

@MT.LOGAN

horizon north

DATE/YEAR NOVEMBER 2022
MONTHLY MOUNT LOGAN SITE NEWSLETTER



A TIME TO REMEMBER...



ANGELO BREWING
NFL FOOTBALL @ THEATRE
ROOM FOR THE SEASON



FLOOR HOCKEY

REGISTRATION CLOSING
NOV 8TH

LEAGUE

IN THIS ISSUE...
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SPORTS

HOCKEY REGISTRATION ENDS END OF NOV 8TH SIGN UP NOW!

FUN FACT

There's enough gold inside Earth to coat the planet

HEALTH TIP

Fish is a great source of high quality protein and healthy fat. loaded with anti-inflammatory omega-3 fatty acids and various other nutrients

QUOTE OF THE MONTH

If there's ice in November that will bear a duck, There'll be nothing after but sludge and muck.





WOULD YOU RATHER



Would you rather communicate only in emoji OR never be able to text at all ever again?

Would you rather always be 10 minutes late OR always be 20 minutes early?

Would you rather walk to work in heels OR drive to work in reverse?



RIDDLES X RIDDLES X RIDDLES

Using only addition, add eight 8s to get the number 1,000.



MSG... WHAT IS THAT?!

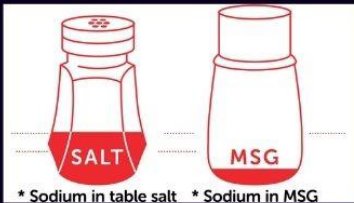


EXERCISE OF THE MONTH

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MSG got its bad reputation in the 1960s when Chinese-American doctor Robert Ho Man Kwok wrote a letter to the New England Journal of Medicine explaining that he got sick after consuming Chinese food.

WHAT...

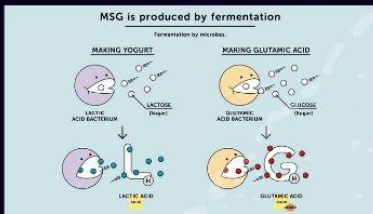


Monosodium glutamate (MSG) is a flavor enhancer made of water, sodium and glutamate. Glutamate is an amino acid that is used to make proteins in food and our body. Can be restaurant foods, canned vegetables, soups, deli meats and other foods.

"Monosodium Glutamate" must always be stated on the list of ingredients whenever it is added to a pre-packaged food. MSG is usually added in small amounts, so you'll find it towards the end of the ingredients list (because ingredients are listed in descending order of the amount present in the food).

WHERE....

HOW...



The flavor-enhancing effects of MSG are due to its umami taste, which induces salivary secretion. In other words, umami flavors make your mouth water, which can improve the taste of food

MSG has been linked to obesity, metabolic disorders, brain toxicity, and MSC. Here's what the current research has to say about these purported downside

Replacing sodium with MSG may actually reduce an individual's overall sodium intake by a considerable amount without sacrificing flavour. There is no direct correlation between MSG and obesity, energy intake or brain health.



LANDMINE ROW

HOW TO...

1. Load appropriate weight on the free end.
2. Stand over the barbell with one foot on either side with a slightly wider than shoulder-width stance.
3. Hinge at your lower back and push your hips back as you lower your upper torso until it is at a 30-40 degree angle with the floor.
4. Slightly bend your knees and keep your back straight. Maintain this position throughout the exercise.
5. Focus on pulling back your shoulder blades as you elevate the bar.
6. Pause and contract your lats at the top of the movement.
7. While exhaling, return to the starting position with a slow and controlled motion.
8. Repeat for recommended reps.

REASONS WHY YOU SHOULD...

1. Allows for bigger controlled range of motion
2. Great for beginners
3. Improves Muscle Balance and Stability

MORE BENEFITS

- Increased muscular strength in the upper posterior chain
- Can train one arm at a time
- Has many variations
- Can use an attachment if you do not want to hold the barbell
- Can reduce stress on the joints when compared to other shoulder exercises
- Builds full body-strength
- Has a high metabolic demand

WHATS WORKED..

