

SUDOKU

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9



RIDDLES X RIDDLES X RIDDLES

Brain Teaser 24



The water level in a reservoir is low, but doubles every day. It takes 60 days to fill the reservoir. How long does it take for the reservoir to become half full?



MT. LOGAN

horizon north

DATE/YEAR JANUARY 2023

MONTHLY MOUNT LOGAN SITE NEWSLETTER



HAPPY NEW YEAR!!!



PICKLEBALL LEAGUE SIGN UP @ FRONT DESK

Available @
MOUNT LOGAN



Apple Fitness+

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- Pg.1 Food Tips/
- Pg.2 WORKOUT OF THE MONTH
- Pg.3 Highlights

SPORTS

HOCKEY LEAGUE HAS BEEN POSTPONED

PICKLEBALL SIGN UP STILL OPEN

FUN FACT

In the United Kingdom, some people practice "Dry January." This is a movement to encourage people to quit drinking alcohol for the month in order to encourage public health.

HEALTH TIP

Delicious dried fruits like apricot, fig and mango are very high in sugar, so it's worth keeping your intake in check. Aim for 30g - or about 1tbsp - which counts as one of your five-a-day.

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 !

dexterra
GROUP



Na = SODIUM



EXERCISE OF THE MONTH

@ MT. LOGAN

WHAT IS SALT

Salt is the most significant source of sodium in your diet. Also known as sodium chloride (NaCl), it comprises 40% sodium and 60% chloride. Today, the terms "salt" and "sodium" are often used interchangeably. Sodium is essential for many essential body functions, including fluid balance, nerve health, nutrient absorption, and muscle function.

Our body needs only a small amount of sodium. We should get about 1,500 milligrams of it every day. But the average American takes in about 3,400.

SIDE EFFECTS

BLOATING- salt causes your body to retain water

HIGH BLOOD PRESSURE - High sodium consumption can raise blood pressure, and high blood pressure is a major risk factor for heart disease and stroke.

PUFFINESS- When you consume too much salt, your body retains fluid to dilute the excess sodium.

ALWAYS THIRSTY- In order to maintain balanced sodium levels, the body naturally bonds excess salt with water and excretes it with urine. Thus the logical conclusion: More salt means the body needs more water, so salty food makes you thirsty.

BAD SLEEPS - Eating a meal that's high in sodium at dinnertime can contribute to sleep disturbances, in part due to an increase in blood pressure and fluid retention

QUICK TIPS TO LOSE BODY FAT

Strength Training- Strength training promotes

High Protein Diet- protein diet helps with recomposition of your body

More Sleep- Sleeping helps influence metabolism

Drink Unsweetened

Beverages- less sugar mean less insulin spikes

More Cardio- helps burn calories to put in a calorie deficit. Lower the deficit = greater chance of fat burn

BETTER CHOICES

- Choose fresh meats instead of packaged ones.
- When you buy frozen vegetables, choose ones that are "fresh frozen" and stay away from ones with seasoning or sauces already added.
- Read labels and check the sodium content in the foods you buy.
- When choosing spices and seasonings, go for ones that do not list sodium on their labels.
- If you eat out, you can ask for your dish to be prepared without salt.



V UPS (ABS)

HOW TO...

1. Lie face-up on the floor with your legs and arms straight and lifted off the floor slightly.
2. In one movement, lift your torso and legs as if you're trying to touch your toes.
3. Lower your body back down. That's one rep.

MODIFICATIONS

1. Lie face-up on the floor with your legs resting on the floor and arms straight and lifted off the floor slightly.
2. In one movement, lift your arms and legs as if you're trying to touch your toes while keeping your torso on the ground but abs engaged.
3. Lower your body back down. That's one rep.

REASONS WHY YOU SHOULD...

1. Stronger Core Muscles
2. Improved Balance
3. Lower Back Health

AB WORKOUT

3 ROUNDS

- V-UP x 10
- Plank x 10
- Crunches x 10
- Sit ups x 10
- Reverse Crunches x 10
- Twists x 10

CHALLENGE!
PERFORM 50 V-UPS WITH NO BREAK!