offers some protection against colon cancers. Zucchini is also a very good source of potassium, an important intra-cellular electrolyte. Potassium is a heart friendly electrolyte; helps reduce blood pressure and heart rates by countering effects of sodium. Pick the perfect zucchini: In the stores choose small to medium sized zucchini featuring shiny, bright green skin, firm and heavy in hand. The best size is 6 to 8 inches long and 2 inches or less in diameter. How to prepare Zucchini: Wash zucchini thoroughly in cold running water just before cooking. Sometimes the fruits may require light scrub at places where prickles or dirt attached firmly. Trim the neck and bases. Peeling of skin is not advised. Other cooking options: Fresh, tender zucchini can be eaten raw either in salad or as a dip. The pods can be used fried, baked, steamed, boiled, or in stuffing. It can be also be shredded into bread or muffins.

A FEW WORDS FROM... MAY DEMERS

I have been a participant of Aqua Exercise since the pool first opened back in 2007. Aqua Exercise has helped me a great deal. I formerly had arthritis in both my knees. Aqua Exercise eased the pain and tightness. 16 months ago I had a motorcycle accident, which resulted in major damage to my body. Aqua Exercise has increased my strength, mobility and flexibility. It has greatly improved my balance and because of this I have graduated from using a walker full time to now being able to use a cane for shorter distances. Aqua Exercise has also improved my Range Of Motion in my arms as the water has double resistance, therefore it tones and strengthens my anterior deltoids and posterior deltoids all at the same time.

I love to exercise in warm water with qualified instructors leading the class. We are encouraged to move at our own pace but are brought through a wide range of exercises. You get a total workout! You work hard and steady for one hour and *then* get to relax and chit-chat in the hot tub or sauna after class.

I LOVE Aqua Exercise, it is a TOTAL body workout in less than one hour.

Zucchini Casserole

Ingredients

3 lbs zucchini – cleaned with peel on
chopped onion, mushrooms, peppers, celery
1 can spaghetti sauce
grated cheese and parmesan
Bread crumbs

Method

Slice zucchini into ¼ “ pieces, boil until tender and crisp. Spread zucchini on greased casserole dish (9x13). Saute chopped onions mushrooms, peppers and celery. Then place on top of zucchini. Spread 1 ½ cup of grated cheese on top. Cover with spaghetti sauce. Finally top with breadcrumbs and parmesan cheese. Bake at 350’ for 20 minutes.

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.