



## What's New?

Welcome to the fall! Have you heard the phrase "The early bird catches the worm?" Well this fall we are introducing our new programs and start dates earlier so that you can get a jumpstart on reaching your health and fitness goals even before New Year's!

For ultimate results, you need a great program that includes: safe exercises, precise execution of the movements, professional instruction, appropriate timing and healthy eating habits.

We know it's a busy time for every one of you, with kids going back to school, car pooling, course registration, among other things. However your fitness and health can remain a priority.

Due to the success of the Spring Training Tune Up sessions, Super Circuits have now become a regular program on the schedule. We will be offering several of these sessions throughout the week. Also additional yoga and yoga plus classes have been added to encourage more stress management for our hectic daily lifestyles.

New this fall is our combined fitness/

nutritional and stress management packages. So start early! Check the newsletter insert for rates and scheduled classes or sessions. For more information on our new programming and services call us at (416) 785-8828.

### CHECKLIST FOR HEALTH

The best way to take care of your health is to take charge. Medical tests can help. But do you know which tests you should be asking your doctor about when you're in your 40s and beyond? Read on:

**Cholesterol count:** Blood tests for cholesterol actually include ratios of three kinds of blood fat: Low Density Lipoproteins (LDL), High Density Lipoproteins (HDL) and Triglycerides. LDL, the "bad" kind, form plaques on your arteries, restricting blood flow. HDL, the "good" kind, helps clear out the LDL from your bloodstream. Triglycerides, if too high, can lead to diabetes. A higher ratio of HDL to LDL is your goal. Best ways to boost HDL and lower the other two? Regular exercise and a low-fat, low-sugar diet.

**Mammogram:** In Ontario, the breast cancer screening program is available to all women, starting at the age of 50. But if you have a family history of breast cancer, talk to your doctor about having a mammogram before 50.

**Bone density scan:** Osteoporosis occurs in one out of four women, especially after menopause. The only way to prevent it is through regular cardio and weight-training exercise and calcium-rich foods. Ask your doctor about a baseline bone density scan before menopause, then regularly after 50.

**Colonoscopy:** Colon cancer is 90 percent preventable with proper screening, including colonoscopy. If you're 50 or over, ask your doctor about it. If you have a family history of colon cancer, ask about screening right away, regardless of age.

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## Who We Are

VITAL STEPS is a health and wellness centre that offers a variety of healthy lifestyle programs and services, that enhance the body, mind and spirit. We have specialized memberships and packages that allow you flexibility in selecting a program and schedule that's right for you. Our health and fitness consultants would be pleased to discuss your individual needs.

### OUR SERVICES INCLUDE:

Personal training  
Post-rehab exercise  
Personalized programs  
Fitness classes  
Pilates and Yoga classes  
Wellness seminars  
Corporate Wellness Services  
Nutritional counselling  
Weight management  
Convenient home visits  
Massage therapy

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# Beat the clock

We'd all love to slow down the aging process, and there's no better way than to eat a variety of fresh foods. As we move into fall, fill your shopping basket full of the season's harvest. The fresher the better. In most instances, food sources outstrip supplements in their effectiveness. Here are some ways you can help your body fight back:

**SKIN:** As we age, our skin loses elasticity and glow. Vitamin A can restore suppleness and water can increase hydration, smoothing the surface. Best sources of vitamin A: sweet potatoes, pumpkin and cooked carrots.

**HAIR:** Sun, chlorine and colouring dull and break the hair. Besides avoiding those damaging effects, what you eat can make a difference. Your hair grows best when your diet includes iron, zinc and copper. Best sources: red meat, seafood and nuts, respectively. Flaxseed oil (1 tbsp. a day) can also restore lustre.

**EYES:** As we age, our peepers are often affected. Reading glasses, anyone? Two recently touted nutrients to help eyes are lycopene and lutein. Best sources: cooked tomatoes (in paste, sauces and stews), spinach, peaches and oranges.

**OVERALL HEALTH:** stress, aging, and environmental sources such as polluted air and cigarette smoke can add to the number of free radicals in the body. The highly reactive free radicals can damage healthy DNA and have been linked to changes that accompany aging and disease processes that lead to cancer, heart disease, and stroke. Studies have suggested that the antioxidants that occur naturally in fresh fruits, vegetables and other foods have a protective effect. For example, vitamin E and selenium appear to protect cell membranes; vitamin C removes free radicals from inside the cell. Supplements of these nutrients have not shown to be effective. Best sources: Vitamin E: nuts, seeds, leafy vegetables; Selenium: Brazil nuts, walnuts, wheat germ and whole wheat bread; Vitamin C: oranges, persimmons, cantaloupe, honeydew melon, kiwi, mango.

## RECIPE

### anti-aging goulash

This recipe includes many of the foods mentioned above to slow the aging process. Serve with whole wheat bread. Have a slice of cantaloupe for dessert.

#### INGREDIENTS

2 lbs.	stewing beef cut in 1-inch cubes
1 1/2 cups	chopped onion
1/4 cup	cooking oil
1 cup	canned whole tomatoes, diced
1 cup	tomato juice
3	boiled sweet potatoes, cubed
1 cup	cooked carrots, diced
1 cup	cooked celery, sliced
1 tsp.	salt
1/2 tsp.	paprika
3 tsp.	wheat germ

#### DIRECTIONS

Place cubed meat in cooking oil, brown on all sides. Add and sauté the chopped onions and celery. Add some of the tomato juice, all of the canned tomatoes, salt and paprika. Use enough juice to keep meat from scorching and add more gradually during cooking. Cover and simmer the meat for 1 hour and 30 minutes. In the last 30 minutes, add boiled sweet potatoes and carrots. Sprinkle wheat germ on top (optional) before serving. Feeds six.

## ARE YOU READY FOR THE NEW YEAR? Then let's start now

Starting September 15th, we will be hosting a mini incentive program to get you back on track for the winter days ahead and get you ready for the New Year! This program will run from September 15th to December 19th, 2003.

There will only be one winner for this incentive.

Here is how to earn your points.

Each day you come and workout,

whether it's personal training, classes or facility use, you will receive 10 points for the day.

Bring a friend for a complimentary activity during the week of September 8th-14th and earn 50 points.

Good Luck To You All!!!

If you have any questions feel free to call us at (416) 785-8828 or speak to us at reception.

## Super Circuit Is Here To Stay!

By popular demand, we have expanded our new Super Circuit Training Program. Super Circuit is a high energy 30 to 60 minute workout session where we alternate the use of cardio equipment and free weights in a way that maximizes cardio and muscle work while maximizing calories being burned. You will train with a group of highly motivated energetic people and a personal trainer. So if you are interested in getting in shape or staying in shape, this is the program for you!

The workout session combines strength and cardiovascular training that works the whole body. The trainer ensures that the session is energetic, fun, designed to strengthen, tone, and shape your body. It's also guaranteed to burn lots of calories. Check our schedule for times and days.

Date: September 2nd to  
December 20th, 2003

Fee: 15 sessions \$165.00 + GST  
unlimited \$400.00 + GST

## Vital Steps Open House

### FREE CLASSES AT VITAL STEPS!

Between September 8 and September 13, we are opening up the studio to guests and clients to come and experience our full range of fun, challenging and relaxing classes/sessions.

This would be a great time to get yourself back on track and on your way to meeting your fitness and health before the

New Year, 2004.

Bring your friends and family so that they can have a taste of how you take care of your health and fitness needs.

From Monday to Friday the schedule posted below as you see it will be as is. On Saturday, September 13th, there will be a special presentation on the aging process by experts in the field.

FALL OPEN HOUSE September 8th - 13th, 2003					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 - 7:30 AM SUPER CIRCUIT			8:30 - 9:30 AM SUPER CIRCUIT		7:30 - 8:30 AM SUPER CIRCUIT
9:30 - 10:30 AM TOTAL BODY CARDIO/ CONDITIONING		9:30 - 10:30 AM TOTAL BODY CARDIO/ CONDITIONING	10:00 - 11:15 AM HATHA YOGA	9:30 - 10:30 AM TOTAL BODY CARDIO/ CONDITIONING	8:30 - 9:30 AM TOTAL STRETCH
1:30 - 2:30 PM SUPER CIRCUIT	1:30 - 2:30 PM YOGA PLUS	6:30 - 7:30 PM SUPER CIRCUIT	1:30-2:30 PM PILATES	1:30 - 2:30 PM SUPER CIRCUIT	9:30 - 10:30 AM SLOWING DOWN THE AGING PROCESS PRESENTATION
6:30 - 7:30 PM BOOT CAMP	4:30 - 5:30 PM TEEN YOGA PLUS	7:30 - 8:30 PM YOGA PLUS	4:30 - 5:30 PM TEEN YOGA PLUS	4:30 - 5:30 PM SUPER CIRCUIT	10:30 - 11:30 AM STRETCH PLUS
7:30 - 8:30 PM HATHA YOGA		8:30 - 9:30 PM JUST FOR MEN YOGA	* Schedule subject to change without notice.		11:30 AM - 12:30 PM SUPER CIRCUIT
<p>SLOWING DOWN THE AGING PROCESS: Aging is a fact of life, inevitable. However, how we age is in our control. Proper nutrition and exercise as simple as it may seem are some of the most effective ways to slow down the aging process. <b>Jo-Ann James, MEd</b> will share and demonstrate how specific exercises can reverse aging, sagging, weak muscles. <b>June Rogers, Health Writer</b> plus a <b>Registered Nutritionist</b> will discuss foods that impact on our long-term health, energy and vitality.</p>					



Please RSVP. Space is limited! Thank you in advance!

If you have any comments or suggestions, we would be pleased to hear from you.



## Success Stories

# Finding the Time

Actor Nicky Phillips always manages to work out despite her crazy schedule

**Y**OU THINK YOU HAVE trouble getting to your workouts? Well if you had Nicky Phillips' job, you'd really have to learn to juggle your time.

Nicky is an actor and she can't tell you from week to week what she might be doing because that's the nature of her business. But at Vital Steps, Director Jo-Ann James and her staff bend over backwards to accommodate her crazy schedule. That's how Nicky, 23, has been able to keep fit over the past two years. "I'm always having to flip-flop my exercise times. So, yeah, they're really wonderful at Vital Steps because they are so flexible."

For example, while she was in *The Mousetrap* at the Toronto Truck Theatre, playing the part of Miss Casewell, she would work from 8:00 to 10 at night. During the days, she would come to Vital Steps at 11:00 to work out. When she was in the day-time play, "I Met a Bully on the Hill," for elementary schools, she could only work out at night.

And keeping fit is essential to her work. "Not only do I have to stay healthy for appearance's sake, but working in the theatre takes a

lot of energy and endurance. Exercising on a regular basis helps keep up my stamina," she says. And because acting is very competitive, her personal training helps her avoid burning out. "For an hour, I think of nothing else but my workout routine."

Currently, she's working out five times a week with a mix of cardio and weights. For a total of 20 minutes, she'll either walk the treadmill, cycle on the stationary bike, or hop on the elliptical trainer. She's also lifting up to 8 pound weights. During performances, however, she cuts back to three times a week.

She likes working with Jo-Ann because she's easy-going and understanding. When she's had a rough week, Jo-Ann doesn't push her beyond her abilities. "When I got back from a performance movement workshop, every muscle in my body was sore. Jo-Ann told me to wait a few days before getting back into training. That was so great." Jo-Ann has also given her advice on eating well. "I don't snack after dinner now and I can really see the difference in how my clothes are fitting – much better!"

Who knows? Maybe we'll see Nicky at Stratford someday!

"It's not too late to become what you **might have been.**"

—George Eliot, pseudonym for Mary Ann Evans

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THIS NEWSLETTER is not intended to provide medical advice on personal health matters which should be obtained directly from a physician or a certified health professional. Please consult with your physician before attempting any exercises.