



MT.LOGAN

horizon north

DATE/YEAR APRIL 2020

MONTHLY MOUNT LOGAN SITE NEWSLETTER



Ramadan Mubarak



SPRING IS COMING



Ramadan- April 2
Pink Moon - April 16
Easter- April 17
Earth Day- April 22

IN THIS ISSUE...

- Pg.1** Food Tips/ Work out of the Month
- Pg.2** Life Tiips/ Food Suggestion
- Pg.3** Highlights

SPORTS

See Gymnasium Schedule and SIGN UP for sports at the front desk

FUN FACT

The average person's left hand does 56% of the typing (when using the proper position of the hands on the keyboard; Hunting and pecking doesn't count!).

HEALTH TIP

Drink minimum 2L OF Water a day.
Drink more Water!

FITNESS CLASSES

- AB blaster
- Kettlebell Conditioning
- Body Sculpt (Women Only)
- Athlete Training
- Spin Class
- Yoga/ Light Stretching



St Patrick Day Treats

FOOD HIGHLIGHTS



WOULD YOU RATHER?

NAME: _____
POSITION: _____

Travel the world for a year, all expenses paid

Speak to animals

Talk like Darth Vader

Only be able to dance instead of walk

Itchy for the rest of your life

OR

Have \$40,000 to spend on whatever you want

Speak 10 different languages

Speak in the language of the Middle Ages

Sing instead of talk

Sticky for the rest of your life

FOOD... PROTEIN



Weight Protein Calculation:

$$\text{Weight (lbs)} / 2.2 = \text{Weight in kg}$$

$$\text{Weight in (kg)} \times \text{Protein needs}$$

Protein Needs

Not Active: 1.4g-2.0g
 Fat Loss: 1.2g-1.5g
 Maintenance: 1.6g -2.2g
 Very Active/
 Building Muscle: 2.2g-3.4g

Straight to the point... protein is made up of small "chemical" building blocks called amino acids and your body uses those amino acids to build and repair muscle.

Vegeterian Protein Chart per 100g (3.50z)

Greek yogurt 7.3g of protein	Egg 13g of protein	Beans, all types 23.6g of protein	Lentils 24.6g of protein	Avacado 2g of protein
Green pepper 9g of protein	Sunflower seeds 21g of protein	Broccoli 3g of protein	Spinach, raw 2.9g of protein	Quinoa 14g of protein
Walnuts 5g of protein	Peanuts 26g of protein	Cauliflower 1.9g of protein	Peas 5g of protein	Kale 4.3g of protein

MEAT

@thefitnesschef_

PER 100G:				
KANGAROO 100 cal 24G PROTEIN	LAMB SHANK 195 cal 20G PROTEIN	RIB-EYE 255 cal 19G PROTEIN	5% FAT BEEF MINCE 125 cal 21G PROTEIN	VENISON 160 cal 30G PROTEIN
PORK CHOP 270 cal 18G PROTEIN	FILLET STEAK 155 cal 21G PROTEIN	HAM 145 cal 21G PROTEIN	BACON 145 cal 16G PROTEIN	BISON 170 cal 27G PROTEIN
DRUMSTICK 235 cal 18G PROTEIN	VEAL 170 cal 23G PROTEIN	CHICKEN BREAST 105 cal 25G PROTEIN	TURKEY BREAST MINCE 112 cal 25G PROTEIN	DUCK 175 cal 28G PROTEIN

5 Reasons Protein is Beneficial:

- Reduces Appetite
- Reduces cravings for late night snacks
- Helps boost metabolism & fat burning for weightloss
- Lowers blood press

EXTRA POINTERS

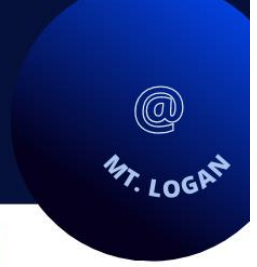
- PERFORM THRUSTERS AS ONE FLUID MOVEMENT
- AVOID STOPPING AT THE TOP OR BOTTOM OF THE SQUAT. THIS HELPS KEEP YOUR MOMENTUM AND ENSURES YOU'RE USING YOUR WHOLE BODY.
- USE YOUR GLUTES, HIPS, AND LEGS TO LIFT THE WEIGHT OVERHEAD INSTEAD OF ONLY USING YOUR SHOULDERS. ENGAGE YOUR CORE MUSCLES THROUGHOUT THE EXERCISE.
- KEEP YOUR SPINE IN ALIGNMENT.

- FROM A STANDING POSITION, HOLD DUMBBELLS AT THE SHOULDERS WITH PALMS FACING EACHOTHER.
- ON THE WAY DOWN, ELBOWS MUST BE UP AND WEIGHT ON HEELS.
- IF NOT, THE ELBOWS WILL HIT THE KNEES AND CAUSING ROUNDING OF THE BACK.
- FROM THE SQUAT POSITION, THE NEXT STEP IS TO EXPLODE UPWARD INTO A STANDING POSITION.
- NEXT, EXPLODE OUT THROUGH THE HIPS AND THROUGH THE HEELS.
- LASTLY, LOCK OUT ARMS OVERHEAD WITH ACTIVE SHOULDERS AND CONTROL.

- INCREASED CARDIOVASCULAR HEALTH
- INCREASED MUSCULAR ENDURANCE
- FULL BODY MOVEMENT THAT WORKS THE LEGS, GLUTES, CORE, SHOULDERS, TRICEPS, BACK AND CARDIOVASCULAR SYSTEM
- ITS FUNCTIONAL MOVEMENT
- RELIES ON TO COMPLETE DAY TO DAY ACTIVITIES, ADDING THESE WILL HELP INCREASE YOUR STRENGTH AND STAMINA SO YOU CAN GET THROUGH YOUR DAILY TASKS WITH A LOWER RISK OF INJURY

WHY YOU SHOULD!

STRETCHING



STATIC STRETCHES



Beginner stretches for before & after work. Hold each pose for 1 minute.

- Stretching gives you a boost of energy
- Stretching increases your stamina.
- Stretching can improve posture. Tight muscles can cause poor posture
- Stretching can improve range of motion and prevents loss of range of motion.
- Stretching can reduce back pain
- Stretching can help prevent injury
- Stretching can decrease muscle soreness

Stretching is the process of placing parts of the body in certain positions so the muscles can lengthen the muscles associated with soft tissues. Stretching sporadically will only give you temporary relief from muscular fatigue, aches & pains, but stretching consistently will bring longer periods of relief and in some cases solve aches pains in your muscles.

HEALTHY FOOD SUGGESTION

Sometimes simple is best when trying to make food changes.



EGG WHITE OMELETTE

Eating healthy away from home can be difficult especially with access to sweets and baked goods for breakfast. We all struggle but know when getting back on track keep it simple. Here are some breakfast ideas.

Ingredients:

- Egg White Omelette (Comfort Corner)
- Green Onion [Comfort Corner (optional if serving)]
- 3 Pieces of Bacon drizzled on top

CALORIES	FAT	CARBS	PROTEIN
500G-700G	4G	7G	24G