

# HOW IRISH ARE YOU?

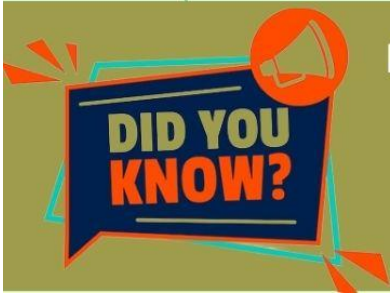
1. WHAT IS A BODHRAN?
2. BY WHICH OTHER NAME IS DUBLIN'S HA'PENNY BRIDGE ALSO KNOWN?
3. IN WHICH CITY IS GUINNESS BREWED?
4. IF YOU WERE EATING A BOXTY, WHAT WOULD THIS BE?
5. NAME THE FAMOUS IRISH ACTOR WHO PLAYED JAMES BOND.
6. WHAT DOES THE CIRCLE AT THE VERY CENTRE OF A CELTIC CROSS REPRESENT?



## Origin of Pisces Constellation

Pisces is associated with the tail of goddess Aphrodite and her son Eros. Gaia sent the monster Typhon to defeat the Olympian gods, and Pan alerted Zeus and other Gods of that. He transformed into a goat-fish and swam the river of Euphrates to escape the monster. This fish is represented by neighbourhood constellation Capricornus. Eros and Aphrodite asked the water nymphs for help and jumped into the water. The fish came to their rescue and Aphrodite honored the fish for its service by placing its image among the sky as a constellation.

This constellation was well known to the Babylonians and they saw it as a pair of fish joined by a cord. They link the Pisces constellation with the Roman myth of Cupid and Venus who transformed into fish to escape the monster Typhon. Before they did that, they tied themselves with a rope and it is believed that the Alpha star of this constellation is the knot of the rope, because this is how its traditional name could be translated from Arabic.



Indoor (hockey rink) & Outdoor Smudge Space  
OPEN at Mount Logan Lodge!  
(see front desk for more info)

# @ MT.LOGAN

horizon north

DATE/YEAR MARCH 2023  
MONTHLY MOUNT LOGAN SITE NEWSLETTER



**SOFTBALL SEASON IS STARTING SOON!**  
**GET YOUR TEAMS ORGANIZED AND READY**

### IMPORTANT DATES SPORTS/EVENTS



WORLD BASEBALL CLASSIC



RAMADAN KAREEM – MARCH 22  
NCAA MARCH MADNESS  
MLB OPENING DAY – MAR 30TH  
WORLD BASEBALL CLASSIC: 8TH-21ST



### IN THIS ISSUE...

- Pg.1 FOOD TIPS
- Pg.2 WORKOUT OF THE MONTH
- Pg.3 Highlights

### SPORTS

**PICKLEBALL!**  
**EVERY TUESDAY/  
WEDNESDAY/  
FRIDAY**

### FUN FACT

The Japanese word 'Kuchi zamishi' is the act of eating when you're not hungry because your mouth is lonely

### HEALTH TIP

Vitamin D is one of the most important nutrients for overall health, and sunlight is one of our best sources of it. Aim to get at least 30 minutes of sunlight each day—preferably in the afternoon, and without sunscreen

### NEW HITT CLASS!

LOOKING FOR A CLASS TO KICK START YOUR NEW YEAR HEALTH AND FITNESS GOALS?!

LOOK NO FURTHER SIGN UP USING THE QR CODE ONLINE TO KICK START YOUR JOURNEY!



# MUSCLE BUILDING "THE TRUTH"



## EXERCISE OF THE MONTH

@  
MT. LOGAN

For some the primary goal for us going to the gym is for health benefits. The other part of the population, we go to the gym too look good. We want the muscles and we want the curves, but how patient are we to achieve these wants. The problem is, we often have inflated expectations of how quickly we can pack on muscle mass. Consequently, when we don't start getting the results they wanted, in the timetable we had imagined, we give up.

### WHATS HAPPENING

After your first weightlifting session, you may notice that your muscles seem a little bigger... Unfortunately they are not... Blood and inflammation of the muscle is making your muscles look bigger

The next day after your first weightlifting workout, you may notice that your muscles still look a bit larger, even though the increase in blood from your last workout will have subsided. What you're then seeing is some swelling from inflammation. When you first start lifting weights, your body responds to the unfamiliar stress placed on your muscles by triggering the inflammatory response. One way that the inflammatory response manifests itself in your muscles is that they retain more water, which also makes them temporarily look a little bigger.

When the inflammation subsides, the muscle swollenness goes away. After a few months of consistently lifting weights, your muscles adapt to the stress, and the post-workout inflammatory swollenness starts to happen less and less

### HOW TO INCREASE MUSCLE MASS

- **Strength train consistently: movements that use the most muscle mass possible. Think squats, deadlifts, bench press, shoulder press, and Olympic lifts.**
  - **Increase protein consumption: Aim for 1 gram per pound of your body weight**
  - **Consume more calories: Increase your calorie intake with whole foods**

### 3 BASIC RULES TO FOLLOW WHEN PUTTING ON MUSCLE

1. **Keep it Simple-** A lot of people believe you need a fancy/ complicated program in order to get the best progress. Truth is if your a beginner or advanced lifter, the simple lifts are the best lifts. Yes there are ways to manipulate your sets, but unless you are entering a body building competition, the best way to gain muscle is to keep the plan simple.
2. **Keep it Heavy-** Contrary to popular belief falling short of the prescribed reps within your set is actually a good thing. Your muscle needs to be under intense stress so for the next time you attempt your body and muscles will adjust to the weight.
3. **Stick with It-** Consistency, consistency, consistency. Difference between veteran and beginner is experience and practice. You will not be able to gain muscle the way you want to unless you stick to the plan and do not deviate from the plan



### HOW TO...

- **Start by racking a barbell on your back, specifically the upper traps, as you would for a back squat. Stand straight with feet hip-distance apart.**
- **Hinge forward from hips. Push hips back, knees slightly bent, as if closing a door with your butt. Lower torso until your spine is almost parallel to floor, maintaining a slight arch in lower back.**
- **Keeping your core engaged, lift torso to return to starting position.**

### BENEFITS

- **Muscle Growth**
- **Improved Posture**
- **Core Stability**

### FORM TIPS

- **Keep your spine long and slightly arched with the shoulder blades pinched together.**
- **Maintain a slight bend in your knees too straight and you'll strain your back; too bent and the move becomes more of a squat than a hamstring exercise.**
- **Your shins should stay vertical to the floor.**
- **To avoid straining your lower back, lead the movement by pushing your hips back rather than dropping your chest forward.**